








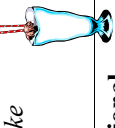

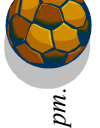











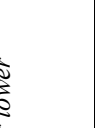


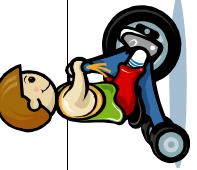



West Suburban YMCA's Community Calendar

September 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
7 Grandparent's Day 50% off the Senior Membership joining fee. 	1 Labor Day YMCA Closed.	2 National Popsicle Day Free popsicles from 3-5pm. Try a free Water Polo class at 8:20pm. 	3 Snag Golf Day Come check out our Snag Golf program for free at 1:45 and 2:45. 	4 Newspaper Carrier Day Go online to receive the YMCA newsletter.  www.westsuburbanymca.org	5 Cheese Pizza Day Visit Café Assopionato for a discount on pizza today. 	6 Read a Book Day Join our book club today for free! 
8 Youth and Government Day Register to vote at our Y! Rock The Vote! 	9 Wear Your College Sweatshirt Day!	10 Skyscraper Day: Climb to the top of our Climbing Complex and check out the Boston skyline! 	11 Patriot Day War Veterans get 50% off the joining fee. 	12 Milkshake Day Give us your favorite milkshake ideas. 	13 Positive Thinking Day Pick up your fortune cookies! 	20 Youth Soccer Day Watch our 3-6 year old soccer stars from 9am-1pm. 
14 Healthy Recipe Day: Best healthy recipe wins a free nutrition consult. 	15 Good Neighbor Day Bring your neighbor to the Y for free.  www.westsuburbanymca.org	16 Working Parent's Day Babysitting hours extended. Visit the website for details:  www.westsuburbanymca.org	17 YMCA Super Fan Day! Person wearing the most YMCA apparel wins a prize.  West Suburban YMCA	18 Join the Y today and get a \$50 gas card.	19 National Pirate Day Talk like a pirate and get a prize! 	27 Pool Party Family Swim extended until 7pm. 
21 Swap Ideas Day Tell us what you want offered at the Y! 	22 First Aid Demo & Free Blood Pressure Screenings 	23 Count your Steps Day: Everyone gets a free pedometer! Aim for 10,000 steps per day 	24 Pay what you Weigh Day! Donate your weight in pennies, nickels, dimes, or dollars to Birthday Wishes. 	25 Group Exercise Day Free classes all day! 	26 Shape Your Bootie Day Demo on exercises for your lower body. 	
28 Adult Flag Football Tournament Get a free football when you register! 	29 Rosh Hashanah Apples and honey in honor of Rosh Hashanah. 	30 YMCA Child Appreciation Day Kids under 13 get in for free. 				
 West Suburban YMCA <i>Not just a place to join, but a place to belong!</i> 276 Church Street, Newton, MA 02458 617-244-6050 · www.westsuburbanymca.org						