



We believe that our members get the most value out of their YMCA membership by meeting people, connecting with others and creating new friendships. The YMCA developed Small Communities so that our members can achieve complete wellness that encompasses the mind, spirit and body.

If you are interested in learning how you can become part of a community, call the Jorgensen Family YMCA at 432-8953 today.

### **Aquatic Communities**

- **Aqua Moms**—Meet other parents whose children are in group swim lessons to share in tips and camaraderie.

### **Health & Well-being Communities**

- **Healthy Weight & Well-being** —Want to get started with a healthy lifestyle, but don't know how? We help you work through your challenges and get you started by experiencing the benefits of health and well-being. We meet in the Wellness Center.

- **Active Older Adults**—Meet new people and make new friends by participating in our SilverSneakers classes or by working out with the group in our Wellness Center.

- **Noon Time Hoops**—Join us on Mondays and Fridays from noon to 1:30 pm for pick-up basketball. Drop in as your schedule allows. All skill levels are welcome.

- **Y Walkers**—Meet other people while walking on our indoor track or on the outside trail.

- **Daily Running Buddies**— Meet up with this morning group to start your day off right! We run on the indoor track or outside when weather permits.

- **Xtreme Motion**—Do you want to try a variety of group exercise classes and aquatic classes? Then this is the group for you!

### **Child Care Communities**

- **Pre-K—5th grade Parents**—Join us to discuss general topics or share stories of raising kids in today's world.

- **Middle School & High School Parents**—Meet with other parents who have children in middle school and high school.

- **Home School & Family Programs**—Get to know other students and families while discussing topics and socializing.

### **Membership Communities**

- **Y Moms**—Join other moms at the Y while their children participate in our Crafty Kids class or while they are at preschool.

### **YMCA Sports Communities**

- **YMCA Youth Sports**—Everybody plays, everybody wins in YMCA Youth Sports! We teach kids the fundamentals of the sport and of teamwork while making it fun! Get to know parents while your children are making life-long friendships.