



MEMBER NEWSLETTER

WALLA WALLA YMCA



Exercising in Community

The YMCA is proud to serve thousands of people of all age and abilities, both here in Walla Walla and across the country. We are determined to provide you the programs and services that help keep both you and our communities healthy and connected.

Recently, Dr. Mehmet Oz, the new Administrator for the Centers for Medicare & Medicaid Services (CMS) asked to visit a Y during one of his community visits. The YMCA of Middle Tennessee graciously agreed to host him without any the Y's staff or members knowing of his visit in advance. See his reaction [here](#).

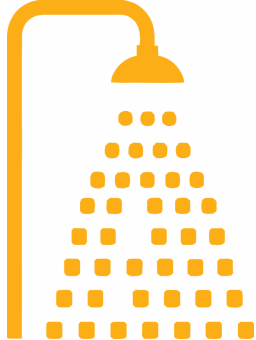
Keeping You and the Y in Shape

As you work to keep in shape, we work to keep the Y facility in good condition.

The majority of the Y's building infrastructure dates back to 1998 when the therapy pools, North locker rooms and Gyms 2-3 were added, along with main water lines, pumps, and heaters. We routinely plan both preventative maintenance projects and respond to unplanned but essential repairs.



Next week, August 27- 29, as part of our preventative maintenance plan, we will be replacing some of the outdated



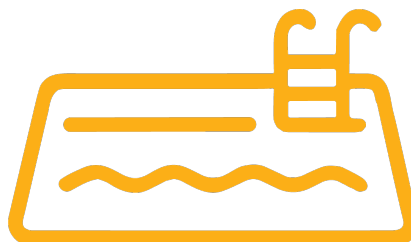
pipes that serve the Y's restrooms. Toilets and showers will continue to work, though shower temperatures may become brisk by Thursday or Friday. Barring any unforeseen circumstances we hope to have the showers back to normal temperatures on Friday.

We are also awaiting a new faucet for the Lobby - Women's Restroom.

And speaking of keeping the Y in shape, a big shout out to member Karen Buley, who has been helping to weed the Y's parking area. We will have an additional group of volunteers here to help weed our 3+ acres in mid-September.

Warm Pools Closure Reminder

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



Back to School Roller Derby Bash

Join the Walla Walla Sweets Roller Derby as they face Lilac City Roller Derby this Saturday at the Y. This Back-to-School BASH benefits Communities in Schools of the Blue Mountain Region.

6:30pm - Doors open (Park Street entrance)

7:30pm - First whistle

Tickets are 10 online or \$12 at the door. You can also purchase tickets in advance at the Y Membership desk.

[Tickets](#)

Wellness for Life: Sign Up Soon!

Receive the support you need to achieve your health goals. **Wellness For Life begins soon.**

With this program, we'll help you achieve your desired health goals, weight and set you up for a health-conscious lifestyle.

We'll be hosting a free informational session Monday, August 25, at 9AM in



the Boardroom. The regular program begins Monday, September 8.

Wellness For
Life

Donate Blood, Get a Peanuts Shirt

Donate blood at the Y's Aug 29 drive to receive an exclusive PEANUTS mystery bag with one of four special T-shirt designs (while supplies last).

The blood drive will be held in the MPR on August 29 from 11:30AM-4:00PM. Click the button to reserve your spot!

Donate
Blood



Karate Registration Open

Goju Ryu Karate offers a well-rounded approach to self-defense and personal development. The class is available for both beginner and advanced level participants.

Classes are lead by skilled Sensei instructors and held in the Y's dojo (the MPR) from September 9-October 9 every Tuesday and Thursday.

Beginner Classes | 5:30-6:15PM
Advanced Classes | 6:30-7:30PM

Karate

Community Fraud Prevention Event

Baker Boyer will be hosting a FREE informational event focused on fraud prevention and personal information security. The event will feature:

- Educational materials on preventing fraud and protecting personal information
- Free RFID sleeves to help secure debit and credit cards
- A panel of experts available to answer

BAKER  BOYER

questions about fraud and financial security

[Preregister Here](#)

The event will be Wednesday, September 17
from 5:30PM-6:30PM at the Marcus Whitman
Hotel. Preregister by clicking the button.

In the Community

Local opportunities for family-friendly fun

**Find a Volunteer
Opportunity**

**Demolition
Derby**

Rodeo

Brass Fire Band

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

**SUPPORT
THE Y TODAY**

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

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