

summer fun at the rochester area family ymca

the fun of a family vacation without leaving town!

july

- 4th The Y is closed for Independence Day!**
- 12th Bazillion Bubbles Preschool Camp**
Monday-Friday 9:00am-11:30am, for four and five year olds
- 15th Family Campfire Night at the Y, 6:00pm-7:30pm**
Our new family campfire nights include a grill-out dinner, songs & skits, and a variety of fun outdoor family activities. As camp comes to end, there is no need to end the fun here at the Y, take time as a family to eat, picnic, and play together. Pre-registration is requested.
- 17th Summer Session II of Karate Begins**
- 19th Rockin' Rainforest Preschool Camp**
Monday-Friday 9:00am-11:30am, for four and five year olds
- 20th Summer Session II for Kendo Begins**
free to teen and adult members
- 21st Clogging Begins**
offered for both beginning cloggers and intermediate cloggers!
- 29th Strong Kids Campaign Donor Recognition Picnic at the Discover Y Day Camp Carnival**

august

- 2nd Fantastic Fun Preschool Camp**
Monday-Friday 9:00am-11:30am, for four and five year olds
- 3rd Mr. Parry's Endurance Challenge for the YMCA!**
Jim Parry is well known for his 24 hour - 100 mile run in Stewartville, Mr. Parry's Endurance Challenge. As a child Jim was a scholarship recipient, and would not have been able to participate in programs, had his family not received their scholarship to the YMCA. Jim is going to take the Endurance Challenge on August 3rd, 5:00am-10:00pm and run on the treadmill in our lobby to raise money for the Strong Kids Campaign. Stop by the welcome center to learn more about this event and how you can help support Mr. Parry!
- 22nd New Day Covenant Church Bluegrass & Southern Gospel Sunday**
Everyone is invited to attend this fun event as we celebrate friendships new and old through a Bluegrass & Southern Gospel Service. The day begins with worship service at 9:30am. Expect to join in on old-time hymns, traditional & contemporary bluegrass tunes and a few rousing southern gospel songs all accompanied by a bluegrass band. All are welcome to stay for our BBQ Picnic. All activities will be on the lawn of the YMCA and if it rains we'll move indoors. Everyone is welcome!

september

- 6th Labor Day - The YMCA is closed!**
- 7th First day of school! Y-SPACE Free After School Program Begins!**
Y-SPACE offers free after school care for children in 1st-8th grade with a YMCA Family Membership. Register your child today at the Y Welcome Center, and check to see if your child's school provides busing directly to the YMCA after school.
- 10th The Big Party Downtown - Fundraiser to benefit our Y Mentors Program!**
Support Y Mentors, Boys & Girls Club, and Bolder Options by attending this first time event to benefit three local mentoring organizations. Entertainment for adults only includes music, food, drink, casino games, prizes, store specials, and more! This event will be held at the Shops at University Square from 7pm-10pm and tickets are now available at the Y Welcome Center and online at www.rochfamy.org. Tickets are \$30.00 per person or a VIP ticket is \$50.00 per person. VIP Tickets include a special VIP Reception from 6pm-7pm. Help support local mentoring programs in Rochester by attending this first time event!

summer membership specials

The YMCA is offering membership specials for college students, adults, and families looking for a three month membership to the Y. The summer-long vacation, for one low price. Inquire at the Welcome Center for more information about our specials!

ongoing events this summer

Coffee & Conversation
Wednesdays 9:00am-12:00pm

Senior Space
Tuesdays 12:00pm-1:00pm
Thursdays 12:00pm-2:00pm

Splish Splash Cardio Dance
Tuesdays 5:30pm, Silver Lake Pool

Family Gym Time
Offered daily during scheduled times

Family Open Swim Time
Check the new summer pool schedule

Free Group Exercise
Check the new summer schedule for your free fitness classes offered each week.

Summer Walk It Off Program
Mondays, 9:15am-10:00am
Free to members. Join us as we enjoy the beautiful weather outside all summer!

New Day Church Service
Sunday mornings at the YMCA

Basketball
Monday, Wednesday, Friday
5:30am and 12:00pm
Adult drop-in basketball is a great way to stay active and meet other adults at the Y!

Volunteerism
Stay active this summer as a YMCA Volunteer! Applications are available online and at the YMCA Welcome Center

Become a Mentor - Y MENTORS
Making a difference in the life of a child! Through Y Mentors the YMCA matches adults with a child in need of a role model. We currently have a long waiting list of children. Make a difference today, stop by the Y Welcome Center for more information.

Silver Lake Pool
Check out Silver Lake Pool this summer for an outdoor pool experience. Y Members can get their discounted season passes at the Y!

Fall Programs and Events!
Watch for our new Fall Brochure coming later this summer! Registration for members will be held in the beginning of August.

www.rochfamy.org

YMCA SUMMER HOURS
Monday-Thursday 4:45am-10:00pm
Friday 4:45am-9:00pm
Saturday 7:30am-6:00pm
Sunday 11:00am-5:00pm

Y SPACE SUMMER HOURS
Monday-Friday
9:00am-12noon
4:00pm-7:00pm