

OCTOBER NEWSLETTER

The YMCA of Klamath Falls



Cover photo: YMCA Members Alice Hatch and Catherine Collins on two of our bike machines

The YMCA of Klamath Falls
1221 S Alameda Ave, Klamath Falls, OR 97603
541.884.4149 www.kfallsymca.org

PROGRAM HILIGHT: AFTERSCHOOL

School is back in and so is the YMCA Youth Development Center's Afterschool program! At the YMCA of Klamath Falls, we are committed to providing opportunities for youth to learn, grow, and be active in a safe and uplifting environment. One of the ways we do that is through our youth afterschool program. In this program, kindergarteners through 6th graders can participate in crafts and activities designed to curate learning in a fun and safe environment. The afterschool program is under the direction of Surilma Mendez.

MEET OUR AFTERSCHOOL COORDINATOR! SURILMA MENDEZ

Suri has been with our YMCA for about 2 weeks now and just moved here from Las Vegas! She has worked in several non-profit organizations in Las Vegas and knew she'd "fit right in" at our non-profit. Suri and her husband Juan moved here to trade the hustle and bustle of Las Vegas for a "calmer, loving community" in which to raise her kids Neyman, Noe, and Nairobi Rose. When she's not running the afterschool program, she enjoys doing acrylic nails and puzzles. She also loves living in a place where nature is so accessible and enjoys hunting and fishing.



What do you love about our Y?

"Coming from Las Vegas and not just seeing...but feeling the difference in the community just made me feel right at home. Even though, I am new to Klamath Falls YMCA. I already fell in love with this tight knitted community. A community that feels like family and not just 'work' That is why I love the YMCA of Klamath Falls OR.

I am right where I needed to be all along."

Favorite Quote:

"The earth is the mother of all people, and all people should have equal rights upon it" - Chief Joseph

Fun Fact:

"When I was younger my dream was to be an archaeologist."



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GROUP FITNESS SCHEDULE OCTOBER

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DAY	TIME	CLASS	INSTRUCTOR	LOCATION
MONDAY	7:00-9:00 AM	Pickleball	Drop-In	Gym
	8:00-9:00 AM	Zumba	Elena	Studio A
	9:00-9:55 AM	Strong Plus	Elena	Studio A
	9:00-10:00 AM	Tai Chi for Beginners	Andrew	Gym
	10:10-11:00 AM	Qi Gong	Andrew	Studio A
	11:00-11:30 AM	Tai Chi Advanced	Andrew	Studio A
	12:00-12:45 PM	Pilates	Lee	Studio A
	4:30-5:30 PM	Beginner Flow Yoga	Jasmine	Studio A
	4:30-5:30 PM	Beginner Boxing (Age 8-Middle School)	Scott	Boxing Area Upstairs
	5:30-6:30 PM	Beginner Boxing (High School-Adult)	Scott	Boxing Area Upstairs
TUESDAY	5:30-6:30 PM	Intermediate Strength & Conditioning	Simon	Studio A/Gym
	6:30-7:30 PM	Zumba	Elena	Studio A
	5:45-6:50 AM	Strong Plus	Elena	Studio B
	7:00-8:00 AM	Circuit And Cycle	Ellen	Studio A
	8:00-10:00 AM	Pickleball	Drop-In	Gym
	8:15-9:00 AM	Morning Vibe	Marie	Studio A
	9:00-9:55 AM	Strength Training	Andreana	Studio A/Gym
	10:00-11:00 AM	Yoga	Linda	Studio A
	4:00-5:00 PM	Beginners Strength & Conditioning	Simon	Studio A/Gym
	5:00-6:30 PM	Karate Shotokan	Olga	Studio A
WEDNESDAY	5:15-6:15 PM	Spin	Judi	Studio B
	6:30-7:30	Vibe Dance Fitness	Keana	Studio A
	8:15-9:00 AM	StepNDance	Andreana	Studio A/Gym
	9:00-10:00 AM	Advanced Strength & Conditioning	Simon	Gym
	9:00-10:00 AM	Tai Chi for Beginners	Andrew	Studio A
	10:10-11:00 AM	Qi Gong	Andrew	Studio A
	11:00-11:30 AM	Tai Chi Advanced	Andrew	Studio A
	12:00-12:45 PM	Pilates	Lee	Studio A
	4:30-5:30 PM	Beginner Flow Yoga	Jasmine	Studio A
	5:30-6:30 PM	Intermediate Strength & Conditioning	Simon	Studio A/Gym

CLASS SPOTLIGHT:

ZUMBA WITH ELENA

An aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music.

Class is offered Mondays 8:00-9:00 AM and M/W 6:30-7:30 PM in Studio A.



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DAY	TIME	CLASS	INSTRUCTOR	LOCATION
THURSDAY	5:45-6:50 AM	Strong Plus	Elena	Studio A
	7:00-8:00 AM	Circuit and Cycle	Ellen	Studio B
	8:00-10:00 AM	Pickleball	Drop-In	Gym
	8:15-9:00 AM	Morning Vibe	Marie	Studio A
	9:00-9:55 AM	Strength Training	Andreana	Studio A/Gym
	10:00-11:00 AM	Yoga	Linda	Studio A
	5:00-6:30 PM	Karate Shotokan	Olga	Studio A
	6:30-7:30 PM	Battleground Boxing	Juan	Boxing Room
	6:30-7:30 PM	Vibe Dance Fitness	Keana	Studio A
	5:45-6:50 AM	Strong Plus	Elena	Studio A
FRIDAY	8:00-10:00 AM	Pickleball	Drop-In	Gym
	8:15-9:00 AM	StepNDance	Andreana	Studio A/Gym
	9:00-10:00 AM	Intermediate Strength & Conditioning	Simon	Studio A/Gym
	10:10-11:00 AM	Qi Gong	Andrew	Studio A
	11:00-11:30 AM	Tai Chi Advanced	Andrew	Studio A
SATURDAY	5:15-6:15 PM	Spin	Judi	Studio B
SATURDAY	8:00-10:00 AM	Pickleball	Drop-In	Gym

PLEASE NOTE: Y fitness classes may be cancelled without notice due to lack of participation. For a class to remain on the schedule, it must average (5) participants per class. If there are less than (5) participants in a given class, the instructor may elect to cancel for that session.

BUILDING HOURS:

Monday-Friday:
5:00 am-8:00 pm
Saturday:
8:00 am-5:00 pm
Sunday: CLOSED

Discover the freedom of working out on your schedule. With 24-hour access, the Y is here for you, day or night!



POOL SCHEDULE Sept 2nd-Nov 26th 2025

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lap Swim 5-6:45 am	Lap Swim 5-6:45 am	Lap Swim 5-6:45 am	Lap Swim 5-6:45 am	Lap Swim 5-6:45 am	1/2: Lap Swim 1/2: Senior Get Along 8-9 am
POOL MAINTENANCE	POOL MAINTENANCE	POOL MAINTENANCE	POOL MAINTENANCE	POOL MAINTENANCE	Aqua Jogger 9-10 am
1/2: Lap Swim 1/2: Senior Get Along 7-8 am	1/2: Lap Swim 1/2: Senior Get Along 7-8 am	1/2: Lap Swim 1/2: Senior Get Along 7-8 am	1/2: Lap Swim 1/2: Senior Get Along 7-8 am	1/2: Lap Swim 1/2: Senior Get Along 7-8 am	Family Swim 9-10 am
Senior Get Along 8-8:45 am	Senior Get Along 8-8:45 am	Senior Get Along 8-8:45 am	Senior Get Along 8-8:45 am	Senior Get Along 8-8:45 am	POOL MAINTENANCE
POOL MAINTENANCE	POOL MAINTENANCE	POOL MAINTENANCE	POOL MAINTENANCE	POOL MAINTENANCE	*Lap Swim 11:30 am-1:30 pm
Water Aerobics 9-10 am	AquaZumba® 9-10 am	Water Aerobics 9-10 am	AquaZumba® 9-10 am	Water Aerobics 9-10 am	POOL MAINTENANCE
Preschool Promise 10-10:45 am	2nd Grade Swim 10-10:45 am	Y Preschool 10-10:45 am	2nd Grade Swim 10-10:45 am	Y Preschool 10-10:45 am	Open Swim 1:45-3:45 pm
POOL MAINTENANCE	POOL MAINTENANCE	POOL MAINTENANCE	POOL MAINTENANCE	POOL MAINTENANCE	POOL MAINTENANCE
Water Wellness 11 am-12 pm	Swim Lessons 11:00 am-12:05 pm	Water Wellness 11 am-12 pm	Swim Lessons 11:00 am-12:05 pm	Water Wellness 11 am-12 pm	1/2: Lap Swim 1/2: Special Olympics 4-4:50 pm
*Lap Swim 12-1 pm	POOL MAINTENANCE	*Lap Swim 12-1 pm	POOL MAINTENANCE	*Lap Swim 12-1 pm	
AquaZumba® 1-2 pm	*Lap Swim 12:15-1 pm	AquaZumba® 1-2 pm	*Lap Swim 12:15-1 pm	Water Aerobics 1-2 pm	
Lap Swim 2-3 pm	Water Aerobics 1-2 pm	Lap Swim 2-3 pm	Water Aerobics 1-2 pm	Lap Swim 2-2:45 pm	
POOL MAINTENANCE	Family Swim 2-3 pm	POOL MAINTENANCE	Family Swim 2-3 pm	POOL MAINTENANCE	
Swim Lessons 3:15-5 pm	Swim Lessons 3:15-4:20 pm	Swim Lessons 3:15-5 pm	Swim Lessons 3:15-4:20 pm	Family Swim 3:00-3:45 pm	
Open Swim 5:15-6:30	POOL MAINTENANCE	Open Swim 5:15-6:30 pm	POOL MAINTENANCE	Y Afterschool 4-4:50 pm	
POOL MAINTENANCE	Aqua Jogger 4:30-5:30 pm	POOL MAINTENANCE	Aqua Jogger 4:30-5:30 pm	POOL MAINTENANCE	
Lap Swim 6:45-7:45 pm	Swim Lessons 5:30-6:40 pm	Lap Swim 6:45-7:45 pm	Swim Lessons 5:30-6:40 pm	Lap Swim 5:15-6:30 pm	
POOL MAINTENANCE	POOL MAINTENANCE	POOL MAINTENANCE	POOL MAINTENANCE	Lap Swim 6:45-7:45 pm	
Aqua Bootcamp 6:45-7:45 pm		Aqua Bootcamp 6:45-7:45 pm			



Check out our pool schedule online by following the QR code below:



* NOTE: Tues/Thurs Lap Swim is reserved for people who are 18+ years old and can swim 25 yards or more. No exceptions. There will only be one or two lanes available which must be shared.

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UPCOMING EVENTS

YMCA GOLF SCRAMBLE

October 4th

The YMCA of Klamath Falls will host a Community Golf Challenge on Saturday, October 4th at Shield Crest Golf Course. The format is a four-person team scramble. Corporate sponsors are welcome to join Molatore & Co. LLP and Pacific Power. Registration is now open (complete the attached registration form). For more details contact Leroy.Cabral@kfallsymca.org, or telephone the Y at (541) 88-4149. YMCA Community Campaign Sets \$65,000 Scholarship Goal

The annual YMCA of Klamath Falls community campaign is underway to raise \$65,000 that will help provide reduced rates and scholarships for youth, adults and families who wish to participate in the Y's many program services. Every contribution, large or small, is important and very much appreciated. A leadership giving club was established to provide additional recognition for donors giving a minimum of \$250 per year.

Contributions are also needed to help maintain our local YMCA's two facilities with improvements and repairs. Contact the Y's executive director for more details.

PRODUCE CONNECTION

October 3rd, 10th, 17th, 24th, & 31st

The Produce Connection will be at the YMCA on Fridays from 10 AM until supplies run out! Event will take place in the YMCA Fitness Center parking lot at 1221 S Alameda St.

TRICKER STREET

October 25th

A trick or treat event in collaboration with Wynne Broadcasting designed for the whole family, taking place at 1017 Donald St. from 4:00 PM - 7:00 PM.

TRUNK OR TREAT

October 30th

Join us for a spooky evening of family friendly fun from 4:00-6:00 in the parking lot of our Fitness Facility at 1221 S Alameda Ave. Grab a bite at our food booth which will be selling tamales, champurrado, and hot chocolate. Want to be a vendor? Fill out a vendor form at the front desk and submit \$20 to secure your spot! We are accepting candy donations as well at our Fitness Facility and our Youth Development Center at 1017 Donald St.

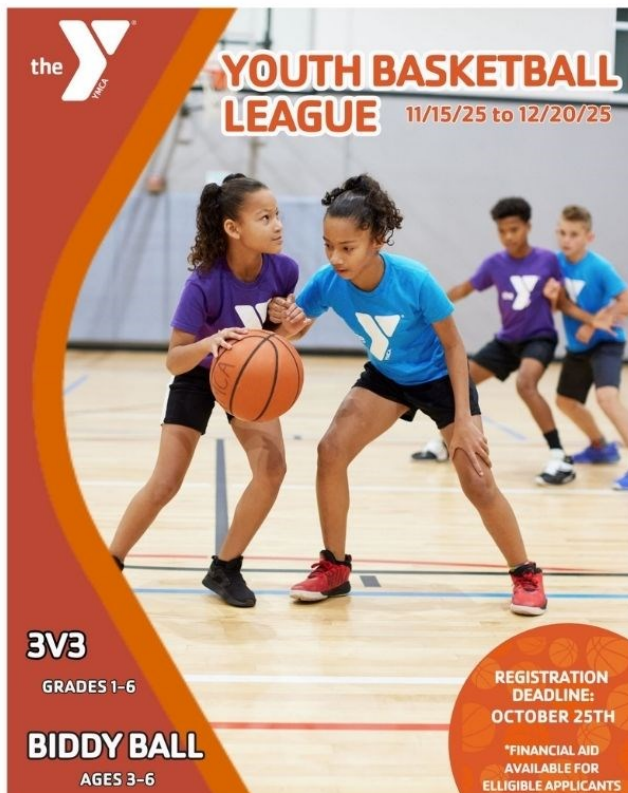
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YOUTH BASKETBALL LEAGUE:

Fall sports are underway at the YMCA! And we're not stopping there, get ready to gear up for Youth Basketball season running from November 15th through December 20th! We will be running two leagues: Bidy Ball for ages 3-6, and 3v3 for 1st grade through 6th grade. Financial aid is available for eligible applicants. Deadline for registration is October 25th, so don't wait, register today!



GOLF FUNDRAISER:



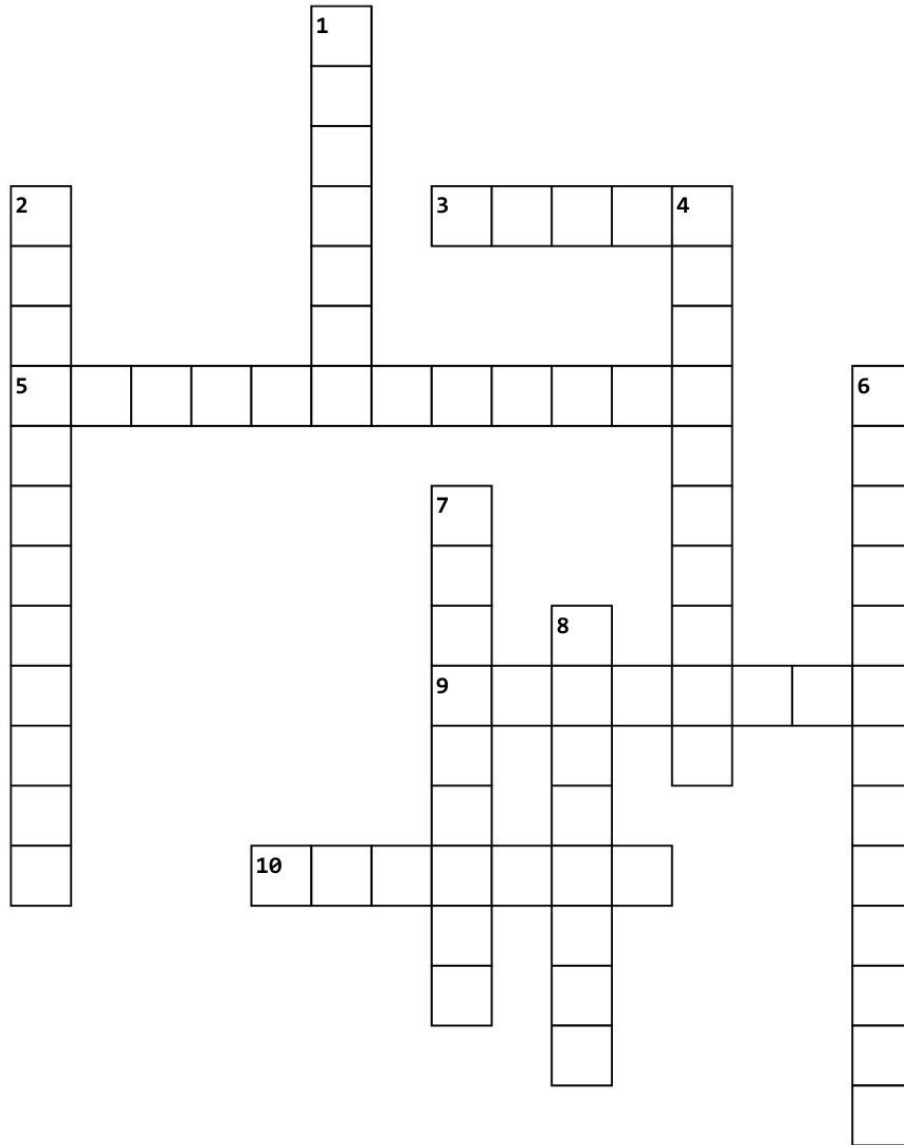
The golf fundraiser was a success and such a fun event! Community partners and our own YMCA family paired up and hit the golf course this past weekend to raise money for our YMCA's youth.

Our Afterschool Coordinator Suri Mendez and Membership Specialist Jose Garcia both represented the Y and manned the ticket booth!



Our own Steve Meng and Josh Zumwalt both participated in this event representing the YMCA!

October Issue



Across

- 3.** a Latin American dance fitness class guided by Latin American music
- 5.** a fundraiser benefitting the youth of the YMCA
- 9.** a date upon which a project must be done
- 10.** a Mexican dish which is wrapped in a corn husk

Down

- 1.** exercise that is designed to improve cardiovascular health
- 2.** a timeslot in the pool schedule dedicated to swim lessons for school aged kids 7-8 years old
- 4.** a term defining a place that is easy to get to
- 6.** a person who studies and excavates historical artifacts, i.e. Indiana Jones
- 7.** basketball league for 3-6 year olds
- 8.** the hometown of our afterschool coordinator