

Look what's happening at your Y!

The Y is closed on Monday, Sept. 1st for Labor Day.

Member Appreciation BBQ

Are you ready for some delicious BBQ? Join us for our annual Member Appreciation event on Thursday, August 28th from 4:30 – 7:00PM! Meet more of your fellow Y members and enjoy an evening of great food and fun-filled, family entertainment! Live music provided by Blue Water Haze. Dinner is served at 5:00PM and is catered by Black Bean BBQ. The kids can enjoy a jump house and other fun activities in the “Y Play Zone”. Adults = \$6; Children 12 & under = FREE. Seats are limited, so get your tickets today in the Y Member Center! See the attached flyer for more details.

Aquatics

Fun in the sun! The Cloverdale Municipal Pool, which the Y operates during the summer, is open weekends through Labor Day for Family Swim from 12 – 5 PM. Don't forget your sunscreen! The next 4-week swim lesson session begins the week of September 15th.

Sign-ups are as follows:

Current participants/Facility Members may enroll starting Monday, Sept. 8th;

Program Members = Tuesday, Sept. 9th;

Non-members = Wednesday, Sept. 10th.

Health & Safety Classes

First Aid – Friday, Aug. 29th, 5:30 - 9:30PM

Adult CPR – Thursday, Sept. 11th, 5:30 - 9:30PM

The above Red Cross certified CPR courses are \$40 for Facility Members; \$45 Program Members; \$50 Non-Members. Please register in the Member Center at least 2 days prior to class dates. Class subject to cancellation due to low enrollment.

30th Annual Harvest Fair 3K/10K Fun Run

Can you believe it was the year 1979 that the Y kicked off its very first Harvest Fair Fun Run? Well we are gearing up to celebrate big for our 30th annual event on Sunday, October 5, 2008! All proceeds from the YMCA Harvest Fair Fun Run go towards the Y Outreach program, which enables low-income kids and families in our community to participate in enriching Y programs that they would not otherwise be able to afford. Registration forms coming soon!

Youth & Teen

New! Sense & Discover Play Group – A program to help children ages 3 – 5 years develop gross and sensory motor abilities while promoting their socialization and play skills. Children and parents play together in a sensory-rich environment. Adult participation is required. Meets Wednesdays 11:15 – noon starting September 3rd. Monthly sessions: \$25 Facility Members; \$30 Program Members; \$35 Non-Members

Little Sportsters – Your little one, age 3 – 5 years, has the opportunity to learn basic fundamentals of sports, meet new friends and develop hand-eye coordination. Sports include basketball, t-ball, indoor soccer, and flag football. Classes meet one day a week for four-week sessions. The upcoming session is Basketball, starting the week of Aug 25th. \$10/session Facility Member; \$14/session Program Member; \$20/session Non-Member. Reduced rates available when signing up for multiple sessions. Call the YMCA Program Office at 544-1829 for more info.

Youth & Government – Who knew government could be this fun? Join the nation's #1 Youth & Government program! Teens have an opportunity to discuss issues facing California and to design bills to be debated in the Youth Assembly and Senate. In February, delegates are given full access to the State Capitol building for meetings and deliberations in the actual Senate, Assembly and Judicial Chambers! For all High School students. For more information, call 544-1829.

Y Teen Leadership – Participants come together in a club environment and combine community service events, fundraising and adventure outings for a year of growth and team-building. Call the YMCA Program Office at 544-1829 for more information.

Asset Development Tip – *Give young people appropriate and important responsibilities within the family.*