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## NORMAN

All YMCA of Greater Oklahoma City locations will be **closed for Labor Day on Monday, Sept. 2**. Normal operating hours will resume on Tuesday, Sept. 3. Work out with us anytime, anywhere with [YMCA360](#).



### Dive Into Fun this Fall!

Whether your child is a seasoned swimmer or just starting out, our swim league and swim lessons offer a supportive environment for all skill levels. Registration is now open, so don't miss this chance to improve technique, build confidence and enjoy the water.

Sign up today and make a splash this season!

[LEARN MORE](#)

**opening soon!**

Save \$25 during early registration when you sign up for the YMCA Thunder Basketball League Sept. 17 through Oct. 20!

We offer a Developmental League with an emphasis on the development and understanding of the game of basketball and a Spirit League for players with advanced skills to play competitively against evenly matched teams.

**MORE INFORMATION****\*NEW\* Toddler Time Class**

Introducing our new Toddler Time Fitness Class—where bonding meets wellness!

Join us for a fun and energizing workout designed for parents/guardians and their little ones. This class offers a great way to stay active while spending quality time with your child. Free for members and only \$10/class or \$35/month for non-members, so invite your friends to join in on the fun!

**Candy Donations Needed!**

We're in need of candy donations to make this year's fall festival a hit for all the trick-or-treaters. Drop off individually wrapped candy at the YMCA front desk by Friday, Oct. 25. Your contributions will help ensure a fun and festive experience for everyone. Thank you for supporting our community celebration!



# SEPTEMBER STRIDES

RUN/WALK FOR 30 MINUTES A DAY (15 HOURS TOTAL)



ymcaokc.org/ymca360

Stride through September and complete 30 minutes a day of exercise by running or walking!

Track your progress and stay active to boost your wellness and leaderboard standing. At the end of the month, the top three leaders will receive extra reward points to use to redeem prizes through YMCA360!

**JOIN CHALLENGE**

SEPTEMBER 1-7

# SHARE THE HEALTH

Get \$25 OFF next month when you refer a friend!  
Referred members receive \$50 off the joining fee.

**PROMO CODE: FRIEND**

Refer a friend to join the Y, and you'll both earn 700 points on your YMCA360 account—equivalent to \$25 off your next month's membership fees! New members will also receive \$50 off the joining fee. It's a win-win for you and your friend. Make sure they use code FRIEND at checkout and mention your first and last name as their referral source!

### START SHARING THE BENEFITS TODAY!

#### KeepMovingOKC Event of the Month

Join us for Dance Day at Oklahoma City Ballet, a celebration of all forms of dance happening at the Susan E. Brackett Dance Center!

Whether you want to watch incredible performances or jump into a class, it's all about having fun and enjoying the art of





Dick's Sporting Goods is hosting a discount shop event for YMCA of Greater Oklahoma City participants and members from Friday, Aug. 30 to Sunday, Sept. 1.

**Save 20% on most items in the store.** If they don't have what you're looking for in person, you can place an in-store order with a team member and receive 20% off plus free 3-to-6 business day shipping. Discount will be offered at all Oklahoma Dick's Sporting Goods stores.

[CLICK HERE FOR COUPON](#)

# OUTFIELD CLINIC

**SEP 7 • 10AM-2PM**  
**FIRELAKE BALL FIELDS**  
 18160 RANGELINE RD  
 SHAWNEE, OK, 74801

**PRICE: \$179**  
**AGES: 6-16**  
 ADD-ON: SLAPPING DEMO (\$45 • 2-3PM)

**ALL CAMP PARTICIPANTS WILL RECEIVE A FREE TICKET TO A 2025 SPARK GAME, A SPARK TOTE BAG AND A POST-CLINIC AUTOGRAPH SESSION**

**RYLIEBOONE**  
**JAYDACOLEMAN**

**REGISTER NOW!**



The Rookie League Foundation is hosting a Sandlot Skills and Family Thrills at the Chickasaw Bricktown Ballpark on Saturday, Sept. 28. Participate in an on-field baseball skills contests and enjoy a day of fun at the ballpark!

environment!

[MORE INFORMATION](#)



We've all experienced moments where we felt like we didn't belong, but together we can change that. During this year's Welcoming Week—and throughout the year—let's build bridges of understanding and remember that belonging begins with us.

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