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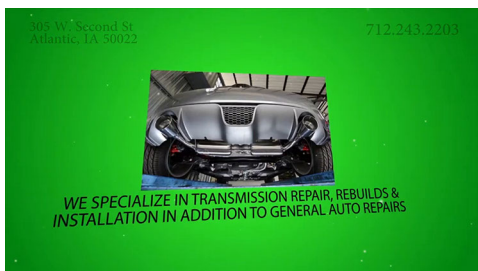
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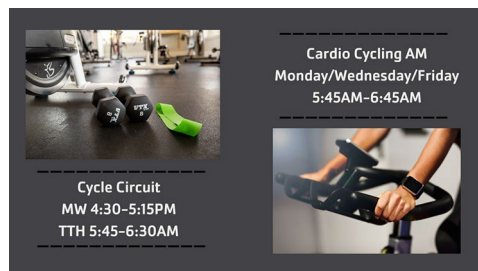
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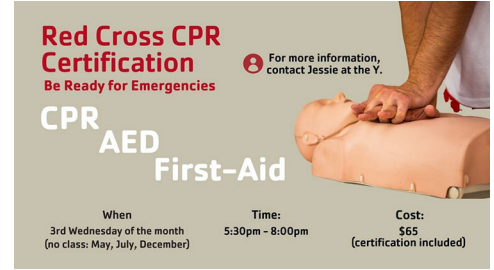
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20.jpg

Wellness Floor

**Get Started Program**  
Unsure where to begin?

Meet 1:1 with a Personal Trainer/Wellness Coach for 2 FREE orientation sessions to tour the fitness floor, learn about all equipment, review our wellness floor etiquette & guidelines, and answer any questions you may have.



21.jpg

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22.jpg

**Fall Events**

Nov. 14th: Skate Night  
Nov. 16th: Wubit Day  
Nov. 29th: Kids Explore  
Dec. 6th: Pancakes with Santa  
Dec. 12th: Skate Night

CHECK OUT ALL EVENT FLYERS HERE:  
<https://nishnavalleymca.com/programs/>



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[casshealth.org](http://casshealth.org) 712-243-2850

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**Skate Nights**  
At The Y!

2nd Friday of the Month.

5-6 PM  
The first hour will be reserved for little ones 2nd Grade and under to skate safely.

6-8 PM  
All ages skate.

Entry Fee:  
Members: \$2/person, \$5/family  
Non-Members: \$5/person, \$20/family

5-7:30 PM  
CONCESSIONS



25.jpg

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**Childwatch Hours**

Mornings  
Monday - Friday  
8:00am - 11:30am

Evenings  
Monday - Friday  
5:00-pm - 7:00pm  
September thru May

Saturdays  
9:00am - 11:00am

**NO RESERVATION NEEDED!**



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### Jack and Jill Preschool - Nov.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10 Fire Drill	11	12 Pizza P.J.	13 Swim Day	14
15	16 Ms. Sue	17	18	19 Ms. Lora	20	21
22	23	24 Tornado Drill Thanksgiving Feast	25	26 Thanksgiving No School	27 No School	28
29	30					

Book order (3rd Mon. each month) Code:GMLC8

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**Tai Chi**  
Saturdays  
12 PM

**QueenAx Functional Fitness**  
Tuesday/Thursday  
5:30PM - 6:00PM

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### Fall/Winter Hours

Starts the day after Labor Day through Memorial Day  
 Labor Day Hours: Building open 7:00 am-12:00 pm  
 Pool open 8:00 am-11:00 am

**Building Hours**

Monday-Thursday: 4:30 am-9:00 pm  
 Friday: 4:30 am-7:00 pm  
 Saturday: 7:00 am-6:00 pm  
 Sunday: 12:00 pm-6:00 pm

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