

SEPTEMBER NEWSLETTER



The YMCA of Klamath Falls



Cover photo: A photo by Zoe Bitzer from our collaborative youth event with KBBH: Kickback at the Y on July 25th.

The YMCA of Klamath Falls
1221 S Alameda Ave, Klamath Falls, OR 97603
541.884.4149 www.kfallsymca.org

UPCOMING EVENTS

YMCA GOLF EVENT

October 4th

The YMCA of Klamath Falls will host a Community Golf Challenge on Saturday, October 4th 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, 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.

AFTERSCHOOL PROGRAM STARTS

September 2nd

Registration is still open! Pick up is from Shasta, Roosevelt, Henley, Peterson, Ferguson, Pelican, & Conger.

Call the office at 541-887-2512 or stop by the front office at our Youth Development Center (1017 Donald Street) to pick up a registration packet!

FALL SPORTS REGISTRATION DEADLINE

September 6th

Register for youth sports and our adult football league in person at our fitness center at 1221 S Alameda Ave today or online at www.kfallsymca.org.

PRESCHOOL PROMISE PROGRAM STARTS

September 8th

Registration is still open! Call Danielle at Preschool Promise 541-880-4655 or Keatin Logue at our Youth Development Center (1017 Donald Street) 541-205-4188 for registration!

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FALL FOOTBALL SEASON
9/23/23 to 11/1/23

FLAG FOOTBALL
Grades 1 - 2

FLEX FOOTBALL
Grades 3 - 6

GIRL'S FLAG FOOTBALL
Ages 17 & Under

REGISTRATION DEADLINE:
September 6th

*FINANCIAL AID AVAILABLE FOR ELIGIBLE APPLICANTS



NEW SPORTS PROGRAMS:

This fall sports season is gearing up to be the most exciting one yet! In addition to providing volleyball, soccer, and football programs, we are adding two new programs: Girl's Flag Football for ages 17 and under, and Co-Ed 7v7 Adult Football for ages 18+! The co-ed 7v7 adult league is a new venture for our Y, and the first in a series of adult sport programs we hope to offer as part of the programming at our facility. We hope that adult sports programs will help bring our community together.



FALL FOOTBALL SEASON
9/23/23 to 11/1/23

CO-ED 7V7 ADULT LEAGUE
Ages 18+

Discounts for registering a whole team (7+ Players)

REGISTRATION DEADLINE:
September 6th



RETIREMENT & NEW BEGINNINGS



After almost 12 years of working for the Y, Marty is retiring as Maintenance Director. In his retirement, Marty plans to return to his passion for woodworking. He plans to combine his skills of metal work, welding, and wood work to make slab tables with handmade metal feet. He has been gathering apple, cherry, plum, oak and other types of wood and equipment to accomplish his dream retirement. We wish him the best in this journey and thank him for his service and time at our Y! Marty is passing the torch of the maintenance department to Aaron Brown.

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IN LOVING MEMORY OF DANIEL MICHAUD

It is with a heavy heart that we must announce the passing of a dear member of our YMCA family, Daniel Michaud. In addition to being a vital part of our maintenance team, he was a bright and vibrant presence at our Y and always knew how to make us smile. Dan loved music, played both guitar and drums, and was always humming a tune. He also loved to cook, and always made sure our staff kitchen was stocked with good food, snacks, and supplies.



Dan brought vitality to our YMCA family and a smile that brightened every room he was in. He was a diligent worker, a kind-hearted soul, and a good friend. He will be greatly missed.

A viewing was held for Dan on August 12th at Davenport's Chapel of the Good Shepherd, attended by his friends and family.

HONORING DAN'S LEGACY

Dan was such a pillar of our community, and his life has left a great impact on our Y family. In order to best honor his deep roots in our Y community, we have decided to plant a tree on our Alameda property in his memory. We will be accepting donations for the tree at the front desk, if you would like to contribute. Dan's presence will always be felt at our Y and we will never forget the kindness, dedication, and passion he brought to his work every day.



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GROUP FITNESS SCHEDULE SEPTEMBER

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DAY	TIME	CLASS	INSTRUCTOR	LOCATION
MONDAY	7:00-9:00 AM	Pickleball	Drop-In	Eye
	8:00-9:00 AM	Zumba	Elene	Studio A
	9:00-9:30 AM	Strong Plus	Elene	Studio A
	9:00-10:00 AM	Tai Chi for Beginners	Andrew	Eye
	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	Jessica	Studio A
	5:30-6:30 PM	Intermediate Strength & Conditioning	Simon	Studio A/Sym
	6:30-7:00 PM	Zumba	Elene	Studio A
TUESDAY	5:45-6:10 AM	Strong Plus	Elene	Studio B
	7:00-8:00 AM	Circuit And Cycle	Elene	Studio A
	8:00-10:00 AM	Pickleball	Drop-In	Eye
	9:15-9:30 AM	Morning Vibes	Marie	Studio A
	9:00-9:30 AM	Strength Training	Andreana	Studio A/Sym
	10:00-11:00 AM	Yoga	Linda	Studio A
	4:00-5:00 PM	Beginners Strength & Conditioning	Simon	Studio A/Sym
	4:30-5:30 PM	Beginners Boxing (Kick)	Scott	Boxing Area/Upstairs
	5:00-6:30 PM	Karate Shotokan	Olga	Studio A
	5:15-6:15 PM	Spin	Juli	Studio B
WEDNESDAY	5:30-6:30 PM	Beginners Boxing (Agar Hc)	Scott	Boxing Area/Upstairs
	6:30-7:30	Vibes Dance Fitness	Kiana	Studio A
	8:15-9:00 AM	StepDance	Andreana	Studio A/Sym
	9:00-10:00 AM	Advanced Strength & Conditioning	Simon	Eye
	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	Jessica	Studio A
	5:30-6:30 PM	Intermediate Strength & Conditioning	Simon	Studio A/Sym

CLASS SPOTLIGHT:

BEGINNER FLOW YOGA WITH JASMINE

A class aimed for the new yogi, or the yogi that may have taken a long break. We start with stretching, then move into a slow, gentle flow. Students are guided into each pose, and modifications will be offered for students to increase or decrease intensity.

Class is offered M/W 4:30 to 5:30 in Studio A.



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DAY	TIME	CLASS	INSTRUCTOR	LOCATION
THURSDAY	5:45-6:30 AM	Strong Plus	Elene	Studio A
	7:00-8:00 AM	Circuit and Cycle	Elene	Studio B
	8:00-10:00 AM	Pickleball	Drop-In	Eye
	8:15-9:00 AM	Morning Vibes	Marie	Studio A
	9:00-9:30 AM	Strength Training	Andreana	Studio A/Sym
	10:00-11:00 AM	Yoga	Linda	Studio A
	4:30-5:30 PM	Beginners Boxing (Kick)	Scott	Boxing Area/Upstairs
	5:00-6:30 PM	Karate Shotokan	Olga	Studio A
	5:30-6:30 PM	Beginners Boxing (Agar Hc)	Scott	Boxing Area/Upstairs
	6:30-7:30 PM	Background Boxing	Juli	Boxing Room
FRIDAY	6:30-7:30 PM	Vibes Dance Fitness	Kiana	Studio A
	5:45-6:30 AM	Strong Plus	Elene	Studio A
	8:00-10:00 AM	Pickleball	Drop-In	Eye
	8:15-9:00 AM	StepDance	Andreana	Studio A/Sym
	9:00-10:00 AM	Intermediate Strength & Conditioning	Simon	Studio A/Sym
	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	Juli	Studio B
	6:00-10:00 AM	Pickleball	Drop-In	Eye
SATURDAY	8:00-10:00 AM	Pickleball	Drop-In	Eye

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 stop 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 5-6:45 am	Lap Swim 5-6:45 am	Lap Swim 5-6:45 am	Lap Swim 5-6:45 am	Lap Swim 5-6:45 am	1/2 Lap Swim 5-6:45 am
POOL MAINTENANCE	POOL MAINTENANCE	POOL MAINTENANCE	POOL MAINTENANCE	POOL MAINTENANCE	Aqua Jogger 8-9 am
1/2 Lap Swim 6:45-7:30 am	1/2 Lap Swim 6:45-7:30 am	1/2 Lap Swim 6:45-7:30 am	1/2 Lap Swim 6:45-7:30 am	1/2 Lap Swim 6:45-7:30 am	Family Swim 8-9 am
Senior Get Along 8-9:45 am	Senior Get Along 8-9:45 am	Senior Get Along 8-9:45 am	Senior Get Along 8-9:45 am	Senior Get Along 8-9:45 am	POOL MAINTENANCE
POOL MAINTENANCE	POOL MAINTENANCE	POOL MAINTENANCE	POOL MAINTENANCE	POOL MAINTENANCE	*Lap Swim 9:30 am-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
Preschool Swim 10-10:45 am	2nd Grade Swim 10-10:45 am	Y Preschool 10-10:45 am	2nd Grade Swim 10-10:45 am	Y Preschool 10-10:45 am	Open Swim 10:30-1:45 pm
POOL MAINTENANCE	POOL MAINTENANCE	POOL MAINTENANCE	POOL MAINTENANCE	POOL MAINTENANCE	POOL MAINTENANCE
Water Wellness 11 am-12 pm	Swim Lessons 11:30 am-12:00 pm	Water Wellness 11 am-12 pm	Swim Lessons 11:30 am-12:00 pm	Water Wellness 11 am-12 pm	1/2 Lap Swim 12:30-1:45 pm
*Lap Swim 12-1 pm	POOL MAINTENANCE	*Lap Swim 12-1 pm	POOL MAINTENANCE	*Lap Swim 12-1 pm	POOL MAINTENANCE
AquaZumba® 1-2 pm	Water Aerobics 1-2 pm	AquaZumba® 1-2 pm	Water Aerobics 1-2 pm	Water Aerobics 1-2 pm	POOL MAINTENANCE
Lap Swim 2-3 pm	Family Swim 2-3 pm	Lap Swim 2-3 pm	Family Swim 2-3 pm	Lap Swim 2-3 pm	POOL MAINTENANCE
POOL MAINTENANCE	Swim Lessons 3:30-4:30 pm	Swim Lessons 3:30-4:30 pm	Swim Lessons 3:30-4:30 pm	Swim Lessons 3:30-4:30 pm	Swim Lessons 3:30-4:30 pm
Open Swim 4:30-5:30 pm	Aqua Jogger 4:30-5:30 pm	Open Swim 4:30-5:30 pm	Aqua Jogger 4:30-5:30 pm	Open Swim 4:30-5:30 pm	Y AfterSchool 4-4:50 pm
POOL MAINTENANCE	Swim Lessons 5:30-6:45 pm	Lap Swim 6-6:45 pm	Swim Lessons 5:30-6:45 pm	Open Swim 6-6:45 pm	POOL MAINTENANCE
Lap Swim 6:45-7:45 pm	Aqua Bootcamp 6:45-7:45 pm	Swim Lessons 6:45-7:45 pm	Aqua Bootcamp 6:45-7:45 pm	Lap Swim 6:45-7:45 pm	POOL MAINTENANCE



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



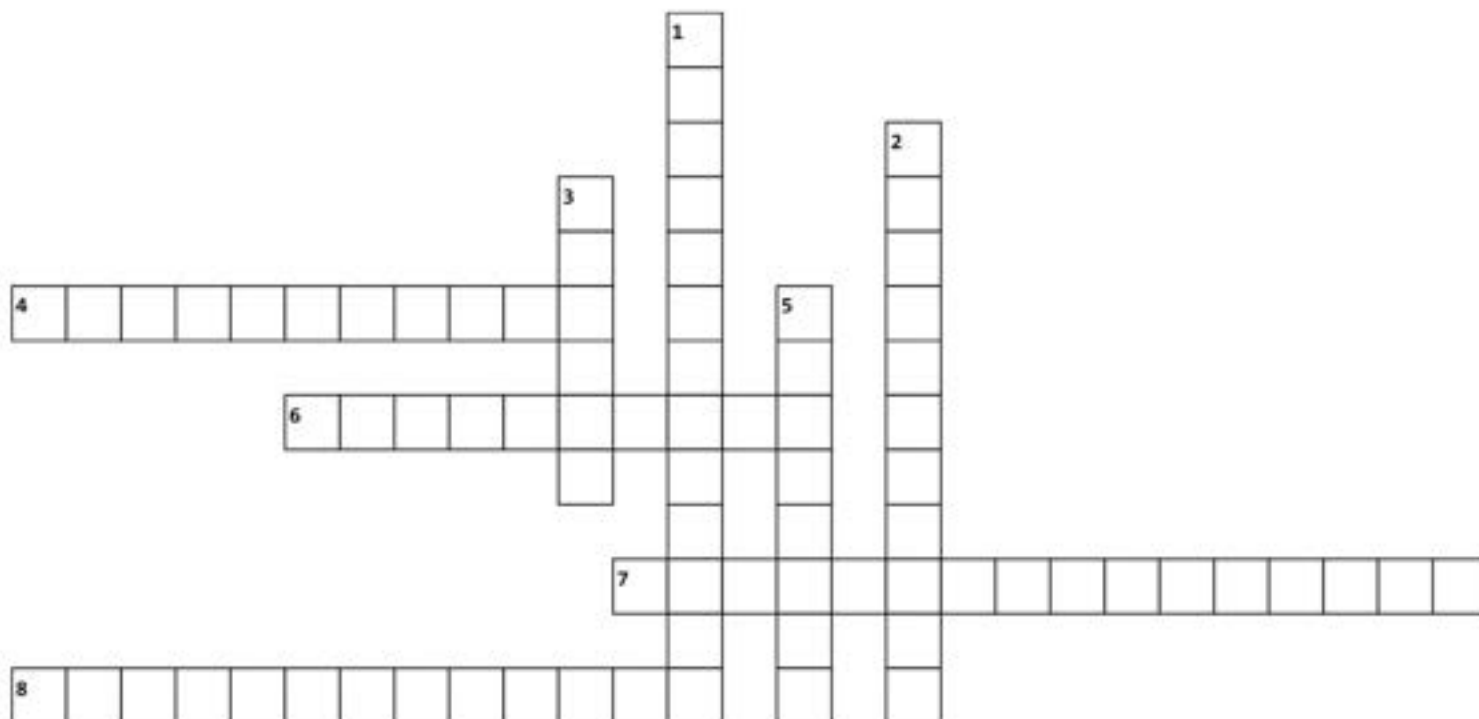
*NOTE: Tuesday 1st Lap Swim is reserved for people who are 65+ and old and open swim 21 yards or more. No exceptions. There will only be one or two lanes available which must be shared.

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September Newsletter



Across

- 4. Marty's retirement hobby
- 6. education lesson outline
- 7. Jasmine's fitness class designed for the new yogi
- 8. adjustments to original content

Down

- 1. A low-key aquatics class on Mondays, Wednesdays, and Fridays
- 2. a department in charge of the upkeep of a building
- 3. the long-lasting impact a person creates in an environment
- 5. a drive to raise funds for a cause