



JANUARY 2012

FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Central Branch

Did You Know?

Youth Wellness Class

\$10- Register at the Welcome Center. Classes also available at our Cooper & North



Tuesday
January 17
5:30-7pm

Youth Sports Signups

Spring Soccer Dec 26-Feb

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Volleyball Jan 2-Feb 18

2011 Fitness Holiday Hussle

Congratulations!

Gift Certificate Winners

Anna Broome, Micki Roemer & Rebecca

FATHER / CHILD UPCOMING EVENTS!

January 14-Pump it Up Party

January 27-Federation Winter Campout

Feb 10- Daddy/Daughter Dance

Feb 25-Federation Fund-raiser

See Welcome Center for

Member Get a Member

Tell your friends, neighbors and relatives about the Y and if they join you receive thank you gifts. A fleece YMCA stadium blanket and a FREE month. See the Welcome Center for more

Parent's Night Out

January 14- 5:00pm-9:00pm

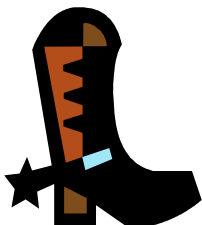


\$20 first child
\$7 ea additional child- full members

AOA Ft Worth Stock Show & Rodeo
Cost \$20, includes bus ride and ticket to rodeo.
Register at Welcome Center, space is limited.

Friday February
3
9am-5pm

Sign up at the
Welcome Center by
1/25, bus leaves



"ZUMBA. TAI CHI.
YOGA. PILATES.
BODY PUMP.
CYCLE. BOOT CAMP.
KID FITNESS."
Something for
Everyone!

Schedules available at the
Welcome Center.

Don't Wait until Summer

Winter/Spring
Swim Lessons are
now underway at the
Cooper Street Y.
Hurry in and
reserve your spot
today!

Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.