

# OCTOBER NEWSLETTER

The YMCA of Klamath Falls



Cover photo: YMCA Members Alica Hatch and Catherine  
Callers on two of our bike machines

**The YMCA of Klamath Falls**  
1221 S Alameda Ave, Klamath Falls, OR 97603  
541.884.4149 [www.kfallsymca.org](http://www.kfallsymca.org)

## PROGRAM HILIGHT: AFTERSCHOOL

School is back in and so is the YMCA Youth Development Center's Afterschool program! At the YMCA of Klamath Falls, we are committed to providing opportunities for youth to learn, grow, and be active in a safe and uplifting environment. One of the ways we do that is through our youth afterschool program. In this program, kindergarteners through 6th graders can participate in crafts and activities designed to curate learning in a fun and safe environment. The afterschool program is under the direction of Surilma Mendez.

## MEET OUR AFTERSCHOOL COORDINATOR! SURILMA MENDEZ

Suri has been with our YMCA for about 2 weeks now and just moved here from Las Vegas! She has worked in several non-profit organizations in Las Vegas and knew she'd "fit right in" at our non-profit. Suri and her husband Juan moved here to trade the hustle and bustle of Las Vegas for a "calmer, loving community" in which to raise her kids Neyman, Noe, and Nairobi Rose. When she's not running the afterschool program, she enjoys doing acrylic nails and puzzles. She also loves living in a place where nature is so accessible and enjoys hunting and fishing.



### What do you love about our Y?

"Coming from Las Vegas and not just seeing...but feeling the difference in the community just made me feel right at home. Even though, I am new to Klamath Falls YMCA. I already fell in love with this tight knitted community. A community that feels like family and not just 'work' That is why I love the YMCA of Klamath Falls OR.

I am right where I needed to be all along."

### Favorite Quote:

"The earth is the mother of all people, and all people should have equal rights upon it" - Chief Joseph

### Fun Fact:

"When I was younger my dream was to be an archaeologist."



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## GROUP FITNESS SCHEDULE OCTOBER

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| DAY       | TIME           | CLASS                                   | INSTRUCTOR | LOCATION                |
|-----------|----------------|-----------------------------------------|------------|-------------------------|
| MONDAY    | 7:00-8:00 AM   | Pickleball                              | Drop-In    | Gym                     |
|           | 8:00-9:00 AM   | Zumba                                   | Elena      | Studio A                |
|           | 9:00-9:30 AM   | Strong Plus                             | Elena      | Studio A                |
|           | 9:00-10:00 AM  | Tai Chi for Beginners                   | Andrew     | Gym                     |
|           | 10:30-11:00 AM | Qi Gong                                 | Andrew     | Studio A                |
|           | 11:00-11:30 AM | Tai Chi Advanced                        | Andrew     | Studio A                |
|           | 12:00-12:45 PM | Plates                                  | Lee        | Studio A                |
|           | 4:30-5:30 PM   | Beginner Flow Yoga                      | Simone     | Studio A                |
|           | 4:30-5:30 PM   | Beginner Bicycling (Age 8-Whole School) | Scott      | Bicycling Area Upstairs |
|           | 5:30-6:30 PM   | Beginner Bicycling (High School-Adult)  | Scott      | Bicycling Area Upstairs |
| TUESDAY   | 5:30-6:30 PM   | Intermediate Strength & Conditioning    | Simone     | Studio A/Deck           |
|           | 6:30-7:30 PM   | Zumba                                   | Elena      | Studio A                |
|           | 5:45-6:30 AM   | Strong Plus                             | Elena      | Studio B                |
|           | 7:00-8:00 AM   | Circuit and Cycle                       | Ellen      | Studio A                |
|           | 8:00-10:00 AM  | Pickleball                              | Drop-In    | Gym                     |
|           | 8:15-9:00 AM   | Morning Vibes                           | Marie      | Studio A                |
|           | 9:00-9:30 AM   | Strength Training                       | Andreana   | Studio A/Deck           |
|           | 10:30-11:00 AM | Yoga                                    | Linda      | Studio A                |
|           | 4:00-5:30 PM   | Beginner Strength & Conditioning        | Simone     | Studio A/Deck           |
|           | 5:00-6:30 PM   | Karate Shukran                          | Olga       | Studio A                |
| WEDNESDAY | 5:15-6:15 PM   | Spin                                    | Isoli      | Studio B                |
|           | 6:30-7:30      | Vibex Dance Fitness                     | Raena      | Studio A                |
|           | 8:15-9:00 AM   | StepDance                               | Andreana   | Studio A/Deck           |
|           | 9:00-10:00 AM  | Advanced Strength & Conditioning        | Simone     | Gym                     |
|           | 9:00-10:00 AM  | Tai Chi for Beginners                   | Andrew     | Studio A                |
|           | 10:30-11:00 AM | Qi Gong                                 | Andrew     | Studio A                |
|           | 11:00-11:30 AM | Tai Chi Advanced                        | Andrew     | Studio A                |
|           | 12:00-12:45 PM | Plates                                  | Lee        | Studio A                |
|           | 4:30-5:30 PM   | Beginner Flow Yoga                      | Simone     | Studio A                |
|           | 5:30-6:30 PM   | Intermediate Strength & Conditioning    | Simone     | Studio A/Deck           |

## CLASS SPOTLIGHT:

### ZUMBA WITH ELENA

An aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music.

Class is offered Mondays 8:00-9:00 AM and M/W 6:30-7:30 PM in Studio A.



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| DAY      | TIME           | CLASS                                | INSTRUCTOR | LOCATION       |
|----------|----------------|--------------------------------------|------------|----------------|
| THURSDAY | 5:45-6:30 AM   | Strong Plus                          | Elena      | Studio A       |
|          | 7:00-8:00 AM   | Circuit and Cycle                    | Ellen      | Studio B       |
|          | 8:00-10:00 AM  | Pickleball                           | Drop-In    | Gym            |
|          | 8:15-9:00 AM   | Morning Vibes                        | Marie      | Studio A       |
|          | 9:00-9:30 AM   | Strength Training                    | Andreana   | Studio A/Deck  |
|          | 10:00-11:00 AM | Yoga                                 | Linda      | Studio A       |
|          | 5:00-6:30 PM   | Karate Shukran                       | Olga       | Studio A       |
|          | 6:30-7:30 PM   | Butterfly Bicycling                  | Scott      | Bicycling Room |
|          | 6:30-7:30 PM   | Vibex Dance Fitness                  | Raena      | Studio A       |
|          | 6:45-8:00 AM   | Strong Plus                          | Elena      | Studio A       |
| FRIDAY   | 8:00-10:00 AM  | Pickleball                           | Drop-In    | Gym            |
|          | 8:15-9:00 AM   | StepDance                            | Andreana   | Studio A/Deck  |
|          | 9:00-10:00 AM  | Intermediate Strength & Conditioning | Simone     | Studio A/Deck  |
|          | 10:30-11:00 AM | Qi Gong                              | Andrew     | Studio A       |
|          | 11:00-11:30 AM | Tai Chi Advanced                     | Andrew     | Studio A       |
|          | 5:15-6:15 PM   | Spin                                 | Isoli      | Studio B       |
|          | 6:00-10:00 AM  | Pickleball                           | Drop-In    | Gym            |
|          |                |                                      |            |                |
|          |                |                                      |            |                |
|          |                |                                      |            |                |

**PLEASE NOTE:** Y Fitness classes may be cancelled without notice due to lack of participation. For a class to remain on the schedule, it must average 10 participants per class. If there are less than 10 participants in a given class, the instructor may elect to cancel for that session.

#### BUILDING HOURS:

Monday-Friday  
5:00 am-8:00 pm  
Saturday  
8:00 am-5:00 pm  
Sunday: CLOSED

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



## POOL SCHEDULE Sept 2nd-Nov 26th 2025

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| MONDAY                                        | TUESDAY                                       | WEDNESDAY                                     | THURSDAY                                      | FRIDAY                                        | SATURDAY                                            |
|-----------------------------------------------|-----------------------------------------------|-----------------------------------------------|-----------------------------------------------|-----------------------------------------------|-----------------------------------------------------|
| Lap Swim<br>6-9 am                            | Lap Swim<br>6-9 am                            | Lap Swim<br>6-9 am                            | Lap Swim<br>6-9 am                            | Lap Swim<br>6-9 am                            | 1/2 Lap Swim<br>V2 Senior Get Along<br>8-9 am       |
| POOL MAINTENANCE                              | POOL MAINTENANCE                              | POOL MAINTENANCE                              | POOL MAINTENANCE                              | POOL MAINTENANCE                              | Aqua Jogger<br>9-10 am                              |
| 1/2 Lap Swim<br>V2 Senior Get Along<br>7-8 am | 1/2 Lap Swim<br>V2 Senior Get Along<br>7-8 am | 1/2 Lap Swim<br>V2 Senior Get Along<br>7-8 am | 1/2 Lap Swim<br>V2 Senior Get Along<br>7-8 am | 1/2 Lap Swim<br>V2 Senior Get Along<br>7-8 am | Family Swim<br>10-11 am                             |
| Senior Get Along<br>8-9 am                    | Senior Get Along<br>8-9 am                    | Senior Get Along<br>8-9 am                    | Senior Get Along<br>8-9 am                    | Senior Get Along<br>8-9 am                    | POOL MAINTENANCE                                    |
| POOL MAINTENANCE                              | POOL MAINTENANCE                              | POOL MAINTENANCE                              | POOL MAINTENANCE                              | POOL MAINTENANCE                              | *Lap Swim<br>8:30 am-1:30 pm                        |
| Water Aerobics<br>9-10 am                     | AquaZumba®<br>9-10 am                         | Water Aerobics<br>9-10 am                     | AquaZumba®<br>9-10 am                         | Water Aerobics<br>9-10 am                     | POOL MAINTENANCE                                    |
| Preschool Promise<br>10-11 am                 | 2nd Grade Swim<br>10-11 am                    | Y Preschool<br>10-11 am                       | 2nd Grade Swim<br>10-11 am                    | Y Preschool<br>10-11 am                       | Open Swim<br>1:30-4:45 pm                           |
| POOL MAINTENANCE                              | POOL MAINTENANCE                              | POOL MAINTENANCE                              | POOL MAINTENANCE                              | POOL MAINTENANCE                              | POOL MAINTENANCE                                    |
| Water Wellness<br>11 am-12 pm                 | Swim Lessons<br>11 am-12 pm                   | Water Wellness<br>11 am-12 pm                 | Swim Lessons<br>11 am-12 pm                   | Water Wellness<br>11 am-12 pm                 | 1/2 Lap Swim<br>V2 Special<br>Olympics<br>3-4:45 pm |
| *Lap Swim<br>12-1 pm                          | *Lap Swim<br>12-1 pm                          | *Lap Swim<br>12-1 pm                          | *Lap Swim<br>12-1 pm                          | *Lap Swim<br>12-1 pm                          |                                                     |
| AquaZumba®<br>1-2 pm                          | Water Aerobics<br>1-2 pm                      | AquaZumba®<br>1-2 pm                          | Water Aerobics<br>1-2 pm                      | Water Aerobics<br>1-2 pm                      |                                                     |
| Lap Swim<br>2-3 pm                            | Family Swim<br>2-3 pm                         | Lap Swim<br>2-3 pm                            | Family Swim<br>2-3 pm                         | Lap Swim<br>2-3 pm                            |                                                     |
| POOL MAINTENANCE                              | POOL MAINTENANCE                              | POOL MAINTENANCE                              | POOL MAINTENANCE                              | POOL MAINTENANCE                              |                                                     |
| Swim Lessons<br>3:15-4:30 pm                  | Swim Lessons<br>3:15-4:30 pm                  | Swim Lessons<br>3:15-4:30 pm                  | Swim Lessons<br>3:15-4:30 pm                  | Swim Lessons<br>3:15-4:30 pm                  | Family Swim<br>10-11 am                             |
| Open Swim<br>4:30-5:30 pm                     | Aqua Jogger<br>4:30-5:30 pm                   | Open Swim<br>4:30-5:30 pm                     | Aqua Jogger<br>4:30-5:30 pm                   | Y Athletics<br>4-5:30 pm                      |                                                     |
| POOL MAINTENANCE                              | POOL MAINTENANCE                              | POOL MAINTENANCE                              | POOL MAINTENANCE                              | POOL MAINTENANCE                              |                                                     |
| Lap Swim<br>5:45-7:45 pm                      | Swim Lessons<br>5:30-6:45 pm                  | Lap Swim<br>5:45-7:45 pm                      | Swim Lessons<br>5:30-6:45 pm                  | Lap Swim<br>5:45-7:45 pm                      | Open Swim<br>11:30-12:30 pm                         |
| POOL MAINTENANCE                              | POOL MAINTENANCE                              | POOL MAINTENANCE                              | POOL MAINTENANCE                              | POOL MAINTENANCE                              |                                                     |
| Aqua Bootcamp<br>5:45-7:45 pm                 | Aqua Bootcamp<br>5:45-7:45 pm                 | Aqua Bootcamp<br>5:45-7:45 pm                 | Aqua Bootcamp<br>5:45-7:45 pm                 | Aqua Bootcamp<br>5:45-7:45 pm                 |                                                     |



Check out our pool schedule below by following the QR code below.



\*NOTE: Aqua Fitness Lap Swims 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.

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# UPCOMING EVENTS

## YMCA GOLF SCRAMBLE

**October 4<sup>th</sup>**

The YMCA of Klamath Falls will host a Community Golf Challenge on Saturday, October 4<sup>th</sup> at Shield Crest Golf Course. The format is a four-person team scramble. Corporate sponsors are welcome to join Molatore & Co. LLP and Pacific Power. Registration is now open (complete the attached registration form). For more details contact [Leroy.Cabral@kfallsymca.org](mailto:Leroy.Cabral@kfallsymca.org), or telephone the Y at (541) 88-4149. YMCA Community Campaign Sets \$65,000 Scholarship Goal

The annual YMCA of Klamath Falls community campaign is underway to raise \$65,000 that will help provide reduced rates and scholarships for youth, adults and families who wish to participate in the Y's many program services. Every contribution, large or small, is important and very much appreciated. A leadership giving club was established to provide additional recognition for donors giving a minimum of \$250 per year.

Contributions are also needed to help maintain our local YMCA's two facilities with improvements and repairs. Contact the Y's executive director for more details.

## PRODUCE CONNECTION

**October 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, & 31<sup>st</sup>**

The Produce Connection will be at the YMCA on Fridays from 10 AM until supplies run out! Event will take place in the YMCA Fitness Center parking lot at 1221 S Alameda St.

## TRICKER STREET

**October 25<sup>th</sup>**

A trick or treat event in collaboration with Wynne Broadcasting designed for the whole family, taking place at 1017 Donald St. from 4:00 PM - 7:00 PM.

## TRUNK OR TREAT

**October 30<sup>th</sup>**

Join us for a spooky evening of family friendly fun from 4:00-6:00 in the parking lot of our Fitness Facility at 1221 S Alameda Ave. Grab a bite at our food booth which will be selling tamales, champurrado, and hot chocolate. Want to be a vendor? Fill out a vendor form at the front desk and submit \$20 to secure your spot! We are accepting candy donations as well at our Fitness Facility and our Youth Development Center at 1017 Donald St.

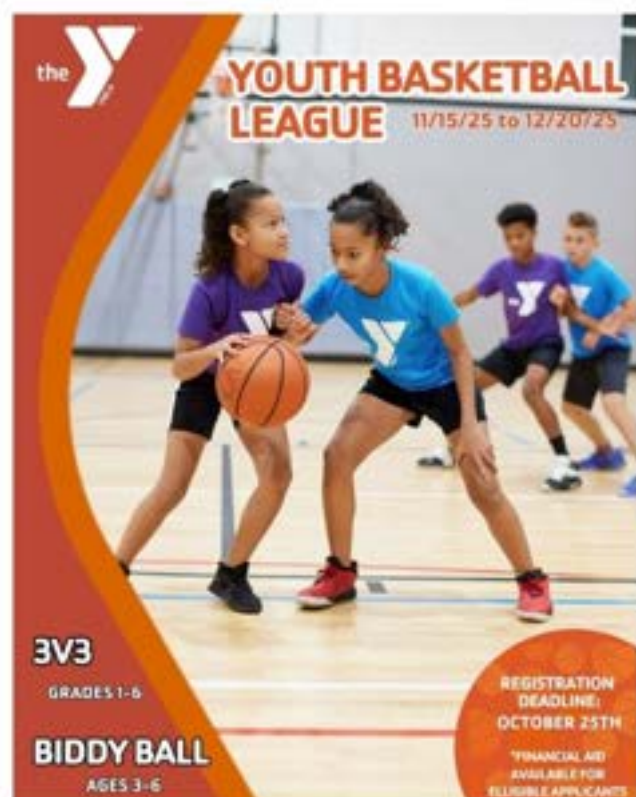
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## YOUTH BASKETBALL LEAGUE:

Fall sports are underway at the YMCA! And we're not stopping there, get ready to gear up for Youth Basketball season running from November 15<sup>th</sup> through December 20<sup>th</sup>! We will be running two leagues: Bidy Ball for ages 3-6, and 3v3 for 1<sup>st</sup> grade through 6<sup>th</sup> grade. Financial aid is available for eligible applicants. Deadline for registration is October 25<sup>th</sup>, so don't wait, register today!



## GOLF FUNDRAISER:



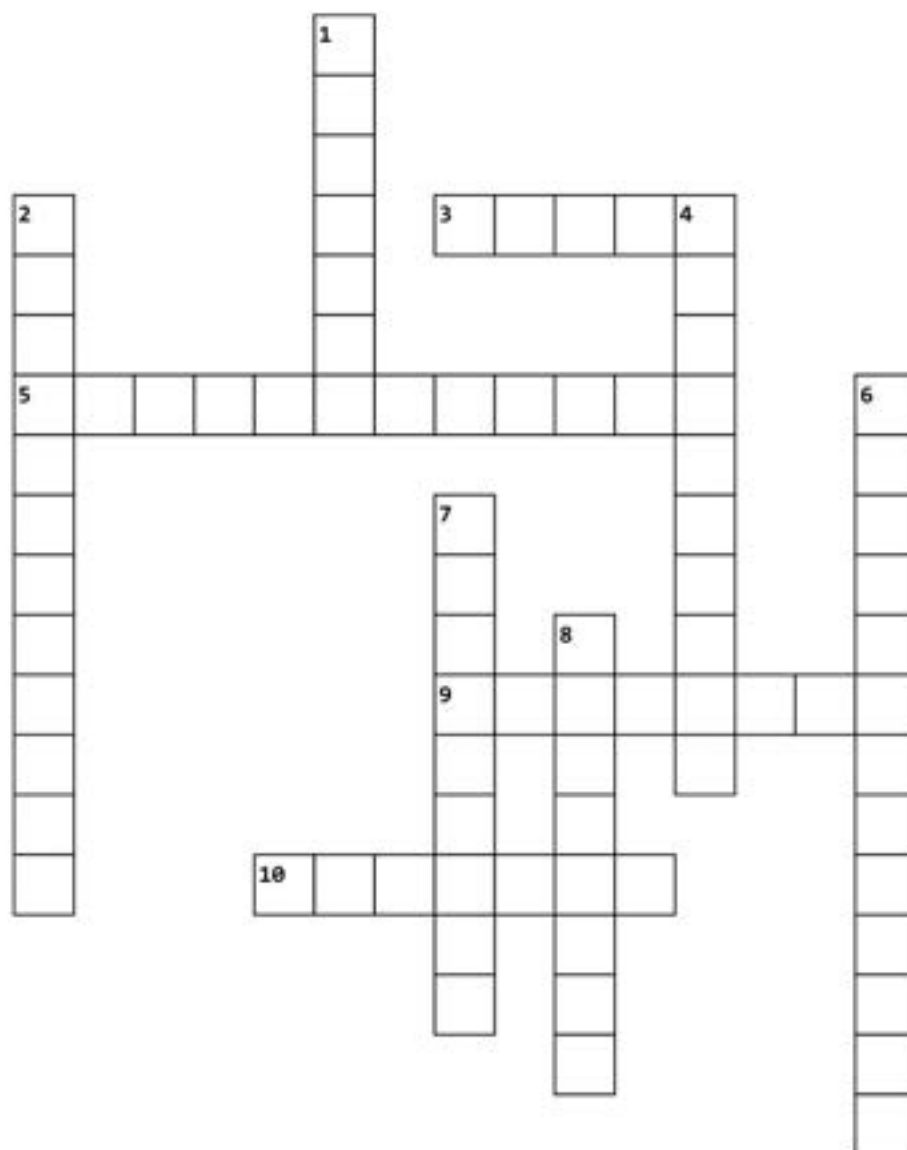
The golf fundraiser was a success and such a fun event! Community partners and our own YMCA family paired up and hit the golf course this past weekend to raise money for our YMCA's youth.

Our Afterschool Coordinator Suri Mendez and Membership Specialist Jose Garcia both represented the Y and manned the ticket booth!



Our own Steve Meng and Josh Zumwalt both participated in this event representing the YMCA!

# October Issue



## Across

- 3.** a Latin American dance fitness class guided by Latin American music
- 5.** a fundraiser benefitting the youth of the YMCA
- 9.** a date upon which a project must be done
- 10.** a Mexican dish which is wrapped in a corn husk

## Down

- 1.** exercise that is designed to improve cardiovascular health
- 2.** a timeslot in the pool schedule dedicated to swim lessons for school aged kids 7-8 years old
- 4.** a term defining a place that is easy to get to
- 6.** a person who studies and excavates historical artifacts, i.e. Indiana Jones
- 7.** basketball league for 3-6 year olds
- 8.** the hometown of our afterschool coordinator