



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALLING INTO PLACE AT THE BHYMCA

September & October Bi-Monthly Newsletter
BOONSLICK HEARTLAND YMCA



Fall Fitness Fiesta!

Join us for our own fitness event, featuring 90 minutes of Dance2Fit with Ashley, Julie and Mille, Pilates with Christy, and Yoga with Brittany May! As an added bonus, FREE Child Watch will be provided to those attending!

When

Friday, September 15th; event will begin at 6:30 pm.

Registration

Register at the Front Desk, or online at www.bhymca.org. Fees are \$10 for the event: optional event tank top for an additional \$10.

As a bonus, if you pre-register by September 12th you'll receive a FREE headband and beverage coupon!

Youth Cross Country

The Boonville Pirates Youth Cross Country Team is now being hosted through the Y!

Practices are Mondays & Wednesdays from 6:00 - 7:00 pm right out back on the Kemper Track.

Meets will be held on Saturdays & Sundays.

Registration

\$30 Registration Fee covers the cost of meets and the team shirt. Register at the BHYMCA Front Desk, or online at www.bhymca.org.

Spooky, Creative Fun in October!

October is always a fun month with all the festivities and activities that go with Halloween. Several of us here at the BHYMCA are especially fond of the holiday, and so we've got several community activities in the works: we're still planning, so no details yet, but expect to see another Community Coloring Contest, as well as the return of our Staff Pumpkin Decorating Contest!

And the best part is that any and all activities and events we do for the holiday will be completely FREE and open to the community! We can't wait to see all the creative ideas of our wonderful community!

Special Dates To Remember

- Sep. 15th POW/MIA Recognition Day**
A day in remembrance, and hope for the speedy and safe return of U.S. Prisoners of War, and those still Missing in Action.
- Sep. 22nd Autumnal Equinox**
The first official day of Fall!
- Oct. 5th World Teacher Day**
A day to globally recognize, and thank, the people who help educate and guide our kids.
- Oct. 11th National Fossil Day**
A day to promote public awareness and stewardship of fossils, and foster a greater appreciation of their value.

The BHYMCA will be closed September 4th in observance of Labor Day.

Staying Modern With Our Mobile App

Some of you may already know that we have a mobile app: but did you know that we just released a brand new version of it? With increased functionality and ease of use, our mobile app is better than ever! To download it on Android or iOS, go to your app store and search for "Boonslick"!

Stay tuned for information about the following BHYMCA programs and events

- Date TBD Healthy Happy Holidays**
Join us once again for our popular pre-new year Holiday Fitness challenge! Details will be in our Fall Guide.