

JULY NEWSLETTER

The YMCA of Klamath Falls



Pictured: Kelly Alvarez, Crystal Richardson, and Charlotte Hreha representing the YMCA of Klamath Falls and The YMCA Youth Development Center at the IYS Summer Lunch Kickoff Event on June 24th.

The YMCA is proud to be part of the Summer Food Program for youth up to age 18. Through this program, youth can receive lunch free of charge all summer. For more details, visit our website at www.kfallsymca.org

STAFF SPOTLIGHT

MEET LEANNE MOFFIT

Leanne runs our morning Child Watch and has been with our YMCA for 2 years! Leanne is a pillar of our community here at the Y and a beloved part of our team.

When she's not hanging out with the kiddos in child watch, Leanne enjoys gardening, cooking, reading, and watching sports.



COMMUNITY CONNECTION



The Produce Connection is back at the YMCA for the summer session! Join us at 1221 S Alameda Ave in the parking lot Friday mornings July 11th through November 7th starting at 10:00 AM for fresh produce! Produce is first come-first serve until supplies run out.

The YMCA of Klamath Falls

1221 S Alameda Ave, Klamath Falls, OR 97603

541.884.4149 | www.kfallsymca.org

PROGRAM HILIGHT: PERSONAL TRAINING

Here at the YMCA of Klamath Falls, we are proud to offer Personal Training to our members who are just starting their fitness journey or who want to take their fitness to the next level. We currently have two certified personal trainers on staff who each have their own areas of expertise.

Our personal training program includes a free 1 hour introductory session with either of our trainers in which you will discuss your fitness goals, experience with fitness, and any other factors that help our trainers get a better picture of who you are and what you hope to get out of the experience.

After the initial discussion, the trainer will take you through a short workout and/or evaluation to gauge your fitness level and give you an idea of what a session will be like. If you choose to purchase a session or session package, the trainer will then curate a personal training plan that they will take you through in each session in order to help you reach your fitness goals.

FAQ'S:

HOW MUCH ARE PERSONAL TRAINING SESSIONS?

Pricing is \$60/individual 60 minute session and \$180/6 session package, 30 minutes each.

I'M NEW TO FITNESS, IS PERSONAL TRAINING FOR ME?

Absolutely! Our knowledgeable personal trainers can provide you with the tools to start your fitness journey off right and will meet you wherever you're at in your journey, no prior experience required!

IS PERSONAL TRAINING JUST ABOUT LIFTING WEIGHTS?

Personal training can include lifting weights, but it is so much more than that! Each personal trainer will tailor their client's workouts to each person's goals and body's abilities. Weight lifting is a form of resistance training and is great for strengthening muscles and bones, but there are other modes of resistance training available which are just as effective, such as resistance bands and cable machines. If you are wary of weight lifting, our personal trainers would be happy to talk with you about alternatives! Weight lifting may be the most widely recognized form of resistance training, but it is far from the only effective way to build muscle!

CAN MY PERSONAL TRAINER GIVE ME NUTRITION ADVICE?

While our personal trainers are knowledgeable in and able to give you general guidelines about nutrition, providing specific nutritional advice such as meal plans, supplement recommendations, and nutritional counseling is outside of their scope of practice. For nutritional advice, please see a Registered Dietician.

MEET OUR PERSONAL TRAINERS!

SIMON PRIDEAUX

Simon has been a personal trainer for 7 years and hails from Penarth, Wales. His fitness journey was kickstarted by being told what his limitations were. He describes the impetus behind it was "being told I could never fully participate in physical activity due to chronic asthma, I got into soccer and decided to take the coaching methods and fitness into a career path."

In addition to being a valuable member of our personal training team, he is also the Fitness/Wellbeing Manager for our branch, overseeing daily operations, programs, and the future of the Wellness department. His favorite mode of exercise is long distance running.

CERTIFICATIONS:

-Level 3 Personal Training Certification

- Advanced Training Techniques
- Group Exercise Certification
- Group Cycling Certification

SIMON'S FITNESS PHILOSOPHY:

"I see fitness as a great way to challenge yourself to achieve things you may not have believed you could - I champion it not only for physical but also mental wellbeing and its ability to be able to share similar passions and goals with others."

CHARLOTTE HREHA

Charlotte has been a personal trainer for a little over 6 months and hails from Medford, Oregon. Her fitness journey was sparked by a lifelong love for movement and an inability to sit still, which led to her to pursue a Bachelor's Degree in Dance. After graduating, the YMCA of Klamath Falls gave her a job in the Wellness department and sponsored her certification as a Personal Trainer. "I am so grateful for this opportunity that the YMCA has given me to further my career goals. I hope to help others in the same way someday and help them believe in themselves like the people at this wonderful branch have done for me." Her favorite mode of exercise is calisthenics/body-weight training.

CERTIFICATIONS:

-NASM Certified Personal Trainer

CHARLOTTE'S FITNESS PHILOSOPHY:

"I believe that fitness is one piece of an intertwined puzzle that makes up a person's individual wellness. I approach fitness from a holistic perspective, taking into account that each person is more than just a body, but a mind, soul, and spirit that is multifaceted and one-of-a-kind."



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GROUP FITNESS SCHEDULE JULY

THE YMCA OF KLAMATH FALLS 1221 S Alameda Ave, Klamath Falls, OR 97603 P: 541-884-4149 ykfallsymca.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Zumba Dance Studio A 8:00-9:00 am	Strong Plus Dance Studio A 8:45-9:30 am	DeepDance Dance Studio A/B 8:45-9:30 am	Strong Plus Dance Studio A 8:45-9:30 am	Strong Plus Dance Studio A 8:45-9:30 am
Strong Plus Dance Studio A 9:00-9:30 am	Spin Dance Studio B 9:00-9:30 am	Tai Chi for Beginners Dance Studio B 9:00-9:30 am	Spin Dance Studio B 9:00-9:30 am	DeepDance Dance Studio A/B 9:00-9:30 am
Tai Chi for Beginners Dance Studio B 9:30-10:00 am	Morning Vibes Dance Studio A 9:30-10:00 am	Strength & Conditioning Dance Studio A/B 9:30-10:00 am	Morning Vibes Dance Studio A 9:30-10:00 am	Pickleball Gym 9:30-10:00 am
Pickleball Gym 9:30-10:00 am	Strength Training Dance Studio A/B 9:30-10:00 am	Tai Chi Chik Dance Studio A 9:30-10:00 am	Strength Training Dance Studio A/B 9:30-10:00 am	Strength & Conditioning Dance Studio A/B 9:30-10:00 am
Tai Chi Chik Dance Studio A 10:00-10:30 am	Pickleball Gym 9:30-10:00 am	Tai Chi Advanced Dance Studio A 10:00-10:30 am	Pickleball Gym 9:30-10:00 am	Tai Chi Chik Dance Studio A 10:00-10:30 am
Tai Chi Advanced Dance Studio A 10:00-10:30 am	Yoga Dance Studio A 10:00-10:30 am	Yoga Dance Studio A 10:00-10:30 am	Yoga Dance Studio A 10:00-10:30 am	Tai Chi Advanced Dance Studio A 10:00-10:30 am
Yoga Dance Studio A 10:00-10:30 am	Beginners Boxing Dance Studio A/B 10:00-10:30 am	Beginners Flow Yoga Dance Studio A 10:00-10:30 am	Beginners Boxing Dance Studio A/B 10:00-10:30 am	Spin Dance Studio B 10:00-10:30 am
Beginners Flow Yoga Dance Studio A 10:00-10:30 am	Strength & Conditioning Dance Studio A/B 10:00-10:30 am	Strength & Conditioning Dance Studio A/B 10:00-10:30 am	Karate Shotokan Dance Studio A 10:00-10:30 am	SAVING
Strength & Conditioning Dance Studio A/B 10:00-10:30 am	Karate Shotokan Dance Studio A 10:00-10:30 am	Zumba Dance Studio A 10:00-10:30 am	Recreational Soccer Dance Studio A/B 10:00-10:30 am	Pickleball Gym 10:00-10:30 am
Zumba Dance Studio A 10:00-10:30 am	Spin Dance Studio B 10:00-10:30 am	Boxing Basics Dance Studio A/B 10:00-10:30 am	Vibex Dance Fitness Dance Studio A 10:00-10:30 am	
	Vibex Dance Fitness Dance Studio A 10:00-10:30 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



SUMMER POOL SCHEDULE July 7-August 16, 2025

THE YMCA OF KLAMATH FALLS 1221 S Alameda Ave, Klamath Falls, OR 97603 P: 541-884-4149 ykfallsymca.org

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



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



*NOTE: Fast Lane Lap Swims are 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.

PLEASE NOTE: WE ARE CLOSED JULY 4TH ALL DAY AND JULY 25TH FROM 4 PM TO 8 PM.

UPCOMING EVENTS

THIRD THURSDAY

Find our booth at Third Thursday in downtown Klamath Falls for the two remaining events on Friday, July 18th and Thursday, August 21st at 6 PM!

KICKBACK AT THE Y

Join the YMCA and KBBH for Kickback at the Y - a summer event full of substance-free activities for the youth of Klamath Falls. Activities include soccer circuits on the field, dance and fitness classes, basketball, volleyball, and more!

This event will be held on July 25th, from 4 pm - 8 pm. It is for high-schoolers 14-18 years old. *Participant (or parent/guardian if participant is under 18 years old) must fill out a waiver prior to attending the event.* Scan QR code or visit www.kfallsymca.org under the "Our Y" tab to fill out the "Kickback at the Y Guest Waiver".

Please note that the gym will be closed from 4 pm - 8 pm during this event to all but event participants. We thank you for your understanding.

KICKBACK AT the Y

OPERATED BY KBBH

JULY 25, 2025
4:00-8:00 pm
Klamath Falls, Oregon
1221 S Alameda Ave
Klamath Falls, OR 97603

WHO IS INVITED?
Klamath Basin students in the Klamath Basin including Klamath County, Klamath Falls, and Klamath County. Students who are 14-18 years old are invited to this event. Students who are 19 or older are not invited.

WHAT IS IT?
Kickback at the Y is a free summer event for high schoolers who are 14-18 years old. The event is held at the Klamath Basin YMCA and KBBH. Activities include soccer, basketball, volleyball, dance, and fitness classes. There will also be food and refreshments available.

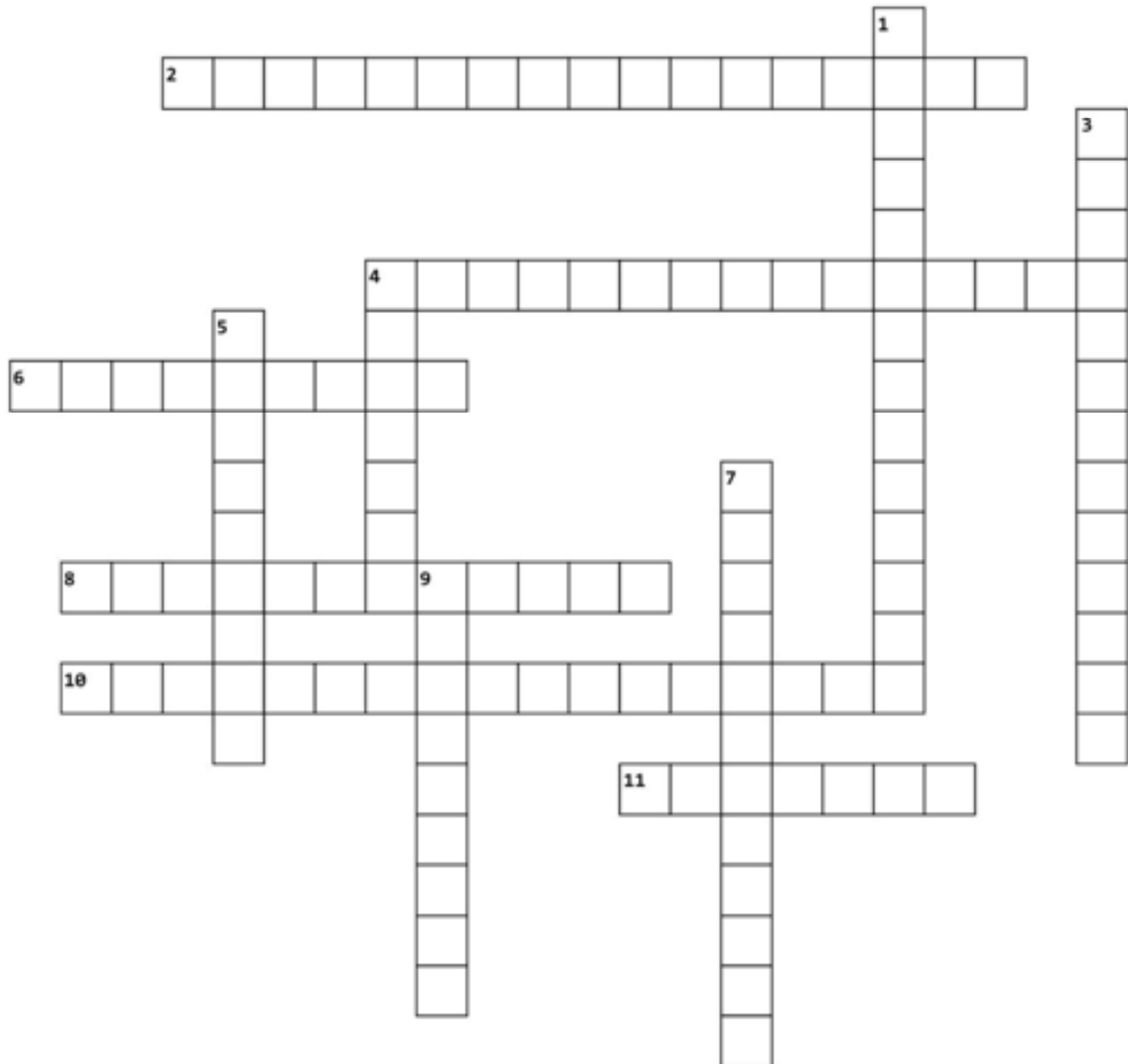
WHAT TO DO?
• Register
• Participate in activities
• Eat and drink
• Enjoy the event
• Bring a friend
• Bring a waiver
• Bring a waiver
• Bring a waiver

Scan QR code to register

KLAMATH BASIN
YMCA OF KLAMATH FALLS
KBBH

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July Issue



Across

- 2.** YMCA partnership with the Klamath-Lake Counties Food Bank
- 4.** fitness professional
- 6.** Leanne's horticultural hobby
- 8.** body-weight training
- 10.** a personal trainer's credo
- 11.** process of personal growth, my fitness

Down

- 1.** collaboration event between the Y and KBBH
- 3.** downtown K Falls community bothing event
- 4.** Simon's Welsh hometown
- 5.** a holistic state of functioning in a positive way
- 7.** preliminary, an _____ glimpse
- 9.** a specialized area of knowledge