

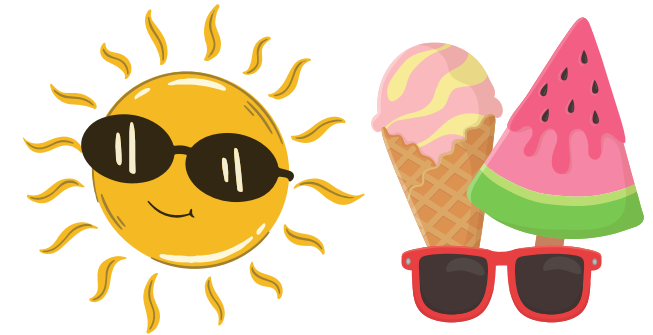


# Southern District YMCA Family Activity Calendar

# AUGUST 2022

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M	T	W	T	F	S	S
1 8A – 9A HS sports conditioning	2 9:30A – 11A Sports Sampler	3 8A – 9A HS sports conditioning	4 9:30A – 11A Sports Sampler	5 8A – 9A HS sports conditioning 9:15 A-10A Junior Fit	6	7
8 8A – 9A HS sports conditioning	9 9:30A – 11A Sports Sampler	10 8A – 9A HS sports conditioning 6p – 8P Member appreciation day at Camp Lincoln	11 9:30A – 11A Sports Sampler	12 8A – 9A HS sports conditioning 9:15 A-10A Junior Fit	13	14
15	16 9:30A – 11A Sports Sampler 12P-1P LIFT	17	18 9:30A – 11A Sports Sampler	19 9:15 A-10A Junior Fit	20	21
22	23 6P-8P Community Night at Camp Lincoln-BinGoat	24 6p – 8P Member appreciation day at Camp Lincoln	25	26 9:15 A-10A Junior Fit	27 10:00A – 1P SDYMCA OPEN HOUSE	28 10:00A – 5P YMCA Day at Portland Sea Dogs
29	30	31	1	2	3	4



Program Key	Age Target	Location
Sports Sampler	Ages 7-10	Gymnasium
HS Sports Conditioning	Ages 11-16	Odyssey Center
Junior Fit	Ages 7-10	Gymnasium
Member Appreciation Days	All Family	Camp Lincoln
Community Nights (Open to Public)	All Family	Camp Lincoln
SDYMCA Open House	ALL Family	Facility Wide
YMCA Day at Portland Sea Dogs	All Family	Portland Sea Dogs Stadium
BinGoat Fundraiser	All Family	Camp Lincoln