



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THE Y UPCOMING EVENTS

March 2019

- Mar 1** **Restorative Aerial Yoga**
FRI 5:30-6:30pm
Members \$5 Public \$7
REGISTRATION REQUIRED CALL TODAY!
- Mar 3** **Standup Paddleboard Yoga**
SUN 3:30-4:30pm
Members \$5 Public \$7
REGISTRATION REQUIRED CALL TODAY!
- Mar 4,
11, 18
& 25** **New! Parents and Tumble Tots**
MON 11-11:30
Members \$5 Public \$10
REGISTRATION REQUIRED
- Mar 5** **STRONG! Junior Athletes & Mini**
TUES Mini (ages 3-5) 9:30-10am Junior Athletes (ages 6-12) 4:15-5pm
FREE TO MEMBERS WITH FAMILY MEMBERSHIP PACKAGES
Non-Family Memberships \$25 Public \$50
REGISTRATION REQUIRED CALL TODAY!
- Mar 8** **Friday Family Fun-Cup Stack Challenge!**
FRI 6:30-7:30
FREE TO MEMBERS WITH FAMILY MEMBERSHIP PACKAGES
Non-Family Memberships \$3 Public \$5
REGISTRATION REQUIRED CALL TODAY!
- Mar 9 &
10** **Teddy Bear Classic Gymnastics Meet**
SAT & SUN 8am-7pm
PLEASE BE ADVISED THE 2nd FLOOR GYMNASIUM WILL BE UNAVAILABLE BOTH DAYS
- Mar 15,
16 & 17** **States for Orcas Swim Team**
Nassau Aquatics Center, Long Island
Good luck swimmers!
- Mar 23 &
24** **American Red Cross Lifeguard Recertification Course**
SAT 1-6pm SUN 1-5pm
Members \$138 Public \$185
REGISTRATION REQUIRED CALL TODAY!
- Mar 25** **CDPHP Seminar**
MON 5:15-6:30pm
OPEN TO THE PUBLIC
- Mar 25** **American Red Cross Blood Drive**
MON 3-7pm **PLEASE BE ADVISED THE 2nd FLOOR GYMNASIUM WILL BE UNAVAILABLE 1-8PM**
Visit www.redcrossblood.org to register
- Mar 29** **Splashing Hoops Family Float Night**
FRI 6:45-8:30pm
FREE TO MEMBERS
Non-Members must be accompanied by a member and purchase a day pass
REGISTRATION REQUIRED CALL TODAY!