



What's Happening in September

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 CARDIO EXPLOSION (C&D) KITCHEN CHAT (C&D)	2 MEDICARE 101 (D) COFFEE TRUCK (D)	3	4 *BRING A FRIEND FRIDAY (C&D) *OFF SCHOOL (D)	5
6	7 LABOR DAY HOURS (C&D)	8 *RED CROSS BLOOD DRIVE (D)	9 MEDICARE 101 (D) COFFEE TRUCK (D)	10	11 *BRING A FRIEND FRIDAY (C&D) *LIFEGUARD CLASS BEGINS (C&D)	12
13	14 COFFEE TRUCK (D)	15	16 MEDICARE 101 (D) COFFEE TRUCK (D)	17	18 *BRING A FRIEND FRIDAY (C&D)	19 *ART WORKSHOP (D)
20 *ANNUAL POOCH PENTATHLON (D) *ART WORKSHOP (D)	21 COFFEE TRUCK (D)	22	23 MEDICARE 101 (D) COFFEE TRUCK (D) *LUNCH & LEARN (D)	24 *2ND ANNUAL CENTRAL GALA (C)	25 *BRING A FRIEND FRIDAY (C&D) ART INTAKE (D)	26 ART INTAKE (D)
27	28 COFFEE TRUCK (D) WALK WITH A DOC (D) STEPPING OUT (D)	29	30 ANNUAL ENROLLMENT EDUCATION (D) COFFEE TRUCK (D)			

*Registration Required. C= Central Y D= Davis Y For more information about any events or programs visit our website. YMCAYo.org

SEPTEMBER Fridays

are BRING-A-FRIEND FRIDAYS!

Y Members: BRING A FRIEND (ages 18+) to the YMCA on FRIDAYS in SEPTEMBER!
Do a workout, try a class, jump in the pool, AND SHARE THE Y!

Get **FIRE UP** with the YMCA's

**CARDIO
EXPLOSION!**

SEP 1-OCT 24, 2026
CENTRAL Y & DAVIS FAMILY Y

TRACK YOUR PROGRESS
30 MINUTES AT A TIME AND
KEEP THAT MOMENTUM GOING!
PRIZES FOR THE TOP ACHIEVERS
EVERY PARTICIPANT GETS MEMENTO
ALL CARDIO COUNTS!

Back to school...

Back to the Y!

DATE	DAY	TIME	EVENT	RR	LOCATION
1	TUE	ALL DAY	Cardio Explosion: Stay Motivated with a Cardio Challenge	RR	BOTH
1	TUE	TIME VARIES	Kitchen Chat: Registration Required: No Bus Available 9 AM Clothed in Strength 10 AM No Limits Bakery (Lunch \$10)	RR	OFF SITE
2	WED	10:00-11:00 AM	Medicare 101: James Pondillo with United Healthcare		DAVIS-L
2	WED	7:00 AM-2:00 PM	Wake up Wednesdays with MaMa's Morning Brew Coffee (Available 9/2, 9/9, 9/16, 9/23, & 9/30 in the parking lot)		DAVIS
4	FRI	ALL DAY	Bring A Friend To the Y For Free (18+ Only) Register your friend as a guest at the service desk for free today	RR	BOTH
4	FRI	9:00 AM-4:00 PM	No School? No Problem: Come to the Y for Off School School Year Enrollment Packet & Fee both due before registration	RR	DAVIS
7	MON	ALL DAY	LABOR DAY HOURS: Central Y: Closed DAVIS Y: 7 AM-5 PM / Kidzone: Closed		BOTH
8	TUE	9:30 AM-2:30 PM	Red Cross Blood Drive	RR	DAVIS-MPR
9	WED	10:00-11:00 AM	Medicare 101: James Pondillo with United Healthcare		DAVIS-L
11	FRI	ALL DAY	Bring A Friend To the Y For Free (18+ Only) Register your friend as a guest at the service desk for free today	RR	BOTH
11	FRI	TIME VARIES	Lifeguard Class Begins	RR	BOTH
14	MON	6:00 AM-6:00 PM	Grindhead Coffee Ship Available for Purchase at the Y (Available 9/14, 9/21, & 9/28)		DAVIS
16	WED	10:00-11:00 AM	Medicare 101: James Pondillo with United Healthcare		DAVIS-L
18	FRI	ALL DAY	Bring A Friend To the Y For Free (18+ Only) Register your friend as a guest at the service desk for free today	RR	BOTH
19	SAT	1:00-3:00 PM	Art Workshop: Linda Vascopni: Cellphone Photography	RR	DAVIS-AS
20	SUN	2:00-4:00 PM	21st Annual Pooch Pentathlon	RR	DAVIS-OP
20	SUN	2:00-4:00 PM	Art Workshop: Nancy Christie: Creative Writing		DAVIS
23	WED	10:00-11:00 AM	Medicare 101: James Pondillo with United Healthcare		DAVIS-L
23	WED	10:30 AM-12:30 PM	Lunch & Learn: Patty Haman: Shepherd of the Valley	RR	DAVIS-TR
24	THU	5:00-9:00 PM	2nd Annual Central Gala: Elegant Evening with Purpose	RR	CENTRAL-MC
25	FRI	ALL DAY	Bring A Friend To the Y For Free (18+ Only) Register your friend as a guest at the service desk for free today	RR	BOTH
25	FRI	2:00-5:00 PM	BIKWIL Art Intake		DAVIS
26	SAT	10:00 AM-12:00 PM	BIKWIL Art Intake		DAVIS
28	MON	12:00-1:00 PM	Meet with Dr. Lisa Weiss for 30 min Walk & Talk Session		DAVIS-L
28	MON	5:00-6:00 PM	Stepping Out: Health Screenings with Mercy Health		DAVIS-L
30	WED	9:30 AM-12:30 PM	Annual Medicare Enrollment Education: With Sheila Trumble		DAVIS-L

• RR = Registration Required • MPR = Multipurpose Room • PR = Preschool Room • CF = Conference Room
 • TR = Training Room • L = Lobby • YLC = Youth Learning Center • GE = Group Exercise Studio • G = Gym
 • APC = Athletic Performance Center • AS = Art Studio • MC = Maronite Center • OP = Outdoor Pool