



# MAY 2017

## YMCA Arlington Branch Activity Calendar

### May is OUTDOOR HEALTH MONTH

**Fun-tastic May Observances—**  
Celebrate this May like you've never done before. Join us for these fun and spunky May observances: National Foam Rolling Day, National Learn to Swim Day, and National Senior Health and Fitness Day. Each day the Y will have a little something special happening to celebrate! Don't miss out.

**Free BP Checks—**Stop by the wellness center for your free BP check up. High BP is a major health risk and it is good to check regularly.

**Bike to the Y—**Saturday May 27th we're holding our first official group outdoor bike ride. We will be biking to the Alexandria Y and back for a leisurely 15 mile ride. \*participants must bring their own bike

**Personal Training Kick Start Package—**Two, one-hour sessions for \$99.00. See a Y Personal Trainer for details.

**Friday Night Kids Club and Spring Break Camps** require sign up at the front desk or call (703) 525-5420

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Join Joy for <b>Yoga Basics</b> 8-8:45am	4	5 <b>Feliz Cinco De Mayo</b>	6
7	8	9	10 <b>National Foam Rolling Day</b> Foam rolling demo with Hannah 6-6:30pm	11 Caring for Community <b>Lemonade Stand</b> 5-6:30pm	12 <b>90 Min Spin</b> with Melanie 6:30—8:00pm <b>Friday Night Kids Club</b> 6:30—9:30pm	13
14 <b>Happy Mother's Day</b>	15	16	17 <b>Nutrition talks:</b> The Mind Diet 7-8 pm	18 <b>FREE</b> Blood Pressure Checks 9-10am	19	20 <b>National Learn to Swim Day</b> Pool Party! 11am-2pm
21 Come visit our table at <b>Taste of Arlington!</b>	22 <b>FREE</b> Blood Pressure Checks 9-10am	23 Caring for Community <b>Lemonade Stand</b> 5-6:30pm	24 <b>Nutrition talks:</b> Mindfulness and Yoga for wellness 1-2 pm	25	26 <b>Friday Night Kids Club</b> 6:30—9:30pm	27 <b>Bike to the Y!</b> Join us at 8am for an outdoor group ride .
28	29 <b>Memorial Day</b> Sign up for <b>Schools Out Camp</b> 9am - 4pm Register online today!	30	31 <b>National Senior Health &amp; Fitness Day</b> Join us for Osteoporosis talk & Trivia 1-2pm			

### YMCA OF METROPOLITAN WASHINGTON

For more information, visit us on the web!

Website: [www.ymcadc.org](http://www.ymcadc.org)

Facebook: [www.facebook.com/ymetrodc](http://www.facebook.com/ymetrodc)