



Happy holidays from the Y!

One Gift. One Community. A Healthier Year Ahead.

At the Y, your year-end gift—made directly to the Y or through the [Valley Giving Guide](#)—does more than close a calendar year. It changes a life. It opens doors for a child who needs a safe place to grow, a family seeking stability and connection, and a friend rebuilding health, confidence, and belonging.



Your tax-deductible gift fuels access to programs that strengthen bodies, minds, and communities—today and for the long term. Whether you give cash or a non-cash asset, your investment delivers measurable impact where it matters most.

There is no place like this place, because of you.



Y Honors | Finding Camaraderie and Community With David

Every weekday around noon, the Main Gym fills with the sound of basketball. One of our most prominent players is David, who's been coming to the Y for almost 50 years.

"Playing basketball is something I've always done," says David, who adds that the Y has offered a great venue for meeting others and camaraderie. "I've gained a lot of friendships playing noonball here."

David also has served as an active Y volunteer over the years. "I came in and refereed kid's games, coached kids, and helped out with the Peach Basketball tournament. If I had time, I did it."

The Y's commitment to youth stands out to David. "I appreciate the things that the Y does for kids," says David. "Youth come here for basketball, volleyball, swimming, you name it. The YMCA is a very positive part of the community."



Dec 31 Blood Drive

The gift of blood can save up to three lives, providing essential support for surgeries and emergency care during the busy holiday season.

[Sign up](#) today for the Y's year-end blood drive, December 31, from 10:00 am - 3:00 pm in the Multipurpose Room.

Holiday Weeks Exercise Schedule

We're wrapping up 2025 with the following schedule for our land-based Group Exercise classes. The water aerobics schedule is unchanged.

[Week of Christmas](#)

Saturday, Dec 20 | All Moves MELT class held this day at 10AM instead of the regular last Saturday of the month.

Wednesday, Dec 24 | Morning classes only (no 12:10 Gentle Yoga). The Y closes at 1PM.

Thursday, Dec 25 | Christmas day - Y closed.

Friday, Dec 26 - Sat, Dec 27 | No Group Exercise classes.

Week of New Year's

Wednesday, Dec 31 | Morning Group Exercise classes only (no 12:10 Gentle Yoga). The Y closes at 1PM.

Thursday, Jan 1 | New Year's Day - Y closed.



New Y Toddler Playground

Toddlers in the Y's Milton-Freewater Childcare Center got an early Christmas present. With grant support from the Oregon Department of Education, the children now enjoy a safe and engaging outdoor play space complete with slides and bouncy structures.

This year we increased our enrollment capacity for toddler care in Oregon. To learn more about our toddler to age 12 programs in Milton-Freewater contact Kim at khuling@wwymca.org.

Change your Nutrition



Increase Energy



Become More Active



Feel Better



New Year's Resolution

Thinking ahead to 2026? We have just the program to help you achieve your wellness goals in the new year. Through the Y's Wellness For Life program, you'll meet weekly with nutrition specialists and weight loss trainers who will help you achieve AND maintain your health goals.

The program takes place on Mondays at 9AM from Jan 29 - Apr 13 (an orientation session is scheduled for Monday, Jan 12 at the same time).

Wellness For Life



Y GIVE
ANYTHING ELSE
GIVE THE GIFT OF FUN, FITNESS, AND MORE

Last Minute Stocking Stuffer

It's not too late to give the gift of health and wellness in 2026.

Y punch cards are a great stocking stuffer and are good for seven visits to the Y. They don't expire and are only \$25 when purchased this month.



Water Safety Instructor Training

Learn to teach lifesaving skills with Red Cross Water Safety Instructor Training. This class features both in-person training as well as an online component.

Classes run from January 19 - January 24 from 4-8PM. Available for ages 15+.

[WSI Training](#)



[Learn More about FreeWill](#)

Our Gift to You

We are pleased to offer members the ability to create a lasting legacy for the people and causes you care about.

Watch for news in January about FreeWill's nationally-recognized planned giving platform that makes it possible for you to create your will or revocable living trust at no cost.

In the Community

Local opportunities for family-friendly fun

[Find a Volunteer
Opportunity](#)

[Film Festival](#)

[Nutcracker Ballet](#)

[School of Rock
Concert](#)

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