



FOREVERWELL

SEPTEMBER | DAYTON YMCA

SAVE THE DATE

FW HAPPY HOUR!

NOLO'S KITCHEN AND BAR
515 N WASHINGTON AVE
TUESDAY SEPT 24TH
4-6PM

SIGN UP AT FRONT DESK

FREE PILATES REFORMER DEMO

9/9 and 9/23 at
10:00am

Sign up at Member
Services Desk
or email

Maureen.Bowen@ymcamn.org

Space is Limited

FUN and SAFE at the POOL

[How to Keep Children Safer Around Pools and Spas:](#)

1. Supervise Children: Always watch children in or near water, never leave them unattended.
2. Learn to Swim: Teach children how to swim.
3. Know Your Drains: Teach children to stay away from drains.
4. Ensure Compliance: Ensure all pools and spas have compliant drain covers.
5. Install Safety Devices: Install barriers, covers and alarms.
6. Get Certified: Know how to perform CPR on children and adults.



Attention Grandparents

Watching your grandchildren is one of the most enjoyable things about being a grandparent, but it's important to make sure the whole family is staying safer when spending time in and around the water.

Do you enjoy volunteering and the Y? We are looking for a YMCA Foreverwell Volunteer. Please contact Maureen if you are interested. Maureen.Bowen@ymcamn.org
651-747-0927

BRANCH HOURS

Monday - Thursday: 6am-8pm
Fridays: 6am-7pm
Saturdays: 7am-12pm

DAYTON YMCA AT GAVIIDE

651 NICOLLET MALL
MPLS, MN 55402
612-230-3475



SEPTEMBER IS BRING A FRIEND TO CLASS MONTH

Throughout the month of September, bring a friend to a Dayton YMCA Group Fitness class for FREE.

Give 50, Get 50: For each of your friends who come to class with you that join the Dayton YMCA during September, you will receive \$50 towards future membership dues and your friend receives \$50 towards a new membership. Throughout the month of September we are offering \$0 enrollment fee.

*Valid for Youth, Adult, Dual, & Family memberships.

*Insurance-paid members please see welcome desk for details.

All are welcome.

ymcanorth.org

22-GE01

ForeverWell

Step Into September

Words can go in eight different directions

N P D M N I C O L L E T O P E N S T R E E T S G
 T P G F V Y O U R V E R Y O W N C L A R K Y D C
 N G K T L L K M D S K K C L T V F G S Z V Y B L
 G K N P Z C L M S H T C N L N E L E H B P X E V
 T H F I T Z V D D C F A O R R N P K T F N Q A Q
 D N P B N V R K N R O O T T V T R R J N W N U G
 K M H T T A F L J N H L I E E N M U T U A E T T
 C R N J H K E J N C W L O M F N X M Z B V W Y A
 R K W C X P Y L S L I Z B R W A F B K G W E A H
 I K R M P R P O C Z L E B G L X I B N N G X B C
 S O F X L V T D I R R A Y C N G M R E X K P O E
 P Z M K K K P N Q Z E N B C R R T G F L M E U E
 N J J B C W G K N V V T Y T D G N M Y R K R N F
 I P B A N K L K M N N D T K O A K Q A F M I D F
 G B B V M L T L I J P R Y U H O K P D Q D E S O
 H F A L L S T A R T S A H C G G F N R Z L N X C
 T R P J T G F P T Y M K W R Z Q F K O F F C P N
 S C G Y X X Q Z E Q T I Y M F M M N B P W E J I
 G P H F G J B X E Q N N Q T F B V V A D J S T O
 N L N X Y J R T R X M G M K K M R K L T Q T M J
 K K R E Q U E S T A B S E N T E E B A L L O T T
 G R E N A I S S A N C E F E S T I V A L F P M K
 R N N F Y F N O O M T S E V R A H Q P P J F B D
 M X C M V E A R L Y V O T I N G B E G I N S C L

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Autumn

Back To School

Beauty Abounds

Change

Color

Crisp Nights

Early Voting Begins

Fall Starts

Fertilizing

Football

Gutter Cleaning

Harvest Moon

Join Coffee Chat

Labor Day

New Experiences

Nicollet Open Streets

Orchards

Our Very Own Clark

Raking

Renaissance Festival

Request Absentee Ballot

September

State Fair

Tree Trim