



WELCOMING WEEK

At the Y, ALL are
WELCOME



YOU'RE INVITED!

September 10 - 19
Try the Y for FREE!

CHIPPEWA FALLS YMCA
EAU CLAIRE YMCA
www.ymca-cv.org

FREE WELCOMING WEEK EVENTS

COFFEE SOCIALS FOR ACTIVE OLDER ADULTS

- Eau Claire YMCA Group Exercise Studio
Tuesday, September 14, 9:30 AM
- Eau Claire YMCA Service Desk Lobby
Wednesday, September 15, 10:15 AM
- Chippewa Falls YMCA Pool Lobby
Thursday, September 16, 9:15 AM

Many of us consider the years after age 50 as the prime of our life! We have more free time to do the things we enjoy. And the YMCA offers so many opportunities to be active and socially connected. We invite all active older adults (age 50 & up) to join us for a coffee social. This is a great opportunity to learn more about our new Active & Ageless program and meet others who are not willing to sit quietly by as the calendar pages turn.

PICKLEBALL INTRODUCTION

L.E. Phillips YMCA Sports Center
Wednesday, September 15, 6:30-8:00 PM
RSVP by emailing sslota@ymca-cv.org by 5 PM Tuesday, Sept. 14.

Eau Claire YMCA Hobbs Gym
Thursday, September 16, 6:30-8:00 AM
RSVP by emailing sslota@ymca-cv.org by 5 PM Wednesday, Sept. 15.

Pickleball has become a popular activity in recent years. Are you curious if it's a sport for you? Come learn the rules of the game and give it a try. This session is for absolute beginners & is a great way to meet others who are looking for a fun new activity to add to their fitness routine. Come see what the buzz is all about!

LET'S PLAY TENNIS!

John & Fay Menard YMCA Tennis Center
Fridays, September 10 & 17, 7:00-10:00 PM

Since the start of the pandemic, many people have taken up the perfectly socially distanced sport of tennis and fallen in love with the sport. This is your chance to join them! Each Friday night in September, members can bring a guest to the Tennis Center for free. If the guest joins, both the member & guest will be entered into a drawing for a new racquet. This is a great opportunity to access one of the best tennis facilities in the Midwest – right in your own backyard!

STAY-AT-HOME PARENTS

Calling all stay-at-home parents! Looking to connect with other families? Bring your kids down for a morning of fun and activity at the YMCA.

Tuesday, September 14, 9:00-11:30 AM - L.E. Phillips YMCA Sports Center

Get in the zone—the Family Fun Zone, that is! Enjoy open play on our large turf field filled with fun toys, games, sports equipment, inflatables, and dress up clothes. Organized activities will also be offered for those who wish to participate.

Thursday, September 16, 9:00-10:30 AM - Eau Claire & Chippewa Falls YMCA

We'll start out in the gym for 30 minutes of open play with parents and kids. Then at 9:30 AM, parents can take advantage of a free hour of childcare in ChildWatch to get in a workout (open to the first 3 infants and 11 children ages 1-10 per location). Workout on your own or invite one of the other parents to join you!