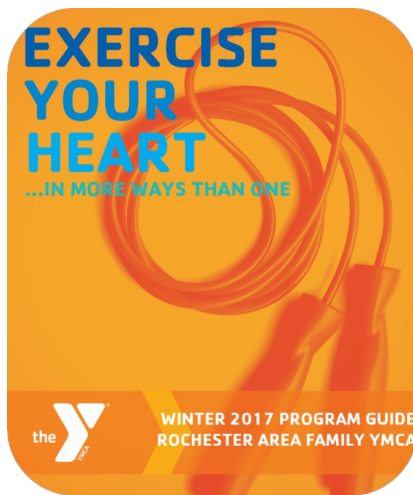




ROCHESTER AREA FAMILY YMCA

www.rochfamy.org



WINTER PROGRAM GUIDE
Check out the new classes
& events...and register
today!



[Youth Sports](#)
[Birthday Parties](#)
[Adventure Day Camp](#)
[Family & Youth Classes](#)
[Adult Classes & Sports](#)
[Personal Training & Wellness](#)
[Youth Swim Lessons](#)

NEW! [Parent Night Out](#)

NEW! [Dodgeball Tournament for kids!](#)

NEW! [Wiffle ball league](#)

NEW! [Afterschool Academic Enrichment](#)



**Staff & Members, join us for
a time of thanks for Steve's
9 years of service to our Y.**

**Wednesday,
December 14th
9AM - 11AM
LOBBY**

THANK YOU, STEVE

ADVENTURE DAY CAMP

When school is out, the Y is open for the kids!
6:30am - 6:00pm



Register today!
December 23rd,
26th-30th

Camp crafts, games, activities & Y traditions are what Adventure Day Camp is all about for school age kids. We provide daily hands-on activities including environmental education and activities. Age appropriate groups provide a structure for campers to develop self-esteem, learn cooperative skills and practice the YMCA values of caring, honesty, respect, and responsibility.

Spots are limited so early registration is encouraged. [REGISTER NOW](#)



Mannequin Challenge at the Y!

Thanks to all of our group fitness classes for participating in some videos this past week. Take a look at a Group Strength class doing a great job with the [Y's Mannequin Challenge](#)



SANTA AT THE Y & Craft Sale

December 21st
5 - 8pm



Connect with the Y

