



We **ARE** Special  
Alternative Recreation & Exercise for Persons With Special Needs

# SEPTEMBER 2010

*Be sure to ask about our  
Adapted Swim lessons  
for persons with special needs.*

*We offer 1:1, small group, and  
aquatic fitness classes*

Coppell Family YMCA  
146 Town Center Blvd.  
Coppell, Texas 75019

For questions contact:  
Mary Blankenship  
972-393-5121 ext 220  
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**Coppell Family YMCA**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 Group Fitness Swim 11:05 – 11:50pm 6yrs + (cap @ 6) \$15 / \$30
5	6 Y open 7am to 3pm  Memorial Day	7	8 Registration for Family Yoga Ends at 5pm	9 Registration for Arts & Crafts Ends at 5pm	10 Family Yoga 7:15 – 8:00pm 6 yrs. + Free / \$10	11 Family Swim 1:30 – 3:00pm Free / \$5  Group Fitness Swim 11:05 – 11:50pm
12	13 Arts & Crafts 4–5pm 6–9yrs old FREE	14	15 Registration for Group Fitness Swim Ends at 5pm (Sept 18–Nov 6)	16	17	18   Group Fitness Swim 11:05 – 11:50pm
19	20	21 Registration for Movie & Pizza night Ends at 5pm	22	23	24 Movie & Pizza Night 15 yrs + 6– 9pm FREE	25   Group Fitness Swim 11:05 – 11:50pm
26	27 Registration for Land Fitness Ends at 5pm	28	29 Land Fitness 5:15-6pm Free/\$5 ages 8+	30		