



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THE Y NEWS

The latest happenings at the South Shore Y



October 2017

› \$0 Joiner's Fee

Thru October 9th

Join the South Shore Y thru October 9th and we're waiving the Joiner's Fee. That's a savings of up to \$100. There's no time like the present to fall into fitness at your local Y. Learn more about this special at the Member Services Desk today.

› School's Out Activities

October 9th

When school's out, the Y is in. Sign up for one of our fun and exciting days. School's Out Activities Days run from 8am-5pm and cost \$40 per day for members, or \$50 per day for non-members. For more information, contact Arielle Fiorica at 718-227-3200 or afiorica@ymcanyc.org.

› Flu Shots

October 11th, 9AM-1PM

Stay healthy this winter with flu shots administered by Walgreens at the South Shore YMCA. Then, head over to the SIEDC Expo, where you can continue learning about wellness opportunities.

› SIEDC Health & Wellness Expo

October 11th, 10AM-5PM

Join us at the Hilton Garden Inn for the SIEDC Health & Wellness Expo, where we will be doing demos of several of our popular fitness programs as well as have a vendor table with information on our offerings and giveaways. For more information, visit siedc.org.

› Halloween Spooktacular

October 27th, 7-9PM

Trick or treat! Join us for a night of spooky fun during our annual Halloween event. There will be arts and crafts, snacks, face painting and more. The event is free for members or \$30 per family of four and \$8 per person. Members and program members must register at our Member Services Desk. For more information, please contact Meghan Sinback at 718-227-3200 or msinback@ymcanyc.org.

› Costume Day

October 31st

Join us and show off your Halloween costume. Everyone is welcome to participate: staff, members and students!

MARK YOUR CALENDAR

Thru Oct. 9th	\$0 Joiner's Fee
Oct. 9th	School's Out Activities
Oct. 11th	Flu Shots
Oct. 11th	SIEDC Health & Wellness Expo
Oct. 27th	Halloween Spooktacular
Oct. 31st	Costume Day