

Event Information

September 12: Stratford YMCA 50 Million Pound Challenge Health Fair and Walk at Short Beach in Stratford 10-12 noon. Contact Lisa Hoover at 203.375.5844 for more information.

September 19: Alpha Community Services YMCA at the Harrison Apartments presents a workshop held by the National Kidney Foundation on preventative education and kidney disease testing on-site. 10 a.m. - 2 p.m. Contact Marcia Hilditch at 860.257.3770 for more information.

September 19: Hamden/North Haven YMCA 1 Mile Family Fitness Walk 11 a.m. Contact Brian Marazzi for more information at 203.248.6361.

September 19: Ralphola Taylor Community Center YMCA Strong Kids Campaign Festival. 11 a.m. - 5 p.m. Raffles, dance contests, basketball tournament. All proceeds to benefit the Strong Kids Campaign. Contact Paula Dofat at pdofat@bridgeportedu.net or 203.576.7430.

September 20-27: America on the Move Week

- Fairfield YMCA - "Help a Friend get Fit" week. Contact Sue McCall at 203.255.2834 for more information.
- Stratford YMCA - Open House and "Bring a Friend" for free to any fitness class of your choice. Contact Lisa Hoover at 203.375.5844 for more information.
- Lakewood-Trumbull YMCA - STEptember Fitness Week. Contact Jeb Backus at jbackus@cccymca.org or Marta Waldron at mwaldron@cccymca.org or at 203.445.9633 for more information and registration.

September 20: Join the Woodruff Family YMCA at their

Work-Out-A-Thon 11 a.m. - 2 p.m. Proceeds to benefit the Strong Kids Campaign. Contact Amanda Berry at 203.878.6501 for more information.

September 20: Join the Fairfield YMCA "Rafting on a Connecticut River: "Housatonic Rafting Trip". Contact Maureen Scinto at 203.255.2834 for more information.

September 21: Fairfield YMCA Nutrition Lecture given by Health Expert Samantha Heller: Fueling Your Workout at 7:15 p.m. \$10 fee. Contact Sue McCall at 203.255.2834.

September 23: Hamden/North Haven YMCA Family Fitness Frenzy 5 p.m. Contact Brian Marazzi at 203.248.6361 for more information.

September 24: Bridgeport YMCA Youth Wrestling Demonstration and Open House at Kolbe Educational Center Gym, 401 Kossuth Street at 6:30 p.m. Contact YMCA staff for more information 203.334.5551.

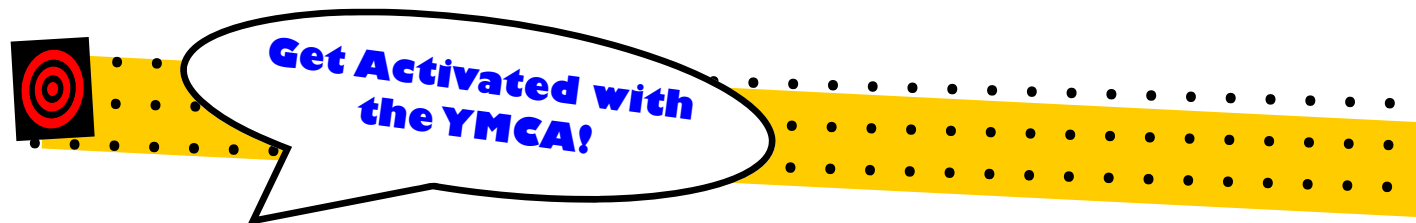
September 25: Fairfield YMCA preschool age arts & crafts workshop based on book *Cloudy with a Chance of Meatballs* 4 - 6 p.m. Contact Sue McCall at 203.255.2834.

September 26: Woodruff Family YMCA Family Fun Day 1 p.m. - 4 p.m. Free! Contact Amanda at 203.878.6501.

September 26: Join the Fairfield YMCA in celebrating the new Trail Guide: "Walking through Fairfield's Open Spaces." Held at Ash Creek in Fairfield 9 a.m. - 12 noon. Contact Maureen Scinto at 203.255.2834 for more information.

September 26: Lakewood-Trumbull YMCA Open House 10-1 p.m. Contact Jeb Backus at jbackus@cccymca.org or 203.445.9633.

September 27: Join the Fairfield YMCA at the 22nd Annual Bigelow Tea Community Challenge at 9 a.m. A portion of the funds raised will benefit the Fairfield YMCA Strong Kids Campaign. Contact Sue McCall at 203.255.2834 for more information.



September 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12 Health Fair and Walk
13	14	15	16	17	18	19 National Kidney Foundation Workshop Family Fitness Walk SKC Festival
20 Work-Out-A-Thon Housatonic Rafting Trip	21 Nutrition Lecture	22	23 Family Fitness Frenzy	24 Youth Wrestling Demonstration/ Open House	25 Arts & Crafts workshop	26 Family Fun Day Celebrate the new Trail Guide! Open House
September 20-27: America on the Move Week						
27 22nd Annual Bigelow Tea Community Challenge	28	29	30			