



North Branch
1005 Skyline Drive
Arlington, TX 76011

FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Did You Know?



Karate Classes

January 9—February 13
Beginning class—5:15 p.m.
Advanced class—6:00 p.m.

Full Members	Program Members
\$50	\$60



Youth Wellness Program

Ages 10-13
January 21—11:00 a.m.
January 24—5:30 p.m.


Register at the Welcome Center — \$10



FREE Seminar

January 21—11:00 a.m.
Multi-Purpose Room

Tips on Getting Started!
“How to Create a Work-Out Plan”



Diabetes Awareness Meeting

January 13
9:00 a.m.
(Multi-Purpose room)

Holiday Hustle Winners

<u>Members</u>	<u>Part-Time Staff</u>
Don Fox, William McNeill, Alice Gilhart	Melissa Gross

Member Get a Member Campaign

Bring a friend to the Y!
When they join, you'll receive a fleece stadium blanket and a **FREE** month!

Seniors

February 3 Fort Worth Stock Show

Watch for posters
for details!

Special Friends needs *YOU* and your special skills! If you are interested in volunteering, talk to Barbara in the Welcome Center.



Senior Breakfast

January 30
9:00 a.m. - 11:00 a.m.



Tastes of Arlington Discount Cards

Now Available!
Purchase yours at the Welcome Center!

\$10

- Chili's
- El Chico
- Fish City Grill
- Fuzzy's Taco Shop
- Marquez Bakery
- Rockfish Seafood Grill
- The Black-Eyed Pea
- Grease Monkey Burger Shop
- The Melting Pot
- The Popcorn Store
- Zio's Italian Kitchen

Proceeds benefit the Y and Theatre Arlington

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