

HOT FACTS

the



FOR YOUTH DEVELOPMENT@
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SANDHILLS NEWS December 2017

ACE Challenge!

Our annual ACE Challenge continues. Registered participants who visit the YMCA 30 times between October 1st and December 31st will receive our 2017 ACE Challenge t-shirt. To qualify you must scan in each time you visit our Fayetteville, Ramsey Street, or Hope Mills locations. Details available at www.ymcaofthesandhills.org.

Pool Closed for Upgrades

The pool will be closed for the month of December for upgrades and repairs. We appreciate your cooperation as we make these important upgrades and hope that you will take this opportunity to enjoy some of the other programs and classes that we have to offer at any of our three branches. For more information please contact the Y at **(910) 426-9622** or **www.ymcaofthesandhills.org**

Alternates for Pool Classes

Marie will be continuing the Aqua Tai Chi class with Land Tai Chi in Studio 1 at 12:00pm—12:45pm Tuesdays and Thursdays. For our Aqua Arthritis and Aqua Aerobics friends we invite you to join us for Chair Yoga in Studio 2 at 8:30am Tuesdays and Thursdays, or Silver Sneakers in Studio 2 at 8:30am, 9:45am, or 11:00am on Mondays, Wednesdays, and Fridays.

2nd Tuesdays

Members visiting the Fort Bragg Road location may enjoy complementary donuts on the 2nd Tuesday of each month from 5:30AM to 8:30AM. A little guilt free pleasure after your workout!

Active Older Adults Holiday Party

Celebrate the holiday season at our annual December potluck on Monday, December 11, 2017. The program begins at noon. Please bring your favorite dish with enough to share. Don't forget our 50/50 raffle.

Swim Lessons

Due to the pool closure, there will be no December swim lessons. Group and Private swim lessons will resume in January 2018. Registration for January swim lessons begins December 15, 2017.

Holiday Hours

Staff Christmas Party, Monday, December 11, 2017, FACILITIES CLOSE EARLY AT 5:30PM
Christmas Eve, Sunday, December 24, 2017, 1PM-5PM
Christmas Day, Monday, December 25, 2017, CLOSED
New Year's Eve, Sunday, December 31, 2017, 1PM-5PM
New Year's Day, Monday, January 1, 2018, CLOSED

We appreciate your continued support of the Y's investment in our community!