

# Spring 2019 EMPOWER Program Dates

LOCATION	EMPOWER SESSION DATES	EMPOWER PROGRAM DAY	EMPOWER PROGRAM TIME
Brace Family YMCA	2/18 - 5/6	Monday	6:00 PM - 7:00 PM
Morrison YMCA	2/26 - 4/24	Tuesday	10:00 AM - 11:00 AM
Lowe's YMCA	2/26 - 5/14	Tuesday	11:30 AM - 12:30 PM
Harris YMCA	3/4 - 6/3	Monday	11:30 AM - 12:30 PM
Childress Klein YMCA	3/5 - 5/21	Tuesday	12:00 PM - 1:00 PM
Keith Family YMCA	3/7 - 5/23	Thursday	10:00 AM - 11:00 AM
Sara's YMCA	3/12 - 5/28	Tuesday	5:45 PM - 6:45 PM
Sally's YMCA	3/14 - 5/30	Thursday	11:00 AM - 12:00 PM
Stratford Richardson YMCA	3/19 - 6/4	Tuesday	6:00 PM - 7:00 PM
Simmons YMCA	4/3 - 6/19	Wednesday	10:30 AM - 11:30 AM
McCrorey YMCA	4/8 - 6/17	Tuesday	6:30 PM - 7:30 PM