



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Community Events

June 2017



## SUMMER VOLUNTEER OPPORTUNITIES

- Make lunches or assist with the summer lunch program
- Watering and weeding in the YMCA Community Garden
- Restore the natural habitat of the Stillwater Bog
- Coach T-Ball for 3-6 year olds
- Play with kids at day camp
- Hold babies in the Kids Zone
- Gain customer service skills by working at Member Services

## FOR THE FAMILY

- **Family Fun Night:** June 2, 6 - 8 pm, FREE and open to the community. Come play on our bounce houses and ride our scooters in the gym.
- **Lunch & Jump:** June 15, 11:30 am - 1 pm, FREE and open to the community. Bring your lunch, visit with your friends and get all of your energy out on our bounce houses.
- **Parents Night Out:** June 9 & 24, \$15 - \$35. Drop your kids off at the Y for an evening of fun while you go on date night.
- **Stepping Stone Creators:** June 14, 1 - 2:30 pm, \$18. Create your very own garden stepping stone.
- **Hoop It Up With Dad:** June 21, 7:30 - 8:30 pm. Spend time with your kids playing 3-on-3 or PIG. FREE and open to the community.



## HEALTH & FITNESS

- **Hiking Group:** June 10, 18, 24, July 15, 22, August 19, 26. Hikes become progressively more challenging throughout the summer.
- **MELT for Cyclists:** June 4, \$35. Improve joint mobility, balance, stability and alignment.
- **Salsa Dance Workshop:** June 24, 6 - 7:30 pm, \$20



## SENIOR CONNECTION

- **Potluck Social:** June 9, 12:15 pm, FREE. Open to the community.
- **Food Tour of Pike Place Market:** June 22, 9 am, \$48



To sign up for these programs, call Member Services at 425.256.3115

## COMING NEXT MONTH

### ROOKIE T-BALL

July 10 - August 28

This league for 3 - 6 year olds, is designed to teach them the rules of the game, skill development, teamwork and good sportsmanship.

### SPLASH & PLAY

Thursdays, July 20 & August 17  
11:30 am - 1 pm, YMCA lawn

Bring your swimsuit, sunscreen, towel and join us for our giant slip n slide and water slide.

### YOGA IN THE PARK

July 22, 11 am - 12 pm  
Amphitheater Ridge / Center Blvd  
FREE!. Open to the community

Meet new friends and connect with nature while you focus on your mind, body and spirit.

SNOQUALMIE VALLEY YMCA  
35018 Ridge ST SE, Snoqualmie, WA 98065  
425.256.3115  
Seattleymca.org

facebook.com/SnoqualmieValleyYMCA

**Everyone is welcome.** The YMCA of Greater Seattle strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility. **Financial assistance is available.**