



ROCHESTER AREA  
FAMILY YMCA

[www.rochfamy.org](http://www.rochfamy.org)

## Important Dates

**View upcoming activities and events at the Y.  
Click on the items below to learn more.**

- **Pool closed for annual cleaning and maintenance**  
August 21st - September 4th. Pool will reopen on September 5th at 5:00am.
  - The pool at the DoubleTree hotel in downtown Rochester will be available for Y Members to use between 6am and 11pm. Y Members must bring a driver's license AND membership card or key fob to the front desk at the hotel. This is only available for Y Members and not valid for guest passes.
- **Fore the Kids Golf Tournament** - September 13th, 2017
- **Parent's Night Out**- September 15th
- **Y Mentors Fall Kickoff**- September 19th at 6pm in the Y's Backyard.
- **LIVESTRONG Family Fun Run & Walk** - October 14th



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**HEALTHY  
STARTS  
HERE**

Click here  
to view  
**FALL  
PROGRAMS  
& CLASSES**



### FALL PROGRAMS & CLASSES

Registration now open for fall programs and classes.  
View the links below to learn more and register.

- [Youth Sports](#)
- [Youth Swim Lessons](#)
- [Family & Youth Classes](#)
- [Adult Classes & Sports](#)
- [Adventure Day Camp](#)
- [Personal Training](#)
- [Y Mentors](#)
- [Parent's Night Out](#)

## **FORE THE KIDS Golf Tournament**

- Wednesday, September 13th, 2017
- Eastwood Golf Course
- Early Bird Registration ends August 31st
  - \$100 if you register by 8/31, which includes 18 holes of golf, plus cart, lunch, dinner and chance for prizes.

[\*\*Click to learn more or register.\*\*](#)

The Y believes that all kids should have open access to Y programs and activities regardless of their ability to pay. Help make more possible for kids in our community and join us for this fun event!



Proceeds benefit the Y's [Open Doors Scholarship program](#).

**Register Today!**



**My Y Story: Julie**



GET THE LATEST UPDATE!

OUR YMCA  
THERE IS AN  
APP FOR THAT!



LEARN MORE

Connect with the Y



Like us on Facebook

Follow us on **twitter**



View on Instagram