



**ROCHESTER AREA
FAMILY YMCA**

www.rochfamy.org



Cancer survivors who are given a second chance.

Men who are providing more for kids...by being a positive role model for kids in our community.

Volunteers who are here to help others...and as they do, they see the relationships that are formed and know that their actions and words today are providing a positive impact to others and themselves.

The Y is so much more than just a gym and a place to swim.



BE PART OF MORE
Your donation will help provide opportunities for others and create a stronger community.

Be part of more!

- [help us reach of goal of \\$15,000 this week!](#) Every \$ raised will help someone in this community have more opportunities at the Y.
- share your Y Story ([send us an e-mail](#) or visit the tent this week in the lobby)

If we raise \$15,000 this week...

- our CEO, Mike Lavin, will be thrown into our pool and it will be shown live on our Facebook page!



Summer programs and classes are now open for registration!



Family & Youth Classes

- **KIDS YOGA**
Fridays at 4:00pm. Starts June 16th
- **PRE-BALLET**
Mondays at 4:00pm. Starts June 12th
- **FAMILY PLAYGROUND**
Tuesdays at 4:15pm. Starts June 13th
- **FAMILY KUNG FU**
Sundays at 2:00pm. Starts June 18th



Youth Sports

- **SMALL STUFF SOCCER**
Saturdays at 9:15am. Starts June 3rd.
- **YOUTH SOCCER**
Saturdays at 10am. Starts June 3rd.
- **SMALL STUFF T-BALL**
Saturdays at 9:15am. Starts July 15th.
- **YOUTH T-BALL**
Saturdays at 10am. Starts July 15th.



Adult Classes & Sports

- **KETTLEBELLS**
Tuesdays at 10:20am. Starts June 13th.
- **YOGA BODY SCULPT**
Wednesdays at 6:00am. Starts June 14th.



Summer Camp at the Y



The #bestsummerever starts at the Y! STEM - Fine Arts - Sports - Field Trips and so much more.

Visit the Y's website to view the Summer Camp Program Guide...all the camps and schedules are listed. [Take a peek here!](#)

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5/31/2017

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Connect with the Y

