



November is Diabetes Awareness and Men's Health Month

Friday 3 & 17: From 7—10 PM, drop off your 3 –12 year olds for group games, arts & crafts, swimming, and a movie! Pizza dinner provided. Don't forget your swim-wear & pajamas! Register with the front desk!

Wednesday 15 & Thursday 16: The Y Alexandria's Swim Team, The Sea Dragons will be raising funds with a Swim-A-Thon. Want to help support the Sea Dragons? Make a donation at the front desk to our Youth Development efforts & give the gift of sportsmanship, healthy living, and comradery to our Alexandria youth!

Friday 24: Facility open 10AM—7PM  
Come in and put those extra carbs to work!

# NOVEMBER 2017

## "Fall into Fitness"

### YMCA Alexandria Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 Friday Night Kid's Club	4
5 Daylight savings Don't forget to set your clock back an hour	6 National Healthy Eating Day	7	8	9	10	11 Veteran's Day
12	13	14	15 Sea Dragons Fundraiser Swim-a-thon	16 Sea Dragons Fundraiser Swim-a-thon	17 Friday Night Kid's Club	18 Mickey Mouse Day
19 International Men's Day	20	21 World Hello Day	22	23 Thanksgiving Facility closed	24 Turkey Burn Abbreviated GEX schedule	25 Small Business Saturday. Support your local Businesses
26	27 Cyber Monday Check out the Y's Awesome Promotions	28	29	30		

YMCA OF METROPOLITAN WASHINGTON 1325 W Street, NW Washington DC 20009 202-232-6936

For more information, visit us on the web. Website: [www.ymcadc.org](http://www.ymcadc.org) Facebook: [w.facebook.com/ybcc1](https://www.facebook.com/ybcc1)