



# MEMBER NEWSLETTER

WALLA WALLA YMCA



## YMCA On the Go

With your membership you have FREE access to our **YMCA360** on-demand video platform. With it you are able to access group exercise classes, youth sports training, wellbeing classes, STEM and youth activities wherever you are. Watch the video above to learn more of what YMCA360 has to offer.

**Nervous about trying YMCA360 for the first time?** Registration is a simple three-step process:

1. Visit [YMCA360.org](https://YMCA360.org) (or download the YMCA360 app to your mobile device/TV).
2. Click the login button, enter your YMCA email address and zip code, and select Walla Walla YMCA as your local branch.
3. You will receive an email with a 6-digit passcode, which you will enter to gain access.

Within minutes you'll have access to your favorite classes whenever and wherever you are. Click the button down below to try YMCA360 today.

## Sports Programs

Summer is far from over, and the Y has more mini sports camps for your child to enjoy.

**Flag Football (ages 5-12):** Kids will learn the basics of the game plus the fundamentals that make it fun. July 28-31

**Tennis Camp (ages 8-12):** Youth work on their swing, serve, and more. Great for kids who already know the game and for those who have never picked up a racket. August 4-7

**Soccer Camp (ages 3-9):** Kids will learn to dribble, kick, pass and shoot their way to victory. August 11-14

[Flag Football](#)[Tennis Camp](#)[Soccer Camp](#)

*Since 1886, the Y has relied on the generosity of donors to make sure that it can continue to provide youth programs like these. To help send children to camp visit [www.ymca.org/give](http://www.ymca.org/give)*



## Goju Ryu Karate

Practice self-defense and self-discipline all in the same activity. We'll be kicking off fall with Karate lessons.

Sessions begin September 9, with both beginner and advanced classes on Tuesdays and Thursdays. Ideal for ages 7 and up.

**Beginner:** 5:30PM - 6:30PM

**Advanced:** 6:30PM - 7:30PM

To register your child, click below.

[Karate Classes](#)



**DONATE BLOOD. HELP SAVE LIVES.**

## Camp Do Good Returns

Our next American Red Cross blood drive is **August 29** from 11AM-4PM.

If you have Type O blood your donation is urgently needed. Type O is always in high demand by hospitals for emergency transfusions.

Approximately 45 percent of Caucasians, 51 percent of African-Americans and 57 percent of Hispanics are Type O. Together, Type O donors play a critical role in meeting the constant need for blood in our community.

Register here to **donate**.



**CHANGE YOUR  
NUTRITION**



**INCREASE  
ENERGY**



**BECOME MORE  
ACTIVE**



**FEEL  
BETTER**

## Wellness For Life

Our WELLNESS FOR LIFE program (formerly Lose to Win) helps participants achieve their desired health goals by establishing accountability, applying planning and problem-solving measures, and providing a support team of specialized weight loss trainers, lifestyle coaches and nutrition specialists.

**Orientation:** Find out if Wellness For Life is for you in a FREE informational session held Monday, **August 25 at 9AM** in the Boardroom.

The twelve-week program officially begins Monday, September 8 at 9AM. To sign up, click the button down below.

**Wellness For  
Life**

## In the Community

Local opportunities for family-friendly fun

**Find a Volunteer  
Opportunity**

**Panini Pop-Up**

**Science Circus**

**Lewis & Clark  
History  
Weekend**

INVEST IN OUR YOUTH, OUR HEALTH, AND  
OUR NEIGHBORS. *DONATE TO THE Y*

**SUPPORT  
THE Y TODAY**

Walla Walla YMCA | 340 S. Park St | Walla Walla, WA 99362 US

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