

YMCA Happenings - February 2010

February is Healthy Heart Month. Check out the events offered during February at the Carlisle Family YMCA to help every member of the family get and keep their hearts healthy.

Sun	Mon	Tue	Wed	Thu	Fri	Sat		
Dates, Times, and Registration Information on all our programs can be found on our website 7 Indoor Soccer Clinics Get your soccer player ready to be a star for the spring season. Register for our Indoor Soccer Clinics. Clinics are held on Sundays; Feb 7-28 Check our website for age group times and to Register on-line!	1 Home School Gym Program Begins Registration Begins for Lacrosse for Girls in Grades 6-8	2 Moms Night Out Begins Mom's need a break? Join us Tues; 7:30-8:45pm Feb 2nd - Mar 9th	3	4 Summer will be here soon! Make sure your kids will be safe around the water! Session II Lessons Start Feb 20th	Mom and Dad Want to go out Friday Night? Sign your kids in Grades K-5 up for: Movie Night Feb. 5 Splash Bash Feb. 12 For ages 9-14 Freak Out Friday Feb. 19	6 Home Swim Meet Pool closed 11:30am-5pm Family 2-ball Competition		
	8 NEW! Floor Wars for ages 5-8	15 No School Today? Keep your kids out of trouble! Register for Schools Out Rocks	16 Youth Volleyball Begins for Boys and Girls in 5th-6th Grades Tue/Thurs; 6-7:30	10		17 Motherwell Shape-up w/Baby Program Begins	18	13 Valentines Night Delight
	22	23 New Session of Gym & Swim Begins for Children ages 4-5	24 New Session of Gym Go Begins for 3 year olds	25 New Session of Pre-K Art and Lil All Stars Begin Sign your 4-5 yr old up for both & get a discount!		26 New Session of Gym Step! Begins For walking toddlers up to 36 months	27	20 Kids in 3-12 Grade Put together a team and play in our 3v3 Basketball
	DON'T FORGET! <ul style="list-style-type: none"> • Bring a friend to the YMCA and get Heart Healthy Together Feb. 1st - 7th. • If your friend becomes a member of the Carlisle Family YMCA get entered into a drawing for a \$250 Visa Check Card! Also get one month of membership free once they have been a member for 6 months. 							