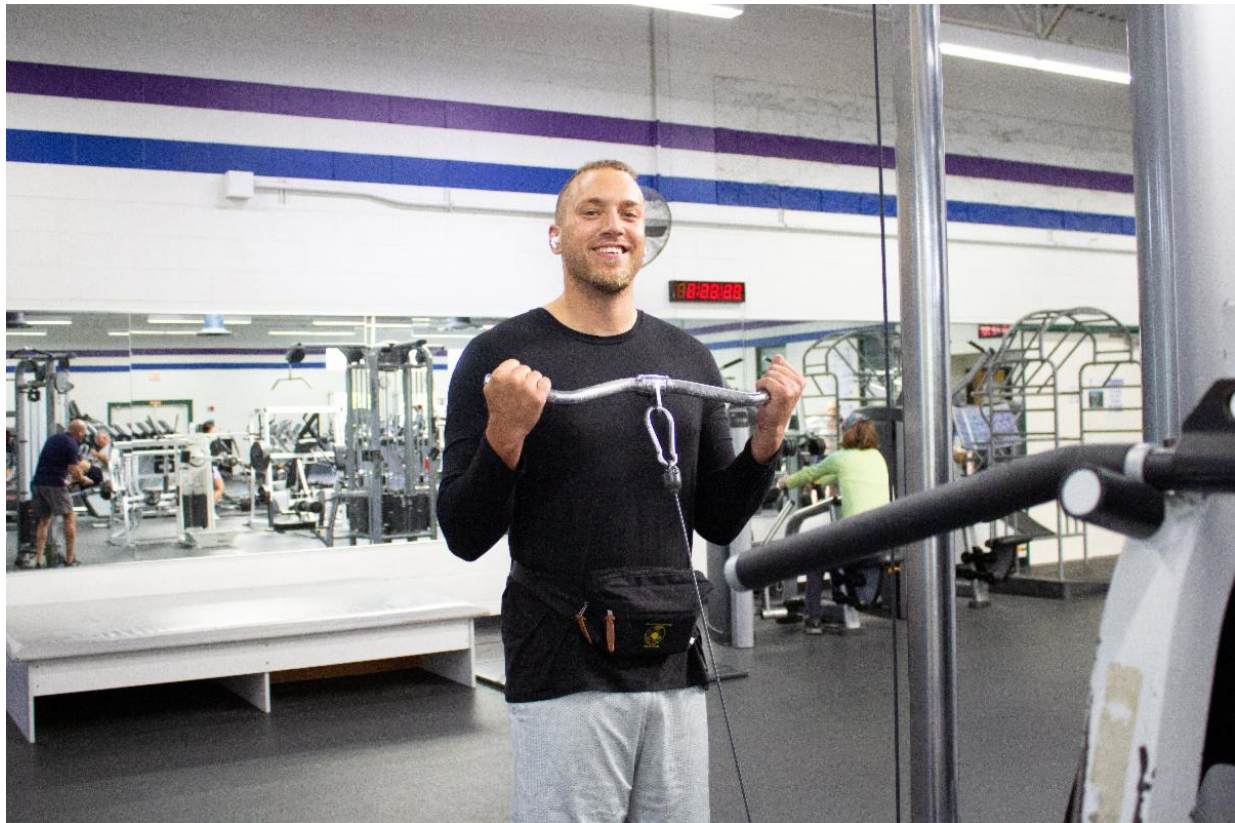




MEMBER NEWSLETTER

WALLA WALLA YMCA



A Wellness Space. A Community Place.

For YMCA member Darius, fitness is more than just a hobby. A boxer and member of the Christian Aid Center, Darius came to the Walla Walla YMCA looking for a space to train, heal, and grow. What he found was a supportive community and a powerful outlet for both body and mind.

Since joining the YMCA nearly eight months ago, Darius has been a regular in the Wellness Center, focusing on strength training and cardio. "Physical fitness is therapy for me," Darius says. "It helps with your mental outlook. I needed something to ease my mind off the things going on in my life—to have more self-worth."

As Darius found, the YMCA is more than a gym. It's the best community he's ever been part of. Having lived in multiple states and cities, he appreciates the Y's down-to-earth atmosphere and the conversations with other members. "It's a good escape," he reflects, "just crossing paths with people who want to talk."

Give the Gift of Life



There's no time like now to take the plunge and become a blood donor. The YMCA will host a drive on **August 29**.

Choose the time you want to **donate** blood. Get a free t-shirt while supplies last.

Heavy HIIT

Get moving while you work your muscles! With **Heavy HIIT**, you'll combine weightlifting with Metabolic Conditioning movements to get your heart rate up while you build lean muscle mass.

You can enjoy this 60-minute sweat session 9AM every Monday, Wednesday and Friday.



Lewis & Clark Weekend

Experience history firsthand. On August 9-10 from 10AM-3PM, the Fort Walla Walla Museum hosts its annual Lewis and Clark weekend.

During this two-day event, the Pacific Northwest Living Historians camp on museum grounds and present the skills, tools, clothes and history of the Corps of Northwestern Discovery. The Corps was a U.S. Army unit of 31 men who were accompanied by Sacagawea and her infant child. They applied diverse skills and tools as they navigated the Pacific Northwest.

[Click here](#) for more info.

Water Safety Instructor Class

If you are at least 15 years old, you can become American Red Cross certified as a swim instructor. It's a great part-time job and a perfect way for adults and students to gain experience and earn income.



Through WSI training, you'll gain skills as an instructor that complement your swimming ability. As a certified WSI you will be able to teach swimmers of all ages

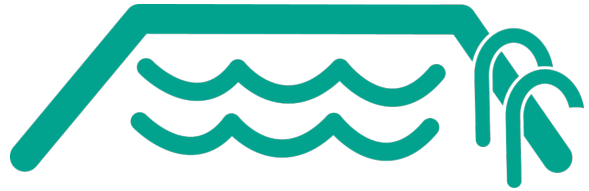
and abilities how to be safe in and around the water.

The next WSI Certification course takes place at the **Y**, August 17-21 from 3PM-8PM (Sunday's class runs from 10AM-2PM). For anyone who completes the class and qualifies to serve as a Y swim instructor through at least one full swim class session, the class is 100% reimbursed. **To register, click the button below!**

[WSI Class](#)

Therapy Pool Closure

Both therapy pools will be closed for routine cleaning and maintenance the week of Aug 25, reopening Tuesday, September 2, after Labor Day. **The Main Pool remains open during this time.**



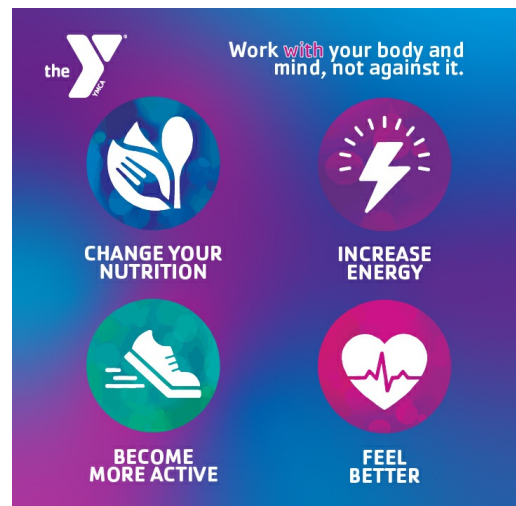
Wellness For Life

Receive the support you need to achieve your health goals. **Wellness For Life** utilizes a support team of specialized weight loss trainers, lifestyle coaches, and nutrition specialists. **They will help you:**

- Establish health accountability;
- Utilize planning & problem-solving measures; and
- Reach and maintain a desired weight.

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

The 12-week program begins Monday, September 8 at 9AM.



[Wellness For Life](#)

In the Community

Local opportunities for family-friendly fun

[Find a Volunteer Opportunity](#)

[Demolition Derby](#)

[Rodeo](#)

[Sum People Performance](#)

INVEST IN COMMUNITY HEALTH & WELLNESS FOR ALL. *DONATE TO THE Y.*

[SUPPORT THE Y TODAY](#)



Try email marketing for free today!