



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# NPAJ RAU LUB CAIJ NTUJ SOV

## LUB CAIJ NTUJ SOV NO, TSOOM HLUAS TUAJ MUS KOOM THE Y DAWB XWB\*

**Puas muaj ib tug hluas twg  
xav tuaj mus koom ua tswv  
cuab rau lub caij ntuj sov no?  
Tuaj ntsib lub Y ntawm koj ib  
cheeb tsam kom paub txog  
kev tuaj mus koom.  
[ymcamn.org/locations](http://ymcamn.org/locations)**

The Y xav thov ua tsaug rau lub tuam txhab Schulze Family Foundation rau lawv txoj kev siab dawb paug tau pab nyiaj txiag rau peb kom tsim kom muaj tej chaw muaj kev thaj yeeb nyab xeeb rau tsoom hluas tuaj mus koom nrog rau tej kev pab cuam txhawb nqa kev noj qab haus huv, kawm kev zoo yam ntxwv thiab kev ua thawj coj thiab txhawb kev vam meej nyob rau tsev kawm ntawv thiab lub neej.

**YMCA of the Greater Twin Cities  
[ymcamn.org/getsummer](http://ymcamn.org/getsummer)**

Yam pabcuam "Tau Lub Caij Ntuj Sov" "Get Summer" rau tsoom hluas yuav muaj kev thaj yeeb nyab xeeb thiab muaj kev lom zem rau cov hluas kom lawv paub npaj lawv tus kheej, cob qhia kev paub tab thiab paub tswj lawv tus kheej, kawm kom muaj tus yam ntxwv zoo thiab txawj ua tus thawj coj kom pab tau lawv txoj kev kawm ntawv thiab lawv kev ua neej.

Cov tubntxhais yuav muaj peevxwm mus koom tau rau 26 lub YMCA nyob rau ntawm Greater Twin Cities thiab lub chaw nyob rau hauv Rochester uas yuav tuaj mus koom ua si pov basketball, swimming pools, splash decks, fitness centers, group exercise classes, free Wi-Fi, kawm noj zaubmov, lwmyam kev pab thiab kev kawm txog kev ua thawjcoj.

**Yuav sau npe no tuaj mus ntsib lub Y muaj nyob ntawm koj cheeb tsam thaum lub May 28, 2019 – June 14, 2019. Mus xyuas kom paub meej ntxiv nyob rau ntawm [ymcamn.org/getsummer](http://ymcamn.org/getsummer)**

\*Muaj nkag ua tswv cuab pub dawb rau thaum lub June 3 – August 31, 2019 rau tsoom hluas yuav mus pib qib 9-12 uas lawv yeej ib txwm tsis tau ua tswv cuab rau YMCA dua 60 hnuv dhau los. Nyob rau ib cheebtsam twg mas tsuas yuav txais li ntawm 300-400 ntawm cov neeg los ua cov tswvcuab.