



MEMBER NEWSLETTER

WALLA WALLA YMCA



The Y In Service To Community

As a Y member, you're part of an organization committed to your health and well-being as well as that of our neighbors. We are humbled by the generosity that Y members show to others, both at the Y and in our community. With your support, over 250 pairs of socks have been donated to the **Kiwanis Sock Drive** this year. And to date Y members have filled 2 large boxes of **food** for local food pantries. In December, the Y will host one of the Salvation Army's annual Giving Trees for those who want to provide **holiday presents** for children in need.

The Walla Walla Y is uniquely positioned to fulfill its purpose of community strengthening. Like you, we believe in sharing. You may know that we offer use of the Y for other local nonprofits and service clubs to hold their Board meetings, and groups like the Walla Walla Carvers, ukelele players, SOAR, Scout Troops and the Italian Club all find a welcoming place at the Y.

This Saturday, the Y is providing BMAC the use of its Multi-purpose Room to serve over 400 local families in need. This program is in support of the **Walla Walla Valley Hunger Relief Coalition (WWVHRC)**. The coalition of local nonprofits, churches, schools and other organizations was formed in response to ongoing disruptions and delays to the Supplemental Nutrition Assistance Program (SNAP). SNAP provides food benefits to low-income individuals and families. BMAC is confirming appointments with eligible households for the Saturday program at the Y.

The Y is also serving as a drop off center for **winter coats (adult)** and **sleeping bags** to be distributed by **BMAC**. These items may be dropped off anytime at the Y's Membership desk.

In this season dedicated to giving thanks we are deeply appreciative of all that you do for our neighbors here in the valley. Thank you!



Veterans Day - Y is Open

Thank you to our men and women in uniform, past, present, and future.

Walla Walla High School will host its annual Veterans Day assembly on Monday, Nov. 10, honoring our nation's heroes.

The Veterans Day assembly begins at 10:32 a.m. in Wa-Hi's main gym. Veterans are invited to attend, wearing uniforms if desired.

NEW MEMBER NOVEMBER

It's the perfect time to invite your friends and family to join you at the Y.

During New Member November **we're waiving the joining fee** for those starting a new membership. That's a \$50 savings for adults.

Sticking With Us

Be sure to pick up a free sticker from our Membership Services team. Great for water bottles, backpacks and your car bumper. It's our way of saying thanks to you for being a member of the Walla Walla Y.



Karate for Kids

Youth ages 7-18 will make friends while learning self-defense in Goju Ryu Karate at the Y.

Goju Ryu teaches a mix of hard and soft techniques and is a great way to learn discipline while mastering a martial art.

Karate

We offer both beginner and advanced classes on Tuesdays and Thursdays beginning December 2 in the Multi-purpose Room. Click the box to sign up.

Thanksgiving Group Exercise Schedule

During Thanksgiving week we offer a modified GroupEx schedule:

Saturday, November 22 | All Moves MELT class held this day at 10AM instead of the regular 4th Saturday of the month.

Wednesday, November 26 | Regular morning classes only until 12PM. No afternoon or evening classes.

Thursday, November 27 | Y closed - Thanksgiving day

Friday, November 28 | The Y invites members of the community and visiting family to join the following classes at no cost. **Bring a friend to Burn The Bird (calories that is)!**

- **RIPPED** | 8AM – GYM 3
- **Cycle** | 9AM – CYCLE ROOM
- **Heavy HIIT** | 9AM – GYM 3
- **TRX** | 10AM – GYM 2
- **Yoga** | 10:15AM – GYM 3
- **Chair Yoga** | 11:20AM – GYM 3

Saturday, November 29 | No classes



Youth Winter Basketball

Each winter we welcome the new and returning players to join the Youth Winter Basketball League.

Youth Basketball is a Y tradition that stretches back over 130 years. Two days of the week are dedicated to basketball practice; with weekly team games held on Saturdays. It's a great way for youth to learn the sport while promoting healthy competition.



Two Step Registration:

Step 1: [Select a League](#) for your child.

Step 2: [Submit a Player Registration Form](#) (can be filled out online or in-person at the Y).

The league runs from [January 5 - February 21](#).

Coaches are Key

Help kids bring their best game by becoming a coach. Orientation provided and your

child's registration is discounted when you commit to coaching. Select a league option that includes "Coach Commitment" to register.

In the Community

Local opportunities for family-friendly fun

**Find a Volunteer
Opportunity**

**First Foods Film
Festival**

**Walla Walla Ski
Swap**

**Veteran's Day
Parade**

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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