

# MAUI FAMILY YMCA NEWS



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

[www.mauiymca.org](http://www.mauiymca.org)

## AUGUST/SEPTEMBER 2012

**THE YMCA WILL BE CLOSED ON  
LABOR DAY, SEPTEMBER 3RD**

### Experience the Hottest New Workout!

"Ripped is a Plateau Proof Fitness Formula that masterfully combines Resistance, Intervals, Power, Plyometrics, Endurance and Diet."

Saturday mornings 8.30am - 9.30am with the RIPPED Team

### SATURDAY SWIM LESSONS

September 15th to November 3rd  
Classes meet for 8 weeks, 45 minute sessions

Swim Level	Saturday Class Times	
Parent-Child A	9:00-9:45 am	
Parent-Child B	10:00-10:45 am	
Pike/Eel	9:00-9:45 am	
	10:00-10:45 am	
	11:00-11:45 am	
	12:00-12:45 pm (2)	
Rays/Starfish	9:00-9:45 am	
	10:00-10:45 am	
	11:00-11:45 am	
	12:00-12:45 pm	
Polliwog	10:00-10:45 am	
	12:00-12:45 pm	
Guppy	11:00-11:45 am	
Minnow	11:00-11:45 am	
Fish	9:00-9:45 am	

### BOARD MEETING - NO YOGA

Tuesday, August 14th, &  
Tuesday, September 11th  
12.00 NOON TO 1.00 PM

### DATE NIGHT

@ the YMCA Child Watch Room  
Friday, 6.00pm to 9.00pm  
August 10th & September 14th  
RSVP by the night before  
2-12 years  
(must be potty trained)



**No Karate in September**

### FALL CAMPS

October 1st to 5th  
Camp Moana @ the YMCA,  
Camp One @ Pomaikai &  
Camp Nalu @ Kihei School.  
Scholarships available for all  
camps/sessions



### TELL US YOUR STORY



Keep those stories coming.....  
Fill out a card @ the front desk and  
let us know the impact the Maui Y  
has had on your life. Stories can be  
signed or left blank.