



CULTIVATING MILITARY CONNECTIONS



# MILITARY WELCOME

SATURDAY, SEPT 10  
11AM-2PM

We are excited to offer a special day of activities at the Y especially for military families new to the area. This day is intended to bring military families together to try out the Y and meet our staff and members as well as other military families!

CARLISLE FAMILY YMCA  
311 S. West St., Carlisle PA  
717-243-2525  
[carlislefamilyymca.org](http://carlislefamilyymca.org)

**FREE**  
& Open to  
the Public!

THANK YOU TO OUR SPONSORS!



MICHAEL  
PASQUARETT

Learn more [» carlislefamilyymca.org](http://carlislefamilyymca.org)

For a better us.®

# MILITARY WELCOME

SATURDAY  
SEPT 10  
11AM-2PM

» CARLISLE FAMILY YMCA – 311 S. WEST ST., CARLISLE

## JOIN US FOR A DAY OF FUN FOR THE WHOLE FAMILY!

We are excited to offer a special day of activities at the Y especially for military families new to the area. This day is intended to bring military families together to try out the Y and meet our staff and members as well as other military families. Stop by the Y to check out our beautiful new facility and enjoy the activities on the schedule. Please note: We also are opening our morning group fitness classes to military families for ages 13+ (in blue at right). Space is limited for some classes and will be filled on a first come, first served basis.

## THANK YOU TO OUR SPONSORS!



MICHAEL  
PASQUARETT

## SPECIAL MEMBERSHIP OFFER FOR LOCAL MILITARY FAMILIES!!!

Bring this coupon to the Carlisle Family YMCA and **receive the rest of the current month FREE** when you activate an adult individual or household membership. To redeem, please stop at the Welcome Center upon arrival.

Expiration Date: October 31, 2022 | Coupon Code: AWC2022/23CLASS

Please note: Annual maintenance projects in September may affect some area schedules.

**CARLISLE FAMILY YMCA**

carlislefamilyymca.org | 311 S. West Street, Carlisle | 717 243 2525

## MILITARY WELCOME SCHEDULE

Time	Event
8-8:30am	<b>LES MILLS SPRINT™ LAUNCH PARTY</b> Studio B – Space is limited & not guaranteed
8:30-9:15am	<b>LES MILLS BODYPUMP™ LAUNCH PARTY</b> Studio A – Space is limited & not guaranteed
9:30-10am	<b>LES MILLS BODYCOMBAT™ LAUNCH PARTY</b> Studio A
10-10:30am	<b>LES MILLS BODYATTACK™ LAUNCH PARTY</b> Studio A
10:45-11:30am	<b>BARRE ABOVE®</b> Studio A
11am-2pm	<b>INFLATABLES &amp; GAMES</b> West Street Parking Lot
11am-2pm	<b>INVIGORATING WORKOUT FOR AGES 13+</b> Wellness Center & Functional Fitness Center
11:15am	<b>BUILDING TOUR</b> Meet at the Welcome Center
11:15am-12:15pm	<b>NERF® GAMES</b> Multipurpose Room
11:30am until gone	<b>FREE COOKOUT</b> West Street Parking Lot
12-2pm	<b>REC SWIMMING, INFLATABLE OBSTACLE COURSE &amp; CLIMBING WALL</b> Indoor Pool
12:15pm	<b>BUILDING TOUR</b> Meet at the Welcome Center
12:30-1:30pm	<b>PICKLEBALL</b> Multipurpose Room
1:15pm	<b>BUILDING TOUR</b> Meet at the Welcome Center

In case of inclement weather, activities will be moved inside the Carlisle Family YMCA and the schedule may change slightly