

AUGUST NEWSLETTER

The YMCA of Klamath Falls



Cover photo: Kelly Alvarez and her youngest daughter representing the YMCA at Fighter Friday on July 18th.

The YMCA of Klamath Falls

1221 S Alameda Ave, Klamath Falls, OR 97603

541.884.4149 www.kfallsymca.org



FIELD TRIPS & SUMMER FUN

The kids at our Youth Development Center Summer Camp have been having a blast! These photos are from their recent field trip to Sasquatch Hollow where they climbed and ziplined through the trees!

Our YMCA Summer Camp is full of arts, crafts, outings, and many more fun activities led by our stellar summer camp staff and Youth Development Center Director, Jessica Williams.

THE YMCA YOUTH DEVELOPMENT CENTER

Our Youth Development Center is host to our YMCA Preschool and Afterschool, where kids can learn and grow in a fun and safe environment. Our preschool is led by experienced teachers who have a passion for helping kids reach their potential through a fun and engaging curriculum. Our afterschool is led by dedicated mentors who foster a kid-friendly learning environment through activities that range in subject from arts and crafts, to sports and even STEM. For more information on our Youth Development Center programs, contact Jessica Williams at jessica.williams@kfallsymca.org

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PROGRAM HIGHLIGHT: FALL SPORTS 2025



At the YMCA of Klamath Falls, we are committed to providing opportunity for youth to be active in a safe and uplifting environment. One of the ways we do that is through our youth sports programs. These programs run year round and include sports such as flag football, soccer, basketball, volleyball, T-Ball, and more! We offer sports programs for youth aged Pre-K through 6th grade, both competitive and non-competitive (depending on the program). Scan our QR code on the next page to register for programs or visit www.kfallsymca.org and explore the "Programs" tab to find out more about our youth sports programs. We provide financial assistance for eligible applicants, visit our website for more details!

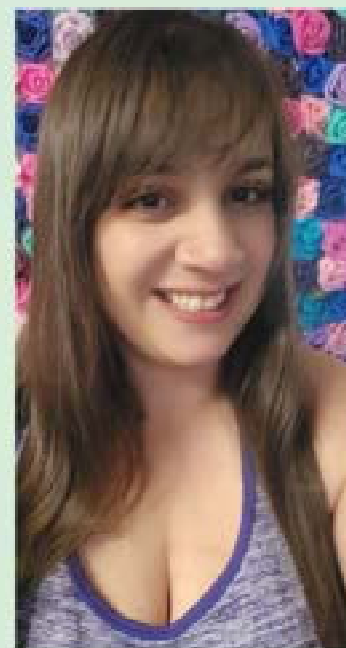
MEET OUR SPORTS DIRECTOR!

SASHA RAPISARDA VANDIENE

Sasha has been with our YMCA for 2 years and is a pillar of not only our membership team but our sports program as well. As Sports Director, she coordinates with coaches, books facilities, organizes rosters, and is the main contact point for our sports team.

When asked what she loves about our Y, she replied, "The people and the energy here. I love being a part of people improving their lives and building memories."

In her free time, she enjoys exploring waterfalls with her loved ones, crafting, and binge-watching her favorite tv shows. She also enjoys cooking and is most proud of her quesabirria tacos!







FLEX FOOTBALL
Grades 3-6

FLAG FOOTBALL
Grades 1-2

VOLLEYBALL SKILLS & DRILLS
Grades 1-2

VOLLEYBALL
Grades 3-6

SOCCER
K-6th grade

Season: 9/27/25 to 11/1/25

REGISTRATION DEADLINE:
September 6th

*DISCOUNTS AVAILABLE FOR CITY SCHOOL STUDENTS - MUST REGISTER IN-HOUSE!




A LOOK AT OUR 2025 FALL SPORTS SEASON:

Our 2025 fall sports season is packed! We are offering soccer, flag football, flex football, and two different volleyball sessions! See the descriptions below to determine which sport is right for your child! The registration deadline for all fall sports programs is September 6th, so be sure to register before then!

The city school district is covering 75% of registration fees for kids grades 3-6 enrolled in city schools for this season (must register in-house to take advantage of this offer). We also offer YMCA Sports financial aid and are partnered with Every Kid Sports to offer financial assistance to eligible applicants. For more information, visit www.kfallsymca.org

FLAG FOOTBALL

Grades 1-2

This program is designed to introduce your little athlete to the basics of football in a non-impact and fun environment!

SEASON RUNS:

9/27/25 - 11/1/25

Registration
Deadline:
September 6th

FLEX FOOTBALL

Grades 3-6

This program will help solidify the basics of football and develop the skills needed to progress in the sport in a tackle-free and fun environment.

LITTLE KICKERS SOCCER

K - 6th

9/27/25 - 11/1/25



Registration
Deadline:
September 6th

Whether your Little Kicker is just starting their soccer journey or is a mini pro, this program will help them develop and strengthen their skills and coordination and learn the value of teamwork and sportsmanship... all while having fun!

SKILLS & DRILLS VOLLEYBALL

Grades 1-2

This skill development program is focused on developing the skills needed to progress in volleyball. No games will be held.

SEASON RUNS:

9/27/25 - 11/1/25

Registration Deadline:
September 6th

VOLLEYBALL

Grades 3-6

This program is designed to build on the basics of volleyball and help develop the skills needed to progress in volleyball in a fun environment. 5th/6th tournament date TBD.



For a better us.®



GROUP FITNESS SCHEDULE AUGUST

THE YMCA OF KLAMATH FALLS 1221 S Alameda Ave, Klamath Falls, OR 97603 P 541.884.4149 kfallsymca.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Zumba Strong Swims A 8:00-9:00 am	Strong Plus Strong Swims A 9:45-10:30 am	StepDance Intermediate Swims A 8:00-9:00 am	Strong Plus Strong Swims A 9:45-10:30 am	Strong Plus Strong Swims A 9:45-10:30 am
Pickleball Open 8:00-10:00 am	Spin Strong Swims B 7:00-8:00 am	Advanced Strength & Conditioning Strong Swims A 9:00-10:00 am	Spin Strong Swims B 7:00-8:00 am	StepDance Intermediate Swims A 8:00-9:00 am
Strong Plus Strong Swims A 9:00-9:30 am	Morning Vibez Strong Swims A 8:00-9:00 am	Tai Chi for Beginners Strong Swims A 9:00-10:00 am	Morning Vibez Strong Swims A 8:00-9:00 am	Pickleball Open 8:00-10:00 am
Tai Chi for Beginners Strong Swims A 9:00-10:00 am	Strength Training Intermediate Swims A 9:00-10:00 am	Tai Chi Chih Intermediate Swims A 10:00-11:00 am	Strength Training Intermediate Swims A 9:00-10:00 am	Intermediate Strength & Conditioning Strong Swims A 9:00-10:00 am
Tai Chi Chih Strong Swims A 10:00-11:00 am	Pickleball Open 9:00-11:00 am	Tai Chi Advanced Strong Swims A 10:00-11:00 am	Pickleball Open 9:00-11:00 am	Tai Chi Chih Strong Swims A 10:00-11:00 am
Tai Chi Advanced Strong Swims A 10:00-11:00 am	Yoga Strong Swims A 10:00-11:00 am	Pilates Strong Swims A 10:00-11:00 am	Yoga Strong Swims A 10:00-11:00 am	Tai Chi Advanced Strong Swims A 10:00-11:00 am
Pilates Strong Swims A 10:00-11:00 am	Beginners Boxing Strong Swims A 10:00-11:00 am	Beginners Flow Yoga Strong Swims A 10:00-11:00 am	Beginners Boxing Strong Swims A 10:00-11:00 am	Spin Strong Swims B 9:00-10:00 am
Beginners Flow Yoga Strong Swims A 10:00-11:00 am	Beginners Strength & Conditioning Strong Swims A 10:00-11:00 am	Intermediate Strength & Conditioning Strong Swims A 10:00-11:00 am	Karate Shotokan Strong Swims A 10:00-11:00 am	Pickleball Open 9:00-11:00 am
Intermediate Strength & Conditioning Strong Swims A 10:00-11:00 am	Karate Shotokan Strong Swims A 10:00-11:00 am	Zumba Strong Swims A 10:00-11:00 am	Background Boxing Strong Swims A 10:00-11:00 am	
Zumba Strong Swims A 10:00-11:00 am	Spin Strong Swims B 9:00-10:00 am	Vibez Dance Fitness Strong Swims A 10:00-11:00 am		

Discover the freedom of working out on your schedule. With 24-hour access, the Y is here for you, day or night!



BUILDING HOURS:

Monday-Friday:
5:00 am-8:00 pm

Saturday:
8:00 am-5:00 pm

Sunday: CLOSED

*Strength & Conditioning with Simon is on break from July 28th through August 8th.
**Boxing Basics with Keri is on break for August

UPCOMING EVENTS

COMMUNITY OPEN HOUSE

Join us this August 14th for a community open house event at our Youth Development Center! Bring the kids for fun crafts and learn more about all that our Youth Development Center has to offer! This event will be held at the YMCA of Klamath Falls Youth Development Center at 1017 Donald St.

THIRD THURSDAY

Find our booth in downtown Klamath Falls for the final Third Thursday of summer on August 21st at 6 PM!

CLASS SPOTLIGHT:

STRENGTH & CONDITIONING WITH SIMON

A system of physical conditioning in which muscles are exercised by being worked against an opposing force (as by lifting weights) to increase strength and endurance. In this class you will use mostly free weights, and occasionally body bars, resistance bands, and other items. Weights, bars etc. are provided but please bring a yoga mat. (Class is on break until August 8th).

*Class is offered at beginner, intermediate, and advanced difficulty, see schedule for offerings.



SUMMER POOL SCHEDULE July 7-August 16 2025

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lap Swim 5:45-6:45 am	Lap Swim 5:45-6:45 am	Lap Swim 5:45-6:45 am	Lap Swim 5:45-6:45 am	Lap Swim 5:45-6:45 am	V2: Lap Swim V2: Senior Get Along 8-9 am
POOL MAINTENANCE	POOL MAINTENANCE	POOL MAINTENANCE	POOL MAINTENANCE	POOL MAINTENANCE	Aqua Jogger 9-10 am
1/2: Lap Swim V2: Senior Get Along 7-8 am	1/2: Lap Swim V2: Senior Get Along 7-8 am	1/2: Lap Swim V2: Senior Get Along 7-8 am	1/2: Lap Swim V2: Senior Get Along 7-8 am	1/2: Lap Swim V2: Senior Get Along 7-8 am	Family Swim 10-11 am
Senior Get Along 8-9 am	Senior Get Along 8-9 am	Senior Get Along 8-9 am	Senior Get Along 8-9 am	Senior Get Along 8-9 am	POOL MAINTENANCE
POOL MAINTENANCE	POOL MAINTENANCE	POOL MAINTENANCE	POOL MAINTENANCE	POOL MAINTENANCE	*Lap Swim 11:30-1:30 pm
Water Aerobics 9-10 am	AquaZumba® 9-10 am	Water Aerobics 9-10 am	AquaZumba® 9-10 am	Water Aerobics 9-10 am	POOL MAINTENANCE
Y Preschool 10-10:45 am	KBBH 10-10:45 am	Y Kids Camp 10-10:45 am	Family Swim 10-10:45 am	Y Kids Camp 10-10:45 am	Open Swim 1:30-3:45 pm
POOL MAINTENANCE	POOL MAINTENANCE	POOL MAINTENANCE	POOL MAINTENANCE	POOL MAINTENANCE	POOL MAINTENANCE
Water Wellness 11-11:50 am	Swim Lessons 11:00 am-12:00 pm	Water Wellness 11-11:50 am	Swim Lessons 11:00 am-12:00 pm	Water Wellness 11-11:50 am	Lap Swim 4-4:50 pm
*Lap Swim 12-1 pm	*Lap Swim 12-1 pm	*Lap Swim 12-1 pm	*Lap Swim 12-1 pm	*Lap Swim 12-1 pm	
AquaZumba® 1-2 pm	Water Aerobics 1-2 pm	AquaZumba® 1-2 pm	Water Aerobics 1-2 pm	Water Aerobics 1-2 pm	
Lap Swim 2-2:45 pm	Family Swim 2-2:45 pm	Y Kids Camp 2:00-2:45 pm	Family Swim 2:00-2:45 pm	Y Kids Camp 2-2:45 pm	
Family Swim 3:00-3:50 pm	Swim Lessons 3:00-4:00 pm	Family Swim 3:00-3:50 pm	Swim Lessons 3:00-4:00 pm	Family Swim 3:00-3:50 pm	
Swim Lessons 4:00-5:30 pm	POOL MAINTENANCE	Swim Lessons 4:00-5:30 pm	Swim Lessons 4:00-5:30 pm	Swim Lessons 4:00-5:30 pm	
Open Swim 5:00-7:00 pm	Aqua Jogger 4:30-5:30 pm	Open Swim 5:00-7:00 pm	Aqua Jogger 4:30-5:30 pm	Aqua Jogger 4:30-5:30 pm	
POOL MAINTENANCE	Swim Lessons 5:30-6:30 pm	POOL MAINTENANCE	Swim Lessons 5:30-6:30 pm	Swim Lessons 5:30-6:30 pm	
Lap Swim 7:00-7:50 pm	POOL MAINTENANCE	Lap Swim 7:00-7:50 pm	POOL MAINTENANCE	Lap Swim 7:00-7:50 pm	
Aqua Bootcamp 8:45-9:45 pm	POOL MAINTENANCE	Aqua Bootcamp 8:45-9:45 pm	POOL MAINTENANCE	Aqua Bootcamp 8:45-9:45 pm	



Check out our pool schedule online by following the QR code below:



*NOTE: Tues/Thurs Lap Swim is reserved for people who are 18+ years old and can swim 25 yards or more. No exceptions. There will only be one or two lanes available which must be shared.

**Please note: Facility will be closed July 4th all day and July 25th from 4 pm - 8 pm.

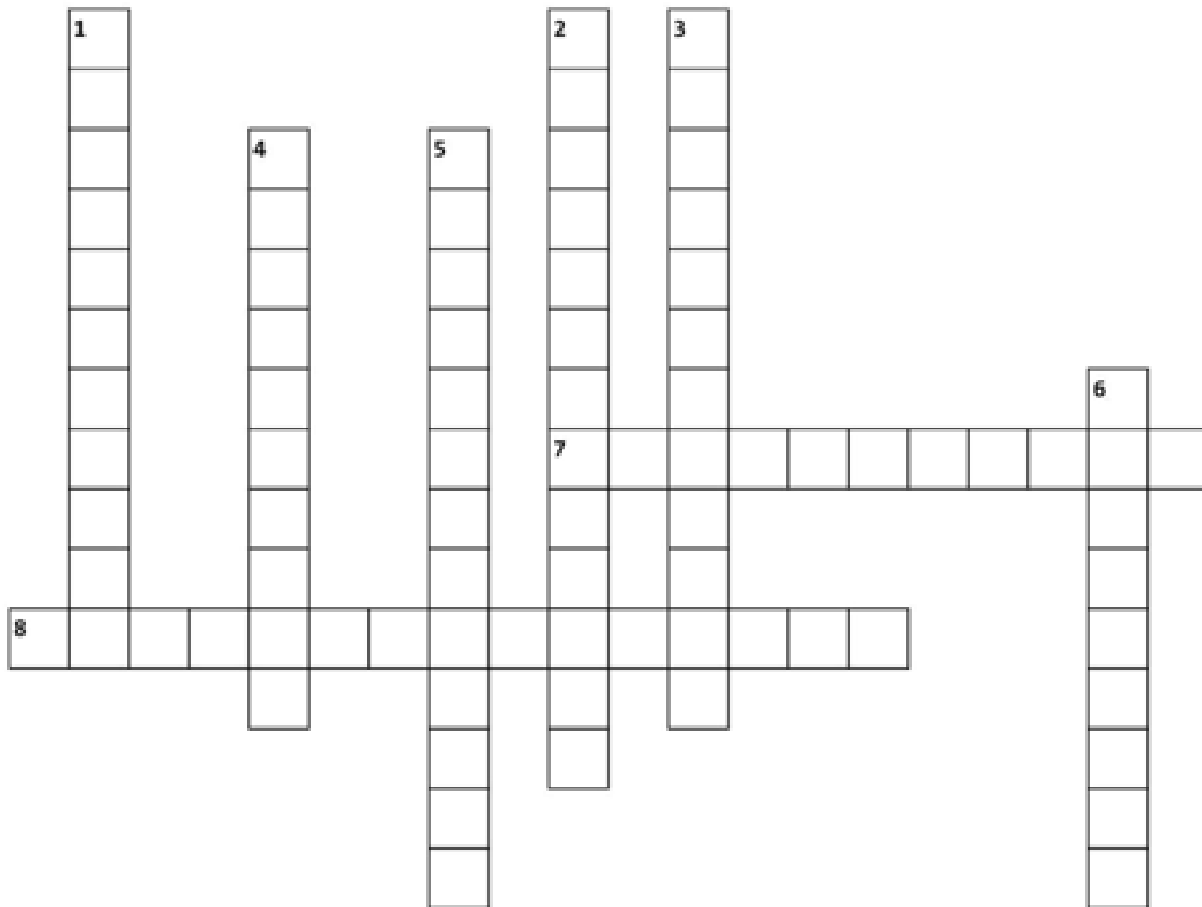
***Tuesday, July 15th and Thursday, July 17th - Aqua Jogger will run from 4:45-5:45 pm due to the Water Polo Summer Camp.

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August 2025 Issue



Across

- 7.** care for children post-educational hours
8. an outdoor zipline adventure park

Down

- 1.** our sports director's favorite culinary accomplishment
2. an athlete's honor code
3. a tackle free version of a classic american sport
4. education lesson outline
5. youth soccer program title
6. a group of people who connect with and rely on each other