

## Upcoming events at your YMCA

Written by George Browning

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### YMCA BRAND REVITALIZATION

For the first time in 43 years, the Y is unveiling a new brand strategy to increase understanding of the impact our organization makes in the community, so that more people take advantage of the YMCA's unique capacity to foster lasting personal and social change.

The Y is about changing lives for the better. We view participation in our programs and services as a means to a greater end. Therefore, through our rebranding effort, we want to help our communities learn more about our work so we can help our communities learn and grow.

By simplifying how we describe our programs, we hope it will be apparent that everything we do is designed to nurture the potential of children and teens (Youth Development), improve health and well-being (Healthy Living) and motivate people to support their neighbors and the larger community (Social Responsibility).

### FALL SOCCER

The Washington County Family YMCA is now accepting registration for Fall Soccer. Fall Soccer is for boys and girls ages 3 through the 8th Grade. The program stresses fun, sportsmanship, participation, learning fundamentals, volunteerism, and family involvement.

\$25 for Members and \$32 for Non-members (Fee includes a t-shirt and award)

#### Schedule of Events

- Coaches Meeting - August 24 at 6:00 p.m.
- Soccer Clinics - August 17, 18 and 19 from 6:00 - 7:00 p.m. Learn the basic fundamentals that will aide your soccer season. The clinic is optional; you do not have to attend to play.
- Soccer Kick Off – Sat., Aug. 28 - Coaches Meet 'n Greet 10-11 am & Cookout 11am-Noon
- Practices Start - Week of August 30
- First Game - Saturday, September 11
- Picture Day - September 14 & 16

Hurry! The registration deadline is August 20!

Volunteers are needed as coaches. Please contact the YMCA if interested.

### KARATE

Learn discipline and self defense. This class incorporates a combination of boxing, kickboxing and Japanese jujitsu. The classes are on Mon. & Wed. nights. Open Floor 5-6 PM ? Beginners 6-7 PM Intermediate 7-8 PM ; Members \$25 & Non-Members \$40

### CARDIO KICKBOXING

Want an aerobic exercise with a martial arts flare? Then this program will help you lose weight, tone up your muscles and have fun!

### BOOT CAMP

An invigorating, fat-burning workout perfect for any fitness level! This low-choreography and high-intensity class offers a challenge for all!

### LAP SWIMMING

This is a great class for early risers, get a great workout using the buoyancy of the water. Helps tone, strengthen, and develop cardiovascular endurance. Lap swimming will resume in August.

### SPINNING

If you want to burn serious calories, this class is for you! This aerobic exercise takes place on a specially designed stationary bicycle. Participants simulate riding on flat roads, climbing hills and sprinting. Regardless of how fit, flexible or coordinated you are, you'll get a great workout. Simply set the resistance level and let your instructor guide you through an incredible ride!

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### YOGA

Yoga is perfect for any age. It is not a gender specific exercise and you do not have to be flexible to start. Classes are setup for beginners and experienced students alike. Yoga uses mind and body techniques for relaxation and rejuvenation while promoting flexibility, self awareness and strength.

Students are advised to wear loose fitting and comfortable clothing.

### WOW! (WOMEN ON WEIGHTS)

For women of ALL fitness levels and body types who are interested in decreasing body fat, weight training & increasing calorie burning lean muscle!

### ZUMBA®

The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba® class!

### SILVERSNEAKERS® YOGASTRETCH

Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises & a final relaxation will promote stress reduction & mental clarity.

### SILVERSNEAKERS®

SilverSneakers®, an overall health approach for Medicare/Medicaid eligible seniors, offers an innovative blend of physical activity, healthy lifestyle and socially orientated programming that allows older adults to take greater control of their health. SilverSneakers® Members receive a free membership at the YMCA, customized SilverSneakers® classes (designed exclusively for older adults who want to improve their strength, flexibility, balance and endurance and health education seminars.

To be eligible for the program, you must be Medicare/Medicaid eligible, you must also have Humana, Anthem, WellCare or AARP Health Insurance. If you are not sure if your insurance pays for your membership, please stop by the Front Desk and we will be able to assist you.

### GYMNASTICS

Stretching, basic tumbling and low beam are just a few of the fundamentals your child will learn in our five week gymnastics class taught by former Purdue Cheerleader Jill Nikirk.

Classes start on September 11; Sign up by September 4; Members - \$45 Non Members - \$55

### TUMBLING

Children ages 3-5 years old will learn the basics of tumbling, while having fun with music and games. They will also learn rolls, handstands, cartwheels and other basic skills. Classes will start September 7, 2010; 3 & 4 year olds will meet on Tues. 9-9:45 am; 5 year olds will meet on Tues. 10-10:45 am; Members-\$25 Non-Members-\$40. All participants must be registered by Sept. 1

### AFTER SCHOOL PROGRAM

The YMCA After School Program operates Monday through Friday from 3-6 pm using the facilities at Bradie Shrum Elementary through a partnership with the Salem Community Schools. After school the children are given the opportunity to take part in arts, sports and creative play. Time is set aside daily to complete homework assignments as well as eat a healthy snack.

The program is \$8 daily or \$40 weekly per child

The After School Program staff is highly trained in YMCA Child Care curriculum as well as CPR and First Aid.

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### CHILD WATCH

Want supervised play for your child while you work out? Look no further as the YMCA offers Child Watch hours Monday–Thursday evenings from 4:30-8:00 pm and Monday, Wednesday and Friday mornings from 8:00-11:00 am for children 6-weeks to 11 years old. Your child will be able to choose from a variety of activities including games, music, arts & crafts.

Members - \$1 per hour, per child; Non-Members - \$2 per hour, per child Punch cards are available for \$18 which is good for 20 hours of Child Watch service.

### YMCA PRESCHOOL REGISTRATION

The YMCA Preschool is currently registering for Fall classes. Late registration is August 16 from 6-7 PM and Preschool Open House is August 23 from 6-8 PM. Classes offered on Tuesday and Thursday mornings for 2 and 3 year olds. Classes offered on Monday, Wednesday, and Friday mornings as well as Monday, Wednesday, and Friday afternoons for 4 and 5 year olds. The teacher is Robin Deaton. Classes begin after Labor Day. The first day of class for 2 & 3 year olds is September 7th and the first day of class for 4 & 5 year olds is September 8th. Fees are \$25 per semester registration fee, \$55 per month for 2 & 3 year olds, and \$85 per month for 4 & 5 year olds. For more information call Robin Deaton at 883-6608