



# MOVE CHIPPEWA VALLEY

12 WEEKS OF MOVEMENT  
MAY 17-AUGUST 8, 2026

[Membership Info](#) | [YMCA Races](#) | [YMCA Programs](#)

Welcome to Week 1 of the Move Challenge—we're so excited to get started with you!

Amy, Association Marketing Director, is kicking things off with a special welcome message. Be sure to check it out and see what she has to say as we begin this journey together!



### Week 1 Theme: Start Moving!

Kick things off by simply getting started. Every step, stretch, and splash counts—this week is all about building the habit and creating momentum.

Remember, your goal is to reach 150 minutes of movement this week. You can break it up however works best for your schedule—just keep moving!

Each week, we'll be reaching out with a new theme, helpful resources, and a chance to check in on your progress.

### Weekly MOVEMENT Opportunity - FREE for all Challengers!

Join us at the John & Fay Menard YMCA Tennis Center for Cardio Tennis on Wednesday, May 20 and/or Friday, May 22 from 10:30-11:30 AM. Cardio Tennis is a fun group activity, featuring drills to give players of all abilities the ultimate high-energy workout. Taught by a teaching professional, it includes warm-up, cardio workout, and cool-down phases. If current or new players are looking for a great new way to get in shape and to burn calories, they must give it a try! Questions? Call us at 715.836.8470 or email Matt a [mboughton@ymca-cv.org](mailto:mboughton@ymca-cv.org).

### Your Weekly Resources

Below are some quick links we'll share each week to help keep you on track. You can download a tracker and print at home or head to one of the YMCA branches to pick one up.

[SUBMIT YOUR MOVEMENT MINUTES](#)

[TRAINER TIP FROM LYNDA](#)

[RECIPE: BBQ CHICKEN BOWL](#)

[MOVE CHIPPEWA VALLEY FACEBOOK](#)

[MOVEMENT OPPORTUNITIES](#)

[DOWNLOAD THE TRACKER](#)

### And Yes—There Are PRIZES! 🎉

Each week, we'll give away three prize packages:

- Two winners will be selected from participants who log their 150 minutes for the previous week
- One lucky winner will be chosen from those who post their movement, or encourage others, in the [Move Chippewa Valley Facebook group](#)

We'll announce winners in each weekly email—so stay engaged and keep moving!

### Prize #1



### Prize #2



& 1 FAMILY DAY PASS TO THE BERNARD F WILLI OUTDOOR POOL!

### Prize #3



### Celebrate the Finish Line 🎉

We'll wrap up 12 weeks of movement by crossing the finish line together on August 8 at the Chippewa Falls YMCA during the Pure Water Days Races.

You can:

- ✓ Register now to participate in a race - [click here to see race options!](#)
- ✓ Volunteer - [click here to sign up to volunteer!](#)
- ✓ Cheer on participants and celebrate the summer

However you join us, we hope you'll be part of this community celebration of healthy living. You do not need to participate at the Pure Water Day Races to complete the challenge.

Thank you for committing to yourself, to movement, and to our community. We can't wait to see how you move this summer! It's not too late to encourage your friends and family to join us as well!

Let's make it an amazing first week—we're cheering you on every step of the way! 💪

Here's to 150 minutes a week and a strong, active summer ahead,

**The YMCA of the Chippewa Valley Team** ❤️



# MOVE CHIPPEWA VALLEY

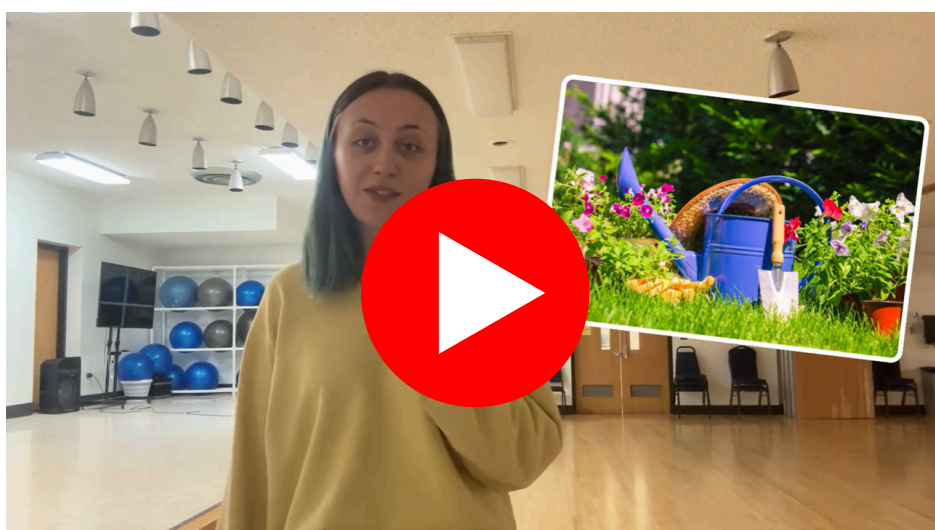
12 WEEKS OF MOVEMENT  
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Welcome to Week 2 of the MOVE Challenge—You crushed Week 1—now let’s keep the momentum going!

Emma, Association Marketing Coordinator, is here to share what’s happening during week 2 of the MOVE Challenge! Be sure to check it out and stay up to date.

MOVEMENT MINUTES! Week 1 minutes should be submitted online [HERE](#) by Tuesday, May 26. Prize winners will be announced in our [Move Chippewa Valley Facebook Group](#) on Wednesday, May 27 and will also receive an email notification.



### Week 2 Theme: Move Your Way!

There’s no one way to move. Walk, dance, swim, lift, garden—find what you enjoy and make movement fit your life.

Remember, your goal is to reach 150 minutes of movement this week. You can break it up however works best for your schedule—just keep moving!

Each week, we’ll be reaching out with a new theme, helpful resources, and a chance to check in on your progress.

### Weekly MOVEMENT Opportunity - FREE for all Challengers!

Calling all Adults 55+! Join us at our Membership Branches on Wednesday, May 27 for a FREE day of YMCA access in honor of National Senior Health & Fitness Day. This is for EVERYONE 55+ so share this information with friends and family as well. From 9 AM to 2 PM at the Eau Claire Downtown YMCA we will have staff ready to answer all your questions about our ForeverWell Program and Insurance-based memberships.

For all MOVE Challengers at the Eau Claire Downtown YMCA on Wednesday, May 27, join us for the following FREE programs - just make sure to register!

- Enhance Fitness Group Exercise Class from 10-11 AM in the Group Exercise Room (geared towards 55+, for this class you can just show up!)
- Intro to AI and Chat GPT talk in the Community Room from 11-NOON | [REGISTER](#)
- Yoga for Longevity from 12:05-12:55 PM in the Group Exercise Room | [REGISTER](#)
- Fraud Prevention speaker in the Community Room from 12:30-1:30 PM | [REGISTER](#)

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[SUBMIT YOUR MOVEMENT MINUTES](#)

[TRAINER TIP FROM HENRY](#)

[RECIPE: CHICKEN AVOCADO BOWLS](#)

[MOVE CHIPPEWA VALLEY FACEBOOK](#)

[MOVEMENT OPPORTUNITIES](#)

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Submit your Movement Minutes each week by Tuesday of the following week, and winners will be announced every Wednesday. This weekly format will continue throughout the challenge—so stay engaged, keep submitting, and keep moving!

### Prize #1



### Prize #2



### Prize #3



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# MOVE CHIPPEWA VALLEY

12 WEEKS OF MOVEMENT  
MAY 17-AUGUST 8, 2026

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### Welcome to Week 3 of the MOVE Challenge!

Michelle & Amy are here to share what's happening during week 3 of the MOVE Challenge! Be sure to check it out and stay up to date with everything happening!

**MOVEMENT MINUTES!** Week 2 minutes should be submitted online [HERE](#) by Tuesday, June 2. Prize winners will be announced in our [Move Chippewa Valley Facebook Group](#) on Wednesday, June 3 and they will also receive an email notification.



### Week 3 Theme: Move Together

Move Together... Movement is better with others. Invite a friend, bring your family, or try a group class—community is part of the goal.

Remember, your goal is to reach 150 minutes of movement this week. You can break it up however works best for your schedule—just keep moving!

Each week, we'll be reaching out with a new theme, helpful resources, and a chance to check in on your progress.

### Weekly MOVEMENT Opportunity – FREE for all Challengers!

#### POOL GRAND OPENING PARTY:

Join us at the Bernard F. Willi Outdoor Pool in Chippewa Falls for our FREE Grand Opening Party on Saturday, June 6! The event will feature a variety of activities from 12:00–3:00 PM, including yard games, a slip-n-slide, water guns, and complimentary freezies for attendees. The pool will remain open and free for access from 12:00–7:00 PM.

#### GROUP RUN:

Every Thursday at 6 PM, join us at Blue Ox Running in located in River Prairie. Find the weekly group run information here: <https://blueoxrunning.com/>. GROUP RUNS are free.

#### WISCONSIN BIKE WEEK:

Cycle Into Summer With Eau Claire's 2026 Bike Week Activities from May 31–June 6, community-centered events welcome bike riders of all ages and abilities. [Click here for all the information!](#)

#### Your Weekly Resources:

Below are some quick links we'll share each week to help keep you on track. You can download a tracker and print at home or head to one of the YMCA branches to pick one up.

[SUBMIT YOUR MOVEMENT MINUTES](#)

[TRAINER TIP FROM DAMON](#)

[RECIPE: LOADED BURGER BOWLS](#)

[MOVE CHIPPEWA VALLEY FACEBOOK](#)

[MOVEMENT OPPORTUNITIES](#)

[DOWNLOAD THE TRACKER](#)

### Week 3 PRIZES!

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- Two winners will be selected from participants who log their 150 minutes for the previous week
- One lucky winner will be chosen from those who post their movement, or encourage others, in the [Move Chippewa Valley Facebook group](#)

Submit your Movement Minutes each week by Tuesday of the following week, and winners will be announced every Wednesday. This weekly format will continue throughout the challenge—so stay engaged, keep submitting, and keep moving!

### Prize #1



### Prize #2



### Prize #3



CONGRATS TO OUR WEEK 1 WINNERS



& 1 FAMILY DAY PASS TO THE BERNARD F WILLI OUTDOOR POOL!



**f CASSIE EDGE JACK FENTRESS MARYLAN DUQUE**

Cross the finish line on August 8 at the Chippewa Falls YMCA during the Pure Water Days Races. Challengers are encouraged to participate but you can complete the challenge without joining us.

#### You can:

- ✓ Register now to participate in a race - [click here to see race options!](#)
- ✓ Volunteer - [click here to sign up to volunteer!](#)
- ✓ Cheer on participants and celebrate the summer

Join us for the Ferris Wheel 5K on Sunday, July 12 at the Chippewa Falls YMCA—a fun, relaxed, and family-friendly event where everyone is welcome! This untimed race is all about enjoying movement at your own pace while taking in the beauty of Irvine Park. Whether you walk, jog, or stroll, there's no pressure—just fresh air, great views, and a celebration of community. Registration includes a commemorative shirt (register before July 1 to guarantee) and admission tickets to the Northern Wisconsin State Fair, making it a perfect way to kick off a day of fun. Bring the whole family, including your furry friends (leashed at all times), and create lasting memories together. [Learn more here!](#)

Thank you for committing to yourself, to movement, and to our community. We can't wait to see how you move this summer! It's not too late to encourage your friends and family to join us as well!

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## Welcome to Week 4 of the MOVE Challenge!

Kristin is joining us this week share what's happening during week 4 of the MOVE Challenge! Be sure to check it out and stay up to date with everything happening!

**MOVEMENT MINUTES!** Week 2 minutes should be submitted online [HERE](#) by Tuesday, June 9. Prize winners will be announced in our [Move Chippewa Valley Facebook Group](#) on Wednesday, June 10 and they will also receive an email notification.



### Week 4 Theme: Move for Strength

Move for Strength... Focus on building strength—physical, mental, or both. Strength training, bodyweight work, or functional movement all count.

Remember, your goal is to reach 150 minutes of movement each week. You can break it up however works best for your schedule—just keep moving!

### Weekly MOVEMENT Opportunity - FREE for all Challengers!

#### FREE AQUA DANCE & TOT TIME!

Join us at the Bernard F. Willi Outdoor Pool in Chippewa Falls for FREE Aqua Dance classes on June 8, June 10 and/or June 12 from 7:30-8:30 PM. All challengers are also welcome to attend Tot Time at the Outdoor Pool from 10-11:45 AM June 8-June 11 for FREE! Tot Time is the perfect opportunity for our little swimmers to come and enjoy the zero-entry and shallow end of the pool. The slide and deep end are closed.

#### FREE RIVERFRONT FITNESS

The YMCA offers free fitness classes at Riverfront Park all summer and classes start up this week! Please bring your own mat. If inclement weather occurs, classes are moved to the Chippewa Falls YMCA but everyone is still welcome to join free of charge.

#### Full 2026 Schedule: Classes run June 8-August 19.

- Mondays: Yoga with Max - 5:30-6:30 PM
- Tuesdays: Yoga with Karen - 5:30-6:30 PM
- Wednesdays: Zumba with Tara - 6:00-7:00 PM

#### GROUP RUN:

Every Thursday at 6 PM, join us at Blue Ox Running in located in River Prairie. Find the weekly group run information here: <https://blueoxrunning.com/>. GROUP RUNS are free.

#### Your Weekly Resources:

Below are some quick links we'll share each week to help keep you on track. You can download a tracker and print at home or head to one of the YMCA branches to pick one up.

[SUBMIT YOUR MOVEMENT MINUTES](#)

[TRAINER TIP FROM TAYLOR](#)

[RECIPE: GREEK CHICKEN MEATBALL BOWLS](#)

[MOVE CHIPPEWA VALLEY FACEBOOK](#)

[MOVEMENT OPPORTUNITIES](#)

[DOWNLOAD THE TRACKER](#)

### Week 4 PRIZES!

Each week, we'll give away three prize packages:

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Submit your Movement Minutes each week by Tuesday of the following week, and winners will be announced every Wednesday. This weekly format will continue throughout the challenge—so stay engaged, keep submitting, and keep moving!

### Prize #1



### Prize #2



& 1 FAMILY DAY PASS TO THE BERNARD F WILLI OUTDOOR POOL!

### Prize #3



CONGRATS TO OUR WEEK 1 WINNERS



[f](#) **RACHEL EKLUND**     **SUE DUENSING**     **BECCA HOLMAN**

Cross the finish line on August 8 at the Chippewa Falls YMCA during the Pure Water Days Races. Challengers are encouraged to participate but you can complete the challenge without joining us.

#### You can:

- ✓ Register now to participate in a race - [click here to see race options!](#)
- ✓ Volunteer - [click here to sign up to volunteer!](#)
- ✓ Cheer on participants and celebrate the summer

Join us for the Ferris Wheel 5K on Sunday, July 12 at the Chippewa Falls YMCA—a fun, relaxed, and family-friendly event where everyone is welcome! This untimed race is all about enjoying movement at your own pace while taking in the beauty of Irvine Park. Whether you walk, jog, or stroll, there's no pressure—just fresh air, great company, and a celebration of community. Registration includes a commemorative shirt (register before July 1 to guarantee) and admission tickets to the Northern Wisconsin State Fair, making it a perfect way to kick off a day of fun. Bring the whole family, including your furry friends (leashed at all times), and create lasting memories together. [Learn more here!](#)

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## Welcome to Week 5 of the MOVE Challenge!

Solomon is joining us this week share what's happening during week 5 of the MOVE Challenge! Be sure to check it out and stay up to date with everything happening!

**MOVEMENT MINUTES!** Week 3 minutes should be submitted online [HERE](#) by Tuesday, June 16. Prize winners will be announced in our [Move Chippewa Valley Facebook Group](#) on Wednesday, June 17 and they will also receive an email notification.



### Week 5 Theme: Move for Balance

Move for Strength... Balance isn't just physical. Slow things down with stretching, yoga, or mindful movement that supports overall well-being.

Remember, your goal is to reach 150 minutes of movement each week. You can break it up however works best for your schedule—just keep moving!

### Weekly MOVEMENT Opportunity - FREE for all Challengers!

#### FREE RIVERFRONT FITNESS

The YMCA offers free fitness classes at Riverfront Park all summer and classes start up this week! Please bring your own mat. If inclement weather occurs, classes are moved to the Chippewa Falls YMCA but everyone is still welcome to join free of charge.

#### Full 2026 Schedule: Classes run June 8–August 19.

- Mondays: Yoga with Max - 5:30-6:30 PM
- Tuesdays: Yoga with Karen - 5:30-6:30 PM
- Wednesdays: Zumba with Tara - 6:00-7:00 PM

#### FREE PARENT'S NIGHT OUT! Saturday, June 20 - Menomonie Alliance Church - [Click Here!](#)

The YMCA of the Chippewa Valley offers monthly Parents' Night Out Events in Eau Claire and Menomonie. This is a free perk for our Family Memberships. FOR OUR CHALLENGERS we are inviting all parents with kids 3 (and potty trained) through 5th grade to enjoy a FREE Parents' Night Out Event on Saturday, June 20 from 4-7 PM. Make it a date night, or just run some errands, we got the kids fun covered and will even take care of dinner. Spots are limited to 60 kids. REGISTRATION IS REQUIRED: [Click Here to register!](#)

#### GROUP RUN:

Every Thursday at 6 PM, join us at Blue Ox Running in located in River Prairie. Find the weekly group run information here: <https://blueoxrunning.com/>. GROUP RUNS are free.

#### Your Weekly Resources:

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[SUBMIT YOUR MOVEMENT MINUTES](#)

[MOVE CHIPPEWA VALLEY FACEBOOK](#)

[TRAINER TIP FROM LYNDA](#)

[MOVEMENT OPPORTUNITIES](#)

[RECIPE: CILANTRO LIME GRILLED SALMON](#)

[DOWNLOAD THE TRACKER](#)

#### Week 5 PRIZES!

Each week, we'll give away three prize packages:

- Two winners will be selected from participants who log their 150 minutes for the previous week
- One lucky winner who is actively tracking their minutes in the YMCA360 Move Challenge will be entered to win this week's prize drawing. Make sure you've joined the challenge and are logging your activity for your chance to win!

Submit your Movement Minutes each week by Tuesday of the following week, and winners will be announced every Wednesday. This weekly format will continue throughout the challenge—so stay engaged, keep submitting, and keep moving!

### Prize #1



### Prize #2



### Prize #3



#### CONGRATS TO OUR WEEK 3 WINNERS:



DENNIS DEKAN

LISA BALKO

JESSICA YOST

We have exciting news! All Move Challenge participants now have access to [YMCA360](#), making it easier than ever to track your activity and submit your movement minutes each week.

YMCA360 is available as both a mobile app and website and includes hundreds of on-demand and live fitness classes, workouts, and programs that you can access anytime, anywhere.

Starting now, you can join the weekly Move Challenge directly in [YMCA360](#) and record your activity there. If you track your minutes in the app, there is no need to submit them separately—we will pull that data automatically each week.

For YMCA Members:

- Open the YMCA360 app
- Tap Activity (bottom right)
- Select Challenges and join the Move Challenges - each week is it's own challenge... join them all now and you will be set!
- Add your workouts and start tracking your minutes

For Non-Members:

Reply to this email or email [marketing@ymca-cv.org](mailto:marketing@ymca-cv.org) to request your YMCA360 access code. Once you receive it, download the app and get connected.

You may still use the online submission form if you prefer. Any duplicate submissions will be removed.

#### PURE WATER DAYS RACES

Cross the finish line on August 8 at the Chippewa Falls YMCA during the Pure Water Days Races. Challengers are encouraged to participate but you can complete the challenge without joining us.

#### You can:

- ✓ Register now to participate in a race - [click here to see race options!](#)
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## Welcome to Week 6 of the MOVE Challenge!

Congrats on making it to the half way point - this is going fast! Craig is joining us this week share what's happening during week 6 of the MOVE Challenge! Watch the video below to stay up to date with everything happening!

MOVEMENT MINUTES! Week 5 minutes should be submitted online [HERE](#) by Tuesday, June 23. Prize winners will be announced in our [Move Chippewa Valley Facebook Group](#) on Wednesday, June 24 and they will also receive an email notification.

If you are using YMCA360 to track your minutes, you DO NOT need to submit them through the online form. We will be pulling the minutes entered into YMCA360 automatically. Learn more about using the YMCA360 platform below!



## Week 6 Theme: Move In Nature

Move in Nature. Take movement outside. Trails, parks, sidewalks, or your own backyard—fresh air makes movement feel even better.

Remember, your goal is to reach 150 minutes of movement each week. You can break it up however works best for your schedule—just keep moving!

## Weekly MOVEMENT Opportunity - FREE for all Challengers!

### FREE GROUP EXERCISE

Swing by the Eau Claire Downtown YMCA for a HIIT session on Monday or Thursday from 12:05 to 12:50 PM! HIIT stands for High Intensity Interval Training, and it's guaranteed to pump you up!

### FREE RIVERFRONT FITNESS

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[MOVE CHIPPEWA VALLEY FACEBOOK](#)

[TRAINER TIP FROM NIK](#)

[MOVEMENT OPPORTUNITIES](#)

[MARGARITA CHICKEN](#)

[DOWNLOAD THE TRACKER](#)

## Week 6 PRIZES!

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If you aren't using YMCA360 - Submit your Movement Minutes each week by Tuesday of the following week, and winners will be announced every Wednesday. This weekly format will continue throughout the challenge—so stay engaged, keep submitting, and keep moving!

## CHECK OUT OUR WEEK 6 PRIZES:



## CONGRATS TO OUR WEEK 4 WINNERS:



JEFF ROBB

SHIRLEY KEITH

BOBBIE KUCHTA

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### Welcome to Week 7 of the MOVE Challenge!

Week 7 here we come! April is joining us this week share what's happening during week 7 of the MOVE Challenge! Watch the video below to stay up to date with everything happening!

MOVEMENT MINUTES! Week 6 minutes should be submitted online [HERE](#) by Tuesday, June 30. Prize winners will be announced in our [Move Chippewa Valley Facebook Group](#) on Wednesday, July 1 and they will also receive an email notification.

If you are using YMCA360 to track your minutes, you DO NOT need to submit them through the online form. We will be pulling the minutes entered into YMCA360 automatically. Learn more about using the YMCA360 platform below!



### Week 7 Theme: Try Something New

Try Something New. Shake things up. New class, new route, new activity—trying something different keeps things fun and motivating.

Remember, your goal is to reach 150 minutes of movement each week. You can break it up however works best for your schedule—just keep moving!

### Weekly MOVEMENT Opportunity - FREE for all Challengers!

#### FREE GROUP EXERCISE

Swing by the Eau Claire Downtown YMCA for Tia Chi classes on Tuesday or Thursday from 1:00-1:50 PM! Tia Chi is often referred to as "meditation in motion," it involves a series of slow, continuous, and graceful body movements paired with deep, focused breathing and mental concentration.

#### FREE RIVERFRONT FITNESS

The YMCA offers free fitness classes at Riverfront Park all summer and classes start up this week! Please bring your own mat. If inclement weather occurs, classes are moved to the Chippewa Falls YMCA but everyone is still welcome to join free of charge.

Full 2026 Schedule: Classes run through August 19.

- Mondays: Yoga with Max - 5:30-6:30 PM
- Tuesdays: Yoga with Karen - 5:30-6:30 PM
- Wednesdays: Zumba with Tara - 5:30-6:30 PM

#### GROUP RUN:

Every Thursday at 6 PM, join us at Blue Ox Running in located in River Prairie. Find the weekly group run information here: <https://blueoxrunning.com/>. GROUP RUNS are free.

#### Your Weekly Resources:

Below are some quick links we'll share each week to help keep you on track. You can download a tracker and print at home or head to one of the YMCA branches to pick one up.

[SUBMIT YOUR MOVEMENT MINUTES](#)

[MOVE CHIPPEWA VALLEY FACEBOOK](#)

[TRAINER TIP FROM TONY](#)

[MOVEMENT OPPORTUNITIES](#)

[SHRIMP TACOS](#)

[DOWNLOAD THE TRACKER](#)

#### Week 7 PRIZES!

Each week, we'll give away three prize packages:

- Two winners will be selected from participants who log their 150 minutes for the previous week
- One lucky winner who is actively tracking their minutes in the YMCA360 Move Challenge will be entered to win this week's prize drawing. Make sure you've joined the challenge and are logging your activity for your chance to win!

If you aren't using YMCA360 - Submit your Movement Minutes each week by Tuesday of the following week, and winners will be announced every Wednesday. This weekly format will continue throughout the challenge—so stay engaged, keep submitting, and keep moving!

#### CHECK OUT OUR WEEK 7 PRIZES:



#### CONGRATS TO OUR WEEK 5 WINNERS:



JAMES WELCH

JANET ASH

SUSAN BARBER LINDQUIST

Reminder- All Move Challenge participants now have access to [YMCA360](#), making it easier than ever to track your activity and submit your movement minutes each week.

YMCA360 is available as both a mobile app and website and includes hundreds of on-demand and live fitness classes, workouts, and programs that you can access anytime, anywhere.

Starting now, you can join the weekly Move Challenge directly in [YMCA360](#) and record your activity there. If you track your minutes in the app, there is no need to submit them separately—we will pull that data automatically each week.

For YMCA Members:

- Open the YMCA360 app
- Tap Activity (bottom right)
- Select Challenges and join the Move Challenges - each week is it's own challenge... join them all now and you will be set!
- Add your workouts and start tracking your minutes

For Non-Members:

Reply to this email or email [marketing@ymca-cv.org](mailto:marketing@ymca-cv.org) to request your YMCA360 access code. Once you receive it, download the app and get connected.

You may still use the online submission form if you prefer. Any duplicate submissions will be removed.

#### PURE WATER DAYS RACES

Cross the finish line on August 8 at the Chippewa Falls YMCA during the Pure Water Days Races. Challengers are encouraged to participate but you can complete the challenge without joining us.

#### You can:

- ✓ Register now to participate in a race - [click here to see race options!](#)
- ✓ Volunteer - [click here to sign up to volunteer!](#)
- ✓ Cheer on participants and celebrate the summer

Join us for the Ferris Wheel 5K on Sunday, July 12 at the Chippewa Falls YMCA—a fun, relaxed, and family-friendly event where everyone is welcome! This untimed race is all about enjoying movement at your own pace while taking in the beauty of Irvy Park. Registration includes, jog, or stroller, there's no pressure—just fresh air, great company, and a celebration of community. Registration includes a commemorative shirt (register before July 1 to guarantee shirt) and admission tickets to the Northern Wisconsin State Fair, making it a perfect way to kick off a day of fun. Bring the whole family, including your furry friends (leashed at all times), and create lasting memories together. [Learn more here!](#)

Thank you for committing to yourself, to movement, and to our community. We can't wait to see how you move this summer! It's not too late to encourage your friends and family to join us as well!

Here's to 150 minutes a week and a strong, active summer ahead,

**The YMCA of the Chippewa Valley Team** ❤️