



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THE Y UPCOMING EVENTS February 2019

- Feb 1-
Feb 28** **Rally for the Y**
Ride for a cause on our Espresso bikes!
Inquire at the Welcome Center for sign up information
**Sponsored by: Espresso and Bassett
Healthcare Network**
- Feb 1 &
Feb 25** **Restorative Aerial Yoga**
FRI 5:30-6:30pm
Members \$5 Public \$10
REGISTRATION REQUIRED CALL TODAY!
- Feb 2** **School Aged Youth Soccer Parent Meeting**
SAT 10am
MANDATORY MEETING
- Feb 3
& 17** **Stand Up Paddleboard Yoga**
SUN 3:30-4:30pm
Members \$5 Public \$10
REGISTRATION REQUIRED CALL TODAY!
The pool will be closing at 3:30pm both days for this class
- Feb 4-
Mar 16** **School Aged Youth Soccer**
MON or THURS 6-6:45pm or 6:45-7:30pm, Games on Saturday
FREE TO FAMILY MEMBERSHIPS
Non-Family Memberships \$35 Public \$55
REGISTRATION REQUIRED CALL TODAY!
- Feb 4-
Mar 25** **Tai Chi Advanced**
MON 4-5pm
FREE TO MEMBERS
Public \$50
REGISTRATION REQUIRED CALL TODAY!
Must have taken Beginner Tai Chi to be eligible
- Feb 6-
Mar 27** **Tai Chi Beginner**
WED 4-5pm
FREE TO MEMBERS
Public \$50
REGISTRATION REQUIRED CALL TODAY!





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- Feb 7** **Orca's Swim Team Fundraising Event @ The Depot**
THUR 5:30-7pm
Let your hostess know you're there for the Orca's and 10% of your bill will be donated to the team
- Feb 8** **Friday Family Fun Event**
6:30pm-7:30 pm
FREE TO MEMBERS WITH FAMILY MEMBERSHIP PACKAGES
Non-Family Memberships \$3 Public \$5
REGISTRATION REQUIRED CALL TODAY!
- Feb 9** **Father Daughter Dance**
SAT 6-9pm
Hunt Union Ball Room-SUNY Oneonta
For ticket holders only
- Feb 9** **Orca's Krispy Kreme Fundraiser**
SAT 9-11am Oneonta Family YMCA Lobby
Glazed \$8.00/ Dozen, Lemon/Raspberry/Cream Filled or Chocolate Iced \$7.00/ Half dozen
- Feb 11** **Member registration for Session 2 Aquatics and Gymnastics begins**
- Feb 18** **Public registration for Session 2 Aquatics and Gymnastics begins**
- Feb 16** **American Red Cross CPR Recertification Course**
WED 12-3pm
Members \$45 Public \$65
REGISTRATION REQUIRED CALL TODAY!
- Feb 18, 20, 22 & 23** **American Red Cross Lifeguarding Full Course**
18, 20, 22 10am-6pm, 23 9am-4pm
Members \$275 Public \$350
REGISTRATION REQUIRED CALL TODAY!
A \$50 non-refundable deposit is required
- Feb 22** **Family Float Night-Float Your Boat!**
FRI 6:45-8:30pm
FREE TO MEMBERS
Public must be accompanied by a member and purchase a day pass
REGISTRATION REQUIRED CALL TODAY!
- Feb 25** **Session 2 Aquatics and Gymnastics begins!**