



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Start the New Year off right at the Y!

Holiday Hours

12/31... New Year's Eve (Open; 8a – 12p)

1/1... New Year's Day (Normal Hours)

Family Programs

1/20... Potluck (WESTSIDE)

Parent's Night Out (WESTSIDE)

1/23... Potluck (NORTHSIDE)

2/17... Potluck (WESTSIDE)

2/25... Winter Luau (WESTSIDE)

Health and Well-Being

Feb... Healthy Heart month

2/19... Zumbathon

Youth Development

1/2... Youth Basketball PRACTICE begins (WESTSIDE)

1/8... Kinder Hoops begins (WESTSIDE)

Kinder Kicks EARLY Registration begins (DAVIS)

1/28... Youth Basketball GAMES begin (WESTSIDE)

2/2... Men's Basketball Capitan's Mtg. (NORTHSIDE)

2/6... Kinder Kicks NORMAL Registration begins (DAVIS)

2/10&12... Men's Basketball Games begin (NORTHSIDE)

Trainings

1/13... Healthy Lifestyle Principles @6p-9p (CANSLER)

1/14... Foundations of Group Ex @8a-4p (CANSLER)

2/2... Healthy Lifestyle Principles @6p-9p (CANSLER)

2/2... Pilates Instructor @ 9a-5p (CANSLER)

2/3&4... Foundations of Strength & Conditioning @5p-10p (DOWNTOWN)

Aquatics

1/2... Jan. Group Lessons begin (M/Wed)

1/3... Jan. Group Lessons begin (T/Thrs.)
Winter Swim Clinics Begin

1/17... Swim Lesson Signups (Members)

1/19... Swim Lesson Signups (Non-Members)

1/30... Feb. Group Lessons begin (M/Wed)

1/31... Feb. Group Lessons begin (T/Thrs.)

2/14... Swim Lesson Signups (Members)

Swim Clinic Registration (Members)

2/16... Swim Lesson Signups (Non-Members)

Swim Clinic Registration (Non-Members)

2/27... Mar. Group Lessons begin (M/Wed)

2/28... Mar. Group Lessons begin (T/Thrs.)

Swim Clinic Begins (10 weeks)

Social Responsibility

1/9 -1/11... CPR classes @9a-12p (CANSLER) **1/23...**

2/13-2/15... CPR classes @5:30p-8:30p (CANSLER)



**YMCA of East Tennessee
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