



CARLISLE FAMILY YMCA

STALL STREET JOURNAL

carlislefamilyymca.org

FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

KEEP YOUR KIDS IN THE WATER THIS WINTER!

Swimming isn't just a summer activity. Kids need to spend time in the water all year round so they continue to feel confident and safe. We have several options, depending on age and ability:



- **CYAA Mini Sharks Session Two** (ages 5-8) – Practice begins January 3
- **Swim Lessons** (6 months & up) – Sessions start January 6, 8 & 9
- **Gym `N Swim** (3 years - Kindergarten) – Sessions start January 8, 10 & 11

Get more details and register for all of these programs online today!

FOR HEALTHY LIVING

Improving the nation's health and well-being

SWIM ACROSS THE ENGLISH CHANNEL THIS WINTER!

The **English Channel Virtual Swim Challenge** is back! Swim 21 miles—or 37,000 yards—from Jan. 1-Feb. 17 to complete the challenge. We count how many days it takes to finish the challenge to determine our winners, so you can start anytime! And we will crown a winner in two ages groups: 18 & under and 19 & over!



This would be a great way to train for the 9th Annual Y-Tri!

FOR SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors

USED ATHLETIC SHOES HELP OVERSEAS YS SUPPORT THEMSELVES!

Did you get new sneakers for Christmas? We would love to have your gently used old ones in adult sizes 6-11!

The MORE Foundation Group provides used athletic shoes to vendors in developing nations. With the proceeds MORE sends millions of tree seeds and training to Ys overseas, who plant the trees that provide them with food, fuel, fiber and income. Each pair can send 10 seeds to a Y overseas. Be a part of this local action with a global reach!



Drop gently used running & soccer shoes in the collection box in the lobby!

JANUARY DATES TO REMEMBER

01/01	English Channel Virtual Swim Challenge Begins
01/02	Les Mills BODYPUMP™ Launch Party
01/03	CYAA Mini Sharks Session Two Begins
01/06 01/08 01/09	Preschool, Youth and Parent / Child Swim Lessons Start
01/08 01/10 01/11	Gym `N Swim Sessions Begin
01/08	Les Mills BODYPUMP™ and BODYCOMBAT™ Launch Party
01/09	Pickleball Begins
01/11	Easter Seals "Splash It Up!" Session Begins
01/12	Splash Bash
01/15	School's Out Rocks!
01/15	Adult / Child / Infant CPR / AED / First Aid
01/17	Bipp's Barntique Ladies Craft Night
01/19	NERF® Wars
01/20 01/21	Cosmic Open Handball Tournament
01/24	Bipp's Barntique Mini Ladies' Craft Night
01/26	Volleyball Season Kick-Off Clinics
01/31	Last Day to Register for Girls' Lacrosse

Register for programs online at carlislefamilyymca.org