
Test Send - Spring Is Here At The Y!

Valparaiso Family YMCA <engagesupport@daxkoengage.com>

Fri, Apr 4, 2025 at 2:25 PM

Reply-To: Valparaiso Family YMCA <engagesupport@daxkoengage.com>

To: first <valpoymca@gmail.com>



MEMBER CONNECTIONS

Upcoming Events and Information for April 2025

RINGING IN SPRING 5K

Tomorrow's the big day!

Join us for Northwest Indiana's largest 5k event with over 1,000 runners! You still have time to register, come out tomorrow and join the fun!

REGISTER NOW!



SOUND THERAPY WORKSHOP

Join Danna - certified sound therapist and reiki master, for an immersive 50 minute sound cleanse and a chakra balancing meditation!

REGISTER



COOKING CLASS

Join Powers Health Nurse Liaison Christy Cleveland for fun in the kitchen!

Next month, we will be making Tuna Pasta Salad. All supplies and equipment are provided.

REGISTER NOW!



SUMMER CAMP

Get ready for the Best Summer Ever! Our Summer Camp promises 10 weeks of fun, including field trips, water days, talent shows and so much more—creating memories that will last a lifetime!

REGISTER NOW!



AMISH COUNTRY DAY TRIP

Enjoy a delightful getaway as we travel to northern Indiana's scenic Amish Country. Upon our arrival near Middlebury, IN, a local guide joins us to take us on a fascinating tour to experience the Amish Lifestyle.

REGISTER NOW!



OUTDOOR BOOTCAMP OLYMPICS

This will be a competitive class where strength, speed, endurance and HIIT are combined for an amazing outdoor workout!

There will be 3 teams of 10 competing for the GOLD. Class will consist of 3 team events and 1 obstacle course. Teams must finish together, bringing in some accountability to the fun!

REGISTER NOW!



OUTDOOR YOUTH SOCCER

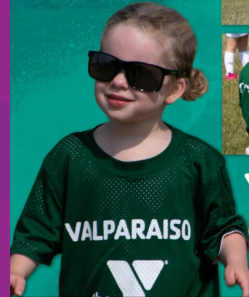
Come have fun in the sun with our outdoor soccer league! Your child will learn the fundamentals of ball control, passing and shooting.

Through practice and games, children will develop coordination and motor skills to enhance skills such as quickness and agility.

REGISTER NOW!



VALPARAISO FAMILY YMCA



YOUTH OUTDOOR SOCCER



NOW OFFERING!



INFANT AND 1 YR OLD CARE

Monday - Friday | Little Angels Learning Center

REGISTER AT WWW.VALPOYMCA.ORG



[Aquatics Schedule](#)

[Group Ex Schedule](#)

[Gym Schedule](#)

[Career Opportunities](#)

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