



McPherson YMCA and MRC News



March 2022 Calendar

- ◆ March 11, 2022—3,4 & 5 Yr Old Soccer Academy Registration Deadline
- ◆ March 11, 2022—K-6 Grade Youth Soccer Academy Registration Deadline

Toddler Time News



Toddler Time Hours:

- ◆ Monday 10am—11am
- ◆ Tuesday 12pm—1pm
- ◆ Tuesday 5pm—6pm
- ◆ Wednesday 10am—11am
- ◆ Wednesday 6:30pm—7:30pm
- ◆ Thursday 9am—10am
- ◆ Thursday 5pm—6pm

New Toddler Time Monthly Card

Cost: Monthly Cost Per Child is \$15.00

Ages: Crawling—7 years old

Toddler Time is a safe, nurturing and trusting place to leave your child while you get a workout in!

Members Only

Healthy Living and Eating Blog

Are you looking for a grab and go healthy snack? Frozen grapes and cherries always hit the spot. Low fat cheese, nuts, seeds or fresh veggies and fruits are perfect for on the go!

If you have a little more time you can choose a banana with peanut butter or yogurt with berries and granola!

Whats New In Fitness

New Bikes—New Class

We are excited to announce we have NEW Spin Bikes and a brand New class available 3 times a week.

Group Ride is a 60 minute indoor cycling workout that will get you heart, lung and leg strong. Inspiring music sets the pace for a full impact biking experience.



Group Ride

- ◆ Monday 4pm-5pm
- ◆ Tuesday 5:30am-6:30am
- ◆ Friday 8am-9am

Y-Spin

- ◆ Monday 5:45am-6:30am
- ◆ Monday 8:00am-8:45am
- ◆ Wednesday 5:45am-6:30am
- ◆ Friday 5:45am-6:30am
- ◆ Saturday 7:00am-7:45am

Pedal & Pump

- ◆ Wednesday 8:00-8:45am
- #### Rhythm Ride
- ◆ Wednesday 5:30pm-6:30pm

Employment Opportunities



- ◆ **Child Care Workers (18 & Up)**

Toddler Time

Y-Kids Site Assistant

- ◆ **MMS Lab Site Coordinator and Assistant (18 & Up)**
- ◆ **Lifeguards (15 & Up)**
- ◆ **Officials - Soccer (15 & Up)**