



SEPTEMBER

UPCOMING EVENTS AT THE Y

VALPARAISO FAMILY YMCA
1201 Cumberland Crossing Dr
Valparaiso, IN 46383

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|---|---|---|---|--|---|
| | | | | | 1 New Group Ex Schedule Classes begin at 5:15 AM | 2 |
| 3 | 4 LABOR DAY YMCA will be Closed | 5 | 6 | 7 Senior Resource Day 10:00 AM – 12:00 PM Last day to register for Cross County | 8 | 9 |
| 10 | 11 | 12 Gather & Grow Community Room 11:30 AM – 12:30 PM Mobile Market YMCA Pavilion 1:00 PM – 3:00 PM | 13 Cross County begins Practices held @ Rogers Lakewood Park | 14 Hamilton Theater Trip Departs from Y @ 8:15 AM | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 Yoga Workshop Cancer survivors & their caregivers 11:30 AM – 1:00 PM |
| 24 | 25 Last day to register for Indoor Soccer | 26 | 27 | 28 | 29 | 30 |