

SEPTEMBER NEWSLETTER

The YMCA of Klamath Falls



The YMCA of Klamath Falls

1221 S Alameda Ave, Klamath Falls, OR 97603

541.884.4149 www.kfallsymca.org

UPCOMING EVENTS

YMCA GOLF EVENT

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) 884-4149. 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.

AFTERSCHOOL PROGRAM STARTS

September 2nd

Registration is still open! Pick up is from Shasta, Roosevelt, Henley, Peterson, Ferguson, Pelican, & Conger.

Call the office at 541-887-2512 or stop by the front office at our Youth Development Center (1017 Donald Street) to pick up a registration packet!

FALL SPORTS REGISTRATION DEADLINE

September 6th

Register for youth sports and our adult football league in person at our fitness center at 1221 S Alameda Ave today or online at www.kfallsymca.org.

PRESCHOOL PROMISE PROGRAM STARTS

September 8th

Registration is still open! Call Danielle at Preschool Promise 541-880-4655 or Keatin Logue at our Youth Development Center (1017 Donald Street) 541-205-4188 for registration!



FALL FOOTBALL SEASON
9/27/25 to 11/1/25

FLAG FOOTBALL
Grades 1 - 2

FLEX FOOTBALL
Grades 3 - 6

GIRL'S FLAG FOOTBALL
Ages 17 & Under

REGISTRATION DEADLINE:
September 6th

*FINANCIAL AID AVAILABLE FOR ELIGIBLE APPLICANTS



FALL FOOTBALL SEASON
9/27/25 to 11/1/25

CO-ED 7V7 ADULT LEAGUE
Ages 18+

Discounts for registering a whole team (7+ Players)

REGISTRATION DEADLINE:
September 6th

NEW SPORTS PROGRAMS:

This fall sports season is gearing up to be the most exciting one yet! In addition to providing volleyball, soccer, and football programs, we are adding two new programs: Girl's Flag Football for ages 17 and under, and Co-Ed 7v7 Adult Football for ages 18+! The co-ed 7v7 adult league is a new venture for our Y, and the first in a series of adult sport programs we hope to offer as part of the programming at our facility. We hope that adult sports programs will help bring our community together.

RETIREMENT & NEW BEGINNINGS

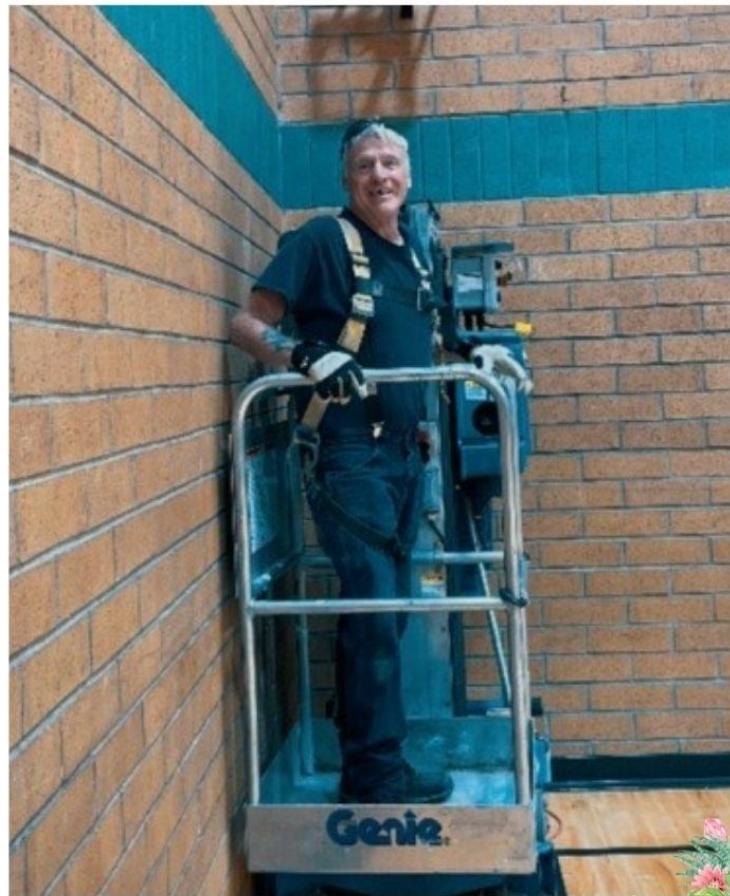


After almost 12 years of working for the Y, Marty is retiring as Maintenance Director. In his retirement, Marty plans to return to his passion for woodworking. He plans to combine his skills of metal work, welding, and wood work to make slab tables with handmade metal feet. He has been gathering apple, cherry, plum, oak and other types of wood and equipment to accomplish his dream retirement. We wish him the best in this journey and thank him for his service and time at our Y! Marty is passing the torch of the maintenance department to Aaron Brown.



IN LOVING MEMORY OF DANIEL MICHAUD

It is with a heavy heart that we must announce the passing of a dear member of our YMCA family, Daniel Michaud. In addition to being a vital part of our maintenance team, he was a bright and vibrant presence at our Y and always knew how to make us smile. Dan loved music, played both guitar and drums, and was always humming a tune. He also loved to cook, and always made sure our staff kitchen was stocked with good food, snacks, and supplies.



Dan brought vitality to our YMCA family and a smile that brightened every room he was in. He was a diligent worker, a kind-hearted soul, and a good friend. He will be greatly missed.

A viewing was held for Dan on August 12th at Davenport's Chapel of the Good Shepherd, attended by his friends and family.

HONORING DAN'S LEGACY

Dan was such a pillar of our community, and his life has left a great impact on our Y family. In order to best honor his deep roots in our Y community, we have decided to plant a tree on our Alameda property in his memory. We will be accepting donations for the tree at the front desk, if you would like to contribute. Dan's presence will always be felt at our Y and we will never forget the kindness, dedication, and passion he brought to his work every day.





GROUP FITNESS SCHEDULE SEPTEMBER

THE YMCA OF KLAMATH FALLS 1221 S Alameda Ave, Klamath Falls, OR 97603 P: 541.884.4149 kfallsymca.org

| 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 |
| 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 Vibez | 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 |
| | 4:30-5:30 PM | Beginners Boxing (Kids) | Scott | Boxing Area Upstairs |
| | 5:00-6:30 PM | Karate Shotokan | Olga | Studio A |
| | 5:15-6:15 PM | Spin | Judi | Studio B |
| WEDNESDAY | 5:30-6:30 PM | Beginners Boxing (Ages 14+) | Scott | Boxing Area Upstairs |
| | 6:30-7:30 PM | Vibez 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 |
| THURSDAY | 4:30-5:30 PM | Beginner Flow Yoga | Jasmine | Studio A |
| | 5:30-6:30 PM | Intermediate Strength & Conditioning | Simon | Studio A/Gym |
| | 6:00-7:00 PM | Boxing Basics | Keri | Boxing Area Upstairs |
| | 6:30-7:30 PM | Zumba | Elena | Studio A |
| | 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 |
| FRIDAY | 8:15-9:00 AM | Morning Vibez | Marie | Studio A |
| | 9:00-9:55 AM | Strength Training | Andreana | Studio A/Gym |
| | 10:00-11:00 AM | Yoga | Linda | Studio A |
| | 4:30-5:30 PM | Beginners Boxing (Kids) | Scott | Boxing Area Upstairs |
| | 5:00-6:30 PM | Karate Shotokan | Olga | Studio A |
| | 5:30-6:30 PM | Beginners Boxing (Ages 14+) | Scott | Boxing Area Upstairs |
| | 6:30-7:30 PM | Battleground Boxing | Juan | Boxing Room |
| | 6:30-7:30 PM | Vibez Dance Fitness | Keana | Studio A |
| | 5:45-6:50 AM | Strong Plus | Elena | Studio A |
| | 8:00-10:00 AM | Pickleball | Drop-In | Gym |
| SATURDAY | 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 |
| SUNDAY | 11:00-11:30 AM | Tai Chi Advanced | Andrew | Studio A |
| | 5:15-6:15 PM | Spin | Judi | Studio B |
| SUNDAY | 8:00-10:00 AM | Pickleball | Drop-In | Gym |



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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 Vibez | Marie | Studio A |
| | 9:00-9:55 AM | Strength Training | Andreana | Studio A/Gym |
| | 10:00-11:00 AM | Yoga | Linda | Studio A |
| | 4:30-5:30 PM | Beginners Boxing (Kids) | Scott | Boxing Area Upstairs |
| | 5:00-6:30 PM | Karate Shotokan | Olga | Studio A |
| FRIDAY | 5:30-6:30 PM | Beginners Boxing (Ages 14+) | Scott | Boxing Area Upstairs |
| | 6:30-7:30 PM | Battleground Boxing | Juan | Boxing Room |
| | 6:30-7:30 PM | Vibez Dance Fitness | Keana | Studio A |
| | 5:45-6:50 AM | Strong Plus | Elena | Studio A |
| | 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 |
| SATURDAY | 10:10-11:00 AM | Qi Gong | Andrew | Studio A |
| | 11:00-11:30 AM | Tai Chi Advanced | Andrew | Studio A |
| | 5:15-6:15 PM | Spin | Judi | Studio B |
| SUNDAY | 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!



CLASS SPOTLIGHT: BEGINNER FLOW YOGA WITH JASMINE

A class aimed for the new yogi, or the yogi that may have taken a long break. We start with stretching, then move into a slow, gentle flow. Students are guided into each pose, and modifications will be offered for students to increase or decrease intensity.

Class is offered M/W 4:30 to 5:30 in Studio A.



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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 | Lap Swim 1/2: Lap Swim 8-9 am |
| POOL MAINTENANCE | POOL MAINTENANCE | POOL MAINTENANCE | POOL MAINTENANCE | POOL MAINTENANCE | Aqua Jogger 9-10 am |
| 1/2: Lap Swim 7-8 am | 1/2: Lap Swim 7-8 am | 1/2: Lap Swim 7-8 am | 1/2: Lap Swim 7-8 am | 1/2: Lap Swim 7-8 am | Family Swim 10-11:15 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 |
| Water Aerobics 9-10 am | AquaZumba® 9-10 am | Water Aerobics 9-10 am | AquaZumba® 9-10 am | Water Aerobics 9-10 am | *Lap Swim 11:30 am-1:30 pm |
| 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 | POOL MAINTENANCE |
| POOL MAINTENANCE | POOL MAINTENANCE | POOL MAINTENANCE | POOL MAINTENANCE | POOL MAINTENANCE | Open Swim 1:45-3:45 pm |
| 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 | Water Wellness 11 am-12 pm |
| *Lap Swim 12-1 pm | *Lap Swim 12-1 pm | *Lap Swim 12-1 pm | *Lap Swim 12-1 pm | *Lap Swim 12-1 pm | 1/2: Lap Swim 1/2: Special Olympics 4:45 pm |
| AquaZumba® 1-2 pm | Water Aerobics 1-2 pm | AquaZumba® 1-2 pm | Water Aerobics 1-2 pm | Water Aerobics 1-2 pm | Water Aerobics 1-2 pm |
| Lap Swim 2-3 pm | Family Swim 2-3 pm | Lap Swim 2-3 pm | Family Swim 2-3 pm | Lap Swim 2-3 pm | Lap Swim 2-2:45 pm |
| POOL MAINTENANCE | Swim Lessons 3:15-4:20 pm | POOL MAINTENANCE | Swim Lessons 3:15-4:20 pm | POOL MAINTENANCE | POOL MAINTENANCE |
| Swim Lessons 3:15-5 pm | Open Swim 5:15-6:30 pm | Swim Lessons 3:15-5 pm | Open Swim 5:15-6:30 pm | Swim Lessons 3:15-4:20 pm | Y Afterschool 4:45-5 pm |
| Open Swim 5:15-6:30 pm | Aqua Jogger 4:30-5:30 pm | Open Swim 5:15-6:30 pm | Aqua Jogger 4:30-5:30 pm | Open Swim 3:00-3:45 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 6:45-7:45 pm | Open Swim 5:15-6:30 pm |
| POOL MAINTENANCE | Aqua Bootcamp 6:45-7:45 pm | POOL MAINTENANCE | Aqua Bootcamp 6:45-7:45 pm | POOL MAINTENANCE | Lap Swim 6:45-7:45 pm |

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



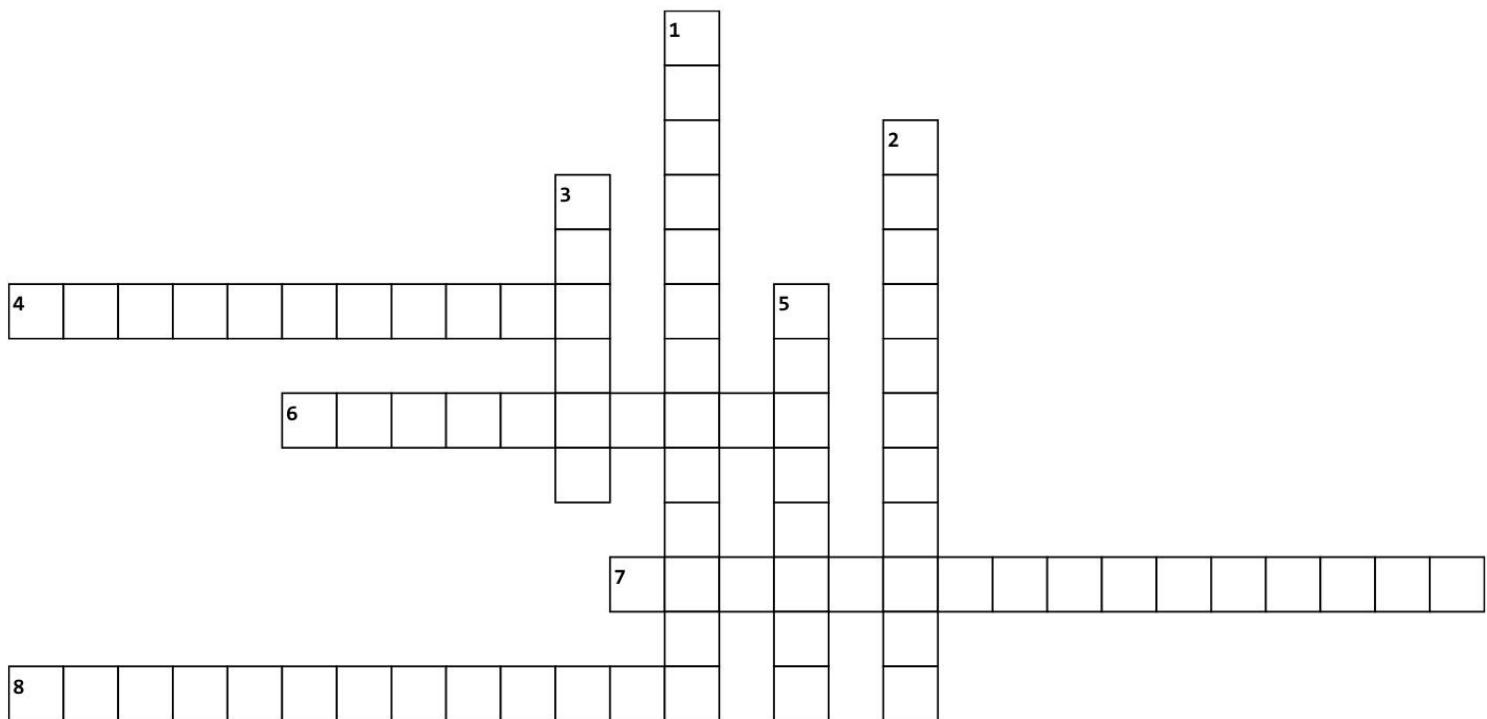
* NOTE: Tues/Thurs Lap Swim is reserved for people who are 18+ years old and can swim 25 yards or more. No exceptions. There will only be one or two lanes available which must be shared.

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September Newsletter



Across

- 4. Marty's retirement hobby
- 6. education lesson outline
- 7. Jasmine's fitness class designed for the new yogi
- 8. adjustments to original content

Down

- 1. A low-key aquatics class on Mondays, Wednesdays, and Fridays
- 2. a department in charge of the upkeep of a building
- 3. the long-lasting impact a person creates in an environment
- 5. a drive to raise funds for a cause