



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Program, Class and Parking Changes July 26 – August 4



Happy Coast Guard Festival! This busy time impacts parking, classes and access to our facility. Please note:

Saturday, July 27

COAST GUARD FESTIVAL RUN 7:00 AM – 10:00 AM

Parking Impact: Lot and Y Drive are closed from 7:00 AM – 10:00 AM for the 5K, 10K and 1-Mile Fun Run.

Program Impact: The Y is open but there is no 8:30 AM fitness class and no CrossFit.

Tuesday, July 30

KIDS' DAY AT MULLIGAN'S HOLLOW, 10:00 AM – 2:00 PM

Parking Impact: Parking and access to the main lot will be limited from 10:00 to 2:00.

Program Impact: Stroller Fit is moved to 9:00 AM. The following classes are cancelled: 10:30 AM Pedaling for Parkinson's, 11:00 AM Chair Yoga and 12:15 PM TRX Circuit.



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Wednesday, July 31

SENIOR DAY AT MULLIGAN'S HOLLOW, 8:00 – 2:00 PM

Parking Impact: Parking will be very limited and can only be accessed from South Harbor Drive. There will be barricades blocking S. Harbor Drive and Sherman/Mulligan Drive starting at 8:00 AM.

Program Impact: No 10:15 Buti Yoga or 10:45 AM Enhance Fitness.

Saturday, August 3

GRAND PARADE, 11:45 AM

Parking Impact: Lot will fill up with parade goers. Y closes at 11:00 AM.

Program Impact: No 8:30 AM fitness class.

Sunday, August 4

COAST GUARD FEST RECOVERY

Parking Impact: None

Program Impact: No 8:30 AM Yoga in the Yard

Please remember our parking lot is city-owned and we are not able to reserve spaces for our members although we'd love to! If you have any questions, please call the Welcome Center at 616-842-7051.