



Stevens Point Area YMCA qhov nyiaj pab



Tus thov li keebkws

Npe _____ Yog txiv neej los Pojniam _____ Hnubyug ___ / ___ / ___
 Chaw nyob _____ Zos _____ Xeev _____ Zuav Suam _____
 Xov tooj hauv tsev () _____ - _____ Xov tooj tom hauj lwm () _____ - _____ Email _____
 Xov toj yog muaj xwm ceev () _____ - _____ Npe chaw ua kam/Ua kam dabtsi _____

Tus laus thib ob

Npe _____ Gender _____ Hnubyug ___ / ___ / ___
 Npe chaw ua kam/Ua kam dabtsi _____

****Sau tag nrho cov menyuam uas nrog koj nyob li npe**

Thov teb cov lus nug nram qab:

Kos rau lub cheeb tsam koj ua ntawv thov rau: Qhov kev ua tswv cuab Kev pab cuam
 Zov menyuam qhov kev pab cuam

Ua li koj them taus npaum cas xwb txhua lub hlis rau koj qjov kev ua tswv cuab no? _____

Ua li koj them taus npawm cas xwb txog qhov kev zov menyuam yuav them txhua lub Lim piam losis txhua lub hli?

Koj losis ib tug ntawm koj tsev neeg uas thov qhov kev pab cuab no tau ua txhaum txog qhov kev sib deev?

Muaj Tsi muaj Yog ho muaj Leejtwg _____

Vog vim li cas koj thiaj xav ua tswv cuab rau hauv y losis xav koom rau huav y kev pab cuam?

- Txhim kjo kuv kev noj qab haus huv Siv sij hawm nrog kuv tsev neeg
- Muaj kev huab xeeb rau kuv cov menuam Xav tiasyog ib feem ntawm lub zej zog
- Ho ntsib dua yam neeg tshiab Lwm yam

Would you be interested in sharing your story to help us inspire and inform our donors and community leaders?

- Kam Tsis Kam

Thov paiv qhia txog yog vim li cas koj thiaj thov kev pab nyiaj txaig. Muaj tej yam tshwj xeeb xws li yog nuj nqi losis koj muaj tej yam txawv es xav kom peb pab: _____

Tsim Nyog: Tus thov kev pab cuam yuav tsum nyob hauv lub nrog Stevens Point YMCA muab kev pab cuam cheeb tsam. Kev pab cuam yuav muab raws li koj kev tau nyiaj txiag. Tag nrho cov nqi yuav muab kaws tseg cia tsis pub leej twg paub.

Kuv lees paub tias cov lus muab qhia no, yog muaj tseeb thiab pom zoo muab ntaub ntawv ntxiv los txheeb xyuas yog tias lawv xav tau ntxiv. Kuv to taub tias yuav tsis muaj thim cov nyiaj rov qab txog qhov qi ua tswv cuab losis qhov kev zov menyam. Yog muaj kev tshwm sim dabtsi kuv yuav hu rau Y sai li sai tau kom muab kuv npe nrho tawm es ho muab qhov kev pab cuam no rau lwm tus. Kuv to taub tias yog cov ntaub ntawv no kuv dag xwb tsis tseeb ces kuv yuav tsis tsim nyog tau txais kev pab tsis hais tam sim no lossis yav tom ntej.

Kos Npe: _____ Hnub: _____

TXHEEJ TXEEM & SIJ HAWM

Cov Sij Hawm

Vascas-Vaspahjav	Vasxuum	Vasthiv
5 a.m.-9:30 p.m.	6 a.m.-4:30 p.m.	8 a.m.-4:30 p.m.

SIJ HAWJ RAU PAS DEJ

Sij Hawm kev Lomzem ntawm pas dej Sij rau pas dej txhau hnuv vas xur: sij hawm rau 6:30-8 p.m.

Ua Luam Dej

Vascas	Vasasqhas	Vasphuv	Vaspahjav	Vasxuv	Vasxuum	Vasthiv
5 a.m.-9 p.m.	5 a.m.-9 p.m.	5 a.m.-9 p.m.	5 a.m.-9 p.m.	5 a.m.-9 p.m.	6 a.m.-4 p.m.	8 a.m.-4 p.m.

Roj lb jauv dej

Vascas	Vasasqhas	Vasphuv	Vaspahjav	Vasxuv
8-8:45 a.m. 5:45-6:30 p.m.	9:15-10 a.m.	8-8:45 a.m. 5:45-6:30 p.m.	9:15-10 a.m.	8-8:45 a.m.

Qhib rau tsev neeg ua luam Dej

Vascas	Vasasqhas	Vasphuv	Vaspahjav	Vasxuv	Vasxuum	Vasthiv
5 a.m.-4 p.m. 7:15-9 p.m.	5 a.m.-4 p.m. 7:15-9 p.m.	5 a.m.-4 p.m. 7:15-9 p.m.	5 a.m.-4 p.m. 7:15-9 p.m.	5 a.m.-9 p.m.	6-9 a.m. 11:30 a.m.-4 p.m.	8 a.m.-4 p.m.

Ciav dej ua luav zawg

Vasasqhas	Vaspahjav	Vasxuv	Vasxuum	Vasthiv
7:15-8 p.m.	7:15-8 p.m.	6:30-8 p.m.	1-3:30 p.m.	2-3:30 p.m.

Chav Gym li sijhawm

Sij hawm rau chav Gym: (F) puvlawm (N) sab hnuv tuaj (S) sab hnuv poob

Gym qhib

Vascas	Vasasqhas	Vasphuv	Vaspahjav	Vasxuv	Vasxuum	Vasthiv
5-8 a.m. (F) 10:30-11:30 a.m. (N) 11:30 a.m.-1 p.m. (F) 3-6 p.m. (F) 8-9:30 p.m. (F)	5-9 a.m. (F) 2-3 p.m. (N) 3-7 p.m. (F) 9-9:30 p.m. (F)	5-8 a.m. (F) 10:30-11:30 a.m. (N) 11:30 a.m.-1 p.m. (F) 3-6 p.m. (F) 8-9:30 p.m. (F)	5-9 a.m. (F) 2-3 p.m. (N) 3-7 p.m. (F) 9-9:30 p.m. (F)	5-8 a.m. (F) 10:30-11 a.m. (F) 11-12 p.m. (N) 1:30-4:30 p.m. (F)	6-7 a.m. (F) 7 a.m.-1:30 p.m. (F) 1:30-4 p.m. (F)	11:30 a.m.- 4 p.m. (F)

Tuaj es coj menyuam tuaj rau zov

Vascas-Vasxuv	Vasxuum
8 a.m.-1:30 p.m. 3:45-8 p.m.	8:30 a.m.-1 p.m.

Sij Hawm Rau Chaw Zov Menyuum

Vascas-Vasxuv
6:30 a.m.-6 p.m.