

# JANUARY

at the



**Registration for Spring Sports Starts  
January 4th!**

**Register for Youth Soccer, Flag Football & Itty Bitty Sports!**

**WELLNESS AT THE  
Y**

It's a New Year and time to start  
**FRESH!**  
See what's happening in Wellness  
to help get your 2010 started right!

**Family Movie Night  
January 16th, 7pm**




**Bring dinner and blankets and watch a  
movie on a big screen in the gym at the  
YMCA!**

**TEAM LEAN!**  
Win **MONEY** for loosing those  
Holiday Pounds! Registration  
forms available at the  
Welcome Center. Initial Weigh in  
January 21.

Each year the YMCA brings together **volunteers that believe in the mission of the YMCA** to go out and tell the "Y" story to people in the community. Telling these stories helps to raise money for the YMCA's Annual Support Campaign for financial assistance. This assistance is given to families in Hart, Franklin & Elbert Counties in need of the life changing experiences provided through ministries at the YMCA. This year's Share the Spirit **Campaign is set to kickoff on January 28, 730am!** Make sure this year you get involved in Share the Spirit and Share your Love for the Y...you never know who it might help!

**Join Daytrippers on a  
trip to the High  
Museum in Atlanta to  
view the paintings  
and drawings of  
Leonardo da Vinci.  
January 27th**

**DECEMBER EVENTS:**

- January 1 Register for TEAM LEAN starting TODAY!
- January 1 YMCA CLOSED
- January 4 Dazzle Day
- Gymnastics begins
- Soccer, Flag Football and Itty Bitty Sports
- Registration Begins
- January 5 Pryme Tyme Begins
- Parent's Night Out, 6:30p
- January 16 Family Movie Night, 7pm 
- January 18 Dazzle Day
- January 20 Youth Basketball Ends
- January 21 TEAM LEAN INITIAL WEIGH IN
- January 27 Daytrippers to the HIGH

**ONGOING EVENTS:**

- Daily Family fitness in the Wellness center
- Mother's Morning Out
- Silversneakers 1
- Silversneakers 2
- Pryme Tyme
- Monday—Friday, 8am-12pm
- Monday & Wednesday, 10am
- Tuesday & Thursday, 10am
- Monday—Friday, 3pm—6pm



Look for our "family friendly" logo to denote activities and classes for the whole family!