



www.ymcabattlecreek.org

**Now Registering
in September & October**

- [Swim Lessons](#)
- [Small Group Personal Train](#)
- [Ballroom Dancing](#)
- [Dance Expressions Classes](#)
- [Session I Volleyball League](#)

Coming in Oct:
Build a Better YOU!

SEPTEMBER 2008

- 9/2-10/10 - [Small Group Personal Training](#)(fee)
- 9/3 - [Dance Expressions Dance Classes](#) at the YMCA (fee)
- 9/ 8 - 10/25 - F1 [Swim Lesson](#) (fee)
- 9/11,12,13 -[Cereal City Corporate Cup](#)
- 9/12 - [America on the Move FREE 1 Mile Walk](#) /6:30pm
- 9/12 -29 [America on the Move Marathon Program](#) FREE to members
- 9/13 - [America on the Move FREE 5K Walk](#) at 11:00am
- 9/14- 10/19 -Session 1 - [Volleyball League](#) (fee)
- 9/16 - Try the Y Tuesday FREE to members
- 9/18 - 10/23 - [Ballroom Dancing Class](#) (fee)
- 9/ 23-11/13 - [Commit to be Fit](#) (fee)

OCTOBER 2008

- 10/1- F1 [Dance Expressions Dance Classes](#) Monthly

September and October

2008



Dear YMCA Members and Friends,

Well it's back to school, and back to fitness time. Your membership at the YMCA gives you and your family access to all the new fall programs, events, and classes that keep you well during the months ahead. Check out our swim lessons, a good way for the children and yourself to keep up or learn safe swimming skills, and Small Group Personal Training takes fitness to the next level. Ballroom dancing is a great way to "spice" things up and keep you and your partner fit. The YMCA is excited to offer Dance Classes from Dance Expressions, for children 18 months to adult. Who said lazy Sundays were a good thing? Get a team together and sign up for our Volleyball Leagues. You need at least 6 people, maybe co-workers, family, friends, or a combination.

September is America on The Move walks and marathon, check it out, and the new Commit to be Fit will be starting at Burnham Brook, hosted by the Family YMCA. Classes are limited, so sign up early!

Small Group Personal Training

Workout not working out?

Work with a Certified Personal Trainer in a small group setting.
September 2-October 10 - w/Geno 9-9:45am Fridays or Joe 5:45-6:30pm on Tuesdays.
October 14-November 21 - w/Geno 9-9:45am Fridays or Joe 5:45-6:30pm on Tuesdays.
See [Flyer](#) for details
call Julie Santure for more information Ext 130

YMCA Fall Swim Lessons

Dance Classes - Monday
Sessions
10/ 5-31-Build a Better YOU!
10/14-[Small Group Personal Training](#)
10/ 26 - 12/ 7 Session 2
[Volleyball League](#) 10/16- Lights on After School
10/27 - 12/20 F2
[Swim Lessons](#)
10/24 - Family Night
Halloween at the YMCA

We build strong kids,
strong families,
strong communities



Tour the Battle Creek Family YMCA



America On the Move!
Free Community 1 Mile Walk
Friday, September 12, @
6:30pm at Kellogg Community
College;
Free 5K Walk Saturday, Sept 13
@ 11:00am in Bailey Park

Bring the whole family! Free give-aways, snacks and water will be provided. This walk will be in conjunction with the 22nd Annual Cereal City Corporate Cup! For more information: (269) 963-9622

Fall Hours:
Mon-Thurs 5:30am-9:30pm
Fri 5:30am-8:30pm
Sat 7:30am-5:00pm
Sun 10:00am-5:00pm
MSC HOURS: call Welcome Ctr

gEt IN tHe wATER!

September 8 - October 25 (F1) Swim Lesson Sessions 7 weeks (1 lesson per week)
October 27 - December 20 (F2) Swim Lesson Sessions 7 weeks (1 lesson per week)
Days and Times see: [Registration form](#) or call 963-9622 ext 104 or 105 to register with a credit card.
/call Julie Santure 130 for specific information or questions.

Ballroom Dancing Classes

Join us and learn a variety of dances!

September 18 - October 23 - Ballroom Dancing Class - 6 week session/Thursdays 6:30-7:30pm See [Flyer](#) for more details!
Fee/ Register at the Welcome Center/for more info call Julie Santure 130

Dance Expressions Dance Classes at the Y

Classes for 18 months - Adults

September 3 - Session 08F1 - YP-9 Dance Expressions Dance Classes at the YMCA
October 1- Session 08F1: YP-10 Dance Expressions Dance Classes at the YMCA - Variety of Classes Available for 18 months to adult / **Pick up a Registration Form online at www.ycabattlecreek.org or come to the YMCA Welcome Center,** For more information about particular classes all Heather Censke 788-4218

Don't forget Cereal City Corporate Cup!



Cereal City Corporate Cup is around the corner!

Sept 11, 12, and 13th, 2008

Good Luck Participants! Celebrating a Healthy Change!
More information on Corporate Cup [Click Here!](#)

Reminder: Fall Hours start Monday, September 29, 2008

Battle Creek Family YMCA
(269) 963-9622

www.ycabattlecreek.org

182 Capital Avenue NE | Battle Creek | MI | 49017