



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Member Newsletter

— January 2015

2014 Year In Review—What An Amazing Year!

As we look back one last time on 2014, we wanted to highlight some of the memorable moments / accomplishments that happened within our YMCA family.

- In February, we won the 'Non-Profit of the Year' for Siskiyou County.
- In March, we had our most successful YMCA fundraising dinner 'A Journey Through YMCA History'
- We served over 4,000 people in Siskiyou County through our programs and membership
- We gave out over \$36,000 through our financial assistance program to kids, adults, families and seniors as we continue to keep our promise to the community of NEVER turning anyone away for inability to pay.

Thank you for being a part of our YMCA family, we are blessed to have you and are looking forward to a great 2015!!

YMCA Programs

Youth Coed Indoor Soccer League:

For the 14th year in a row, we are offering an indoor youth soccer development league. The YSL will begin in February and run for 4 weeks. Emphasis will be placed on the development of fundamentals including footwork, ball striking technique for both shooting and passing.....and lots of fun!

Dates: February 3rd-February 26th(Tuesday and Thursday)

Location: Siskiyou Family YMCA Gym

Cost: \$35 Members, \$50 Non-Members

Age and Times:

U-6	4:00pm-4:45pm
U-8	5:00pm-5:55pm
U-10/U-12	6:00pm-6:55pm



Fitness Happenings @ The Y

Every Calorie Counts

Contest Starts January 12 / Ends March 12



The Siskiyou Family YMCA would like to invite you to join our Every Calorie Counts Contest! The goal of this contest is whoever burns the most calories wins! So whether your challenge is commitment, accountability, weight loss, muscle gain, cardiovascular endurance or just simply staying on track this contest is for you.

**Categories include: Individual Male, Individual Female,
and Teams of 4 (You can only be in one category)**

Registration Fee: \$5.00 for Members and \$10 for Non-members

www.siskiyou-ymca.org / 842-YMCA (9622)

