



MEMBER NEWSLETTER

WALLA WALLA YMCA



Childcare that Makes a Difference

The YMCA offers caring and high-quality early learning and afterschool enrichment at its licensed Learning Centers in both Walla Walla & Milton-Freewater. Our toddler, preschool and school age programs emphasize each child's cognitive, social, emotional and physical development as they learn, grow and thrive. Eligible families may qualify for state or military fee-assistance and the Y also offers income-based financial assistance. To tour a program or learn more please contact us at info@wwymca.org.

Click the button below to register!

**YMCA Child
Development**

1st Aid/ CPR Training

Would you like to be able to:

- Recognize the signs of a cardiac arrest;
- Understand how to recognize signs of poisoning and what steps to take;
- Recognize and respond to sudden illnesses like stroke, seizures, allergic reactions, and diabetic emergencies; and
- Respond to choking incidents?

The Y is a licensed American Red Cross training provider that offers classes for individuals, groups, schools, churches and businesses. Training is offered at the Y and throughout the community. Register today for the next course at the Y on Friday, September 26 from 10AM-1PM. Training is open to members and non-members alike.



CPR Course



Karate

Last week to register for Karate

Goju Ryu Karate displays the oldest martial arts traditions and movements and is the perfect mix of self-discipline and self-defense.

Fall youth classes start next week, September 9 to October 9, and are held every Tuesday and Thursday in the MPR.

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

Youth scholarships are available.



Journey of Hope

What a trek! We're happy to announce that in August the **Journey of Hope** bike riders successfully completed their ride from Seattle to Washington D.C.

These energetic, college-age students ride to support people with disabilities. The Y was pleased to host them again this past June as they camped out in the Multipurpose Room after an exhaustive day's ride. It was the quietest event ever hosted by the Y, if you don't count the snores.

Co-Ed Soccer Futsal League

The Y's Adult Futsal (indoor) Soccer League is almost here.

Connect with your friends, age 17 and older, to form a team of 5-10 players. League play begins September 23rd in the Main Gym. Games will take place every Tuesday at 6PM, 7PM & 8PM

The league will last four weeks. Sign up by clicking the button down below.



**Soccer
Registration**

Join an Aquacise Class

Summer may be ending soon, but the temperature of the Y's large pool will remain a warm 83 degrees. Consider



joining one of our aquatics classes for a heart-healthy workout.

Classes like **Aqua Fitness** & **H.E.A.R.T** give you a good low-impact, cardiovascular workout that can reduce the risk of heart disease.

You can also enjoy a class in the large warm pool for a lower-intensity workout like **Joint Mobility/Stretch** and **Light Aerobics**. Visit our [schedule page](#) for class times.

Community Fraud Prevention Event

Want to keep your financial information secure? Baker Boyer is hosting a **FREE** informational event focused on fraud prevention and personal information security.

You'll be provided information on fraud prevention, RFID sleeves for debit/credit cards and a panel of financial/fraud experts will be on hand to answer your questions.

The event will be Wednesday, September 17 from 5:30PM-6:30PM at the Marcus Whitman Hotel. Click the button to preregister.



[Preregister Here](#)

In the Community

Local opportunities for family-friendly fun

[Find a Volunteer Opportunity](#)

[Evening at the Farm](#)

[Walla Walla Truck Show](#)

[Acrylic Painting](#)

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

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!