



After a 3-year hiatus due to river flooding and COVID-19 - the Head of the Rock Regatta is coming back to the Rock River! The Rockford YMCA Rowing Club is excited to welcome back top rowers in the region. This decades-old tradition draws thousands of spectators along the river bank from Martin Park to the YMCA. Join us October 10!



NATIONAL
HISPANIC
HERITAGE MONTH



TONIGHT IS THE NIGHT!

Join us **TONIGHT**, October 1, as we celebrate Hispanic Heritage Month with a dance festival featuring all your favorites like Zumba, Turn-Up and Dance2Fit. This event will have an added Latin flair, thanks to our LIVE DJ! This is the dance party you don't want to miss and it's FREE and open to members and guests. Please click the image to reserve your spot. Child care will be available.



TRUNK OR TREAT 1

This is your first opportunity to get dressed up and join the Trunk or Treat fun. This event is October 22nd at Northeast Family YMCA. Click the image for details.



TRUNK OR TREAT 2

The next opportunity for Trunk or Treat fun is October 30th at Lutheran Church of the Good Shepherd. We're teaming up with Stateline Church for this fun event! Click the image for details.



FAMILY FALL FESTIVAL

Camp Winnebago is bringing back a fall family favorite! Join us at camp on October 16th for tons of free activities. We'll have pumpkin painting, hayrides, Bingo, crafts, food and more! Click to learn more.



OVERNIGHT FUN!

We have a few spots left in our Halloween Camp! Spooky Smores, haunted hikes, and some camp fun wrapped into an overnight experience! Your kiddos can join us for the best Halloween party of the season! Open to ages 6 - 13. Click the image to register.



FALL SWIM LESSONS

Swim lessons are a great way to help your kiddos stay safe around water and keep them active as the temps cool down. Fall 2 and Fall B lesson registration is now open. Click the image to check the schedule and get registered today!



YMCA of ROCK RIVER VALLEY

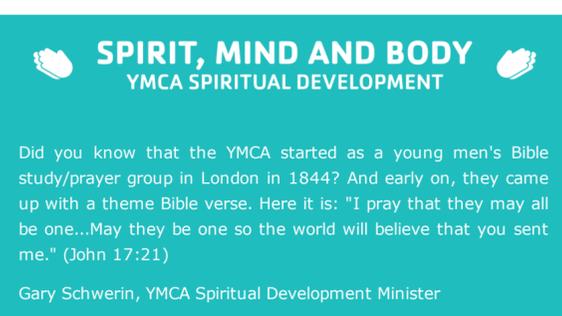
SPORT OUR Y SWAG

Thank you to everyone who has purchased YMCA apparel online store through Embroid This. Embroid This donates 20% of sales each month back to the Y's Annual Campaign. Click the image to visit the store and get your own 815 Y swag.



BE FEARLESS! START YOUR DEGREE

At Judson, we take the fear out of going back to school. Take just one class at a time, one night a week, plus get free child care during class and a 5% tuition discount for being a YMCA member. We'll even provide one-on-one help with your application. Find Tonya on the 3rd floor to get started.



SPIRIT, MIND AND BODY
YMCA SPIRITUAL DEVELOPMENT

Did you know that the YMCA started as a young men's Bible study/prayer group in London in 1844? And early on, they came up with a theme Bible verse. Here it is: "I pray that they may all be one...May they be one so the world will believe that you sent me." (John 17:21)

Gary Schwerin, YMCA Spiritual Development Minister

GET SOCIAL WITH US!



YOUTH



LITTLE HOOPERS

Jr NBA Little Hoopers for ages 3 & 4 is designed to give youth self-confidence and increased activity levels. Players receive an official reversible Jr. NBA jersey, and learn the fundamentals of the game in fun practice environments. Classes will be held at SwedishAmerican Riverfront Y.



JR. NBA

Jr. NBA is coming back! Players will have one practice a week at one of our branches and one game each Saturday morning at UW Sports Factory. **COACHES NEEDED** We promote playing time for all of our basketball participants. All of our participants will receive a replica NBA uniform, award, certificate, and have two in-house tournaments. Register today - the league starts October 18!



TEEN REACH

Calling all teens! Teen REACH is FREE program for youth after school this fall. Hang out with friends in a safe and fun environment while improving academics and life skills. Open to ages 6-17. Click to learn more and register.



OCTOBER KIDS' CARE CALENDAR

Our Kids' Care team has laid out a fun month. Click the image to check out the calendar of activities. You can view it online or print it to hang up at home.

FITNESS



HEALTHY GAINS

The Healthy Gains Challenge is designed to get healthy habits established to reach fitness goals. Whether you want to lose weight, gain strength, eat better, improve sleep or increase cardiovascular endurance - we'll help you reach your goals. We'll provide over \$100 worth of services for \$50. The challenge starts 10/17.



TAE KWON DO

Take lessons to fit your schedule! We are now offering private Tae Kwon Do lessons with our black belt instructor. Click to learn more!

UPDATES



MOBILE LIBRARY

Mark your calendars! The RPL Mobile Library is making stops at the Puri Family YMCA. September 9, 30, October 21, November 11, December 2 and 23.



NOW HIRING

Imagine going to work knowing you are positively impacting the lives of those around you every day. Working at the Y, you'll discover more than a job! Click the image to learn more about open positions and to apply online today!

