

## Washington County Family YMCA Upcoming Events

Written by George Browning  
Wednesday, 15 May 2013 07:45 -

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There is lots going on at the Washington County Family YMCA.

The following is a list of those activities.

**Personal Training-** May launches a new Personal Training program at our YMCA. We will kick it off with a meet and greet with our Personal Trainers Helen Trueblood from 8 to 11am and Kim Beard and Derik Early from 5-7pm. All our trainers are certified in personal training and are here to support and partner with you in your wellness goals. Learn about an individual session for \$25 to a buddy package where you and a friend have a session together for \$45 and everything in between. The benefits of your improved wellness-mind, body and soul are priceless.

**Family Fitness Class –** One Saturday a month we will start offering a family fitness class for you as a family to participate together in wellness and FUN! Our first one will be this Saturday, May 11th from 10:30 to 11:00. Kim Beard will be teaching Zumba-Atomic, a Zumba class specifically designed to be high energy and fun for parents and kids. If you are interested in seeing us grow this service come check it out! Recommended for ages 4 and up. Free for members, \$5/person for non-members.

**Summer Day Camp Registration is OPEN –** Another great summer of camp with the YMCA is here to serve you! Our first week of camp starts May 28th and goes through August 2nd. We have two sites: Camp Bradie Shrum (K-2nd) and Paddle Club at Delaney (3rd-6th). Drop off is 6-8am, programming from 8 to 4, pick up from 4 to 6pm. Each week has a theme which caps off the week long theme with a field trip. We are proud to announce that thanks to a grant, breakfast and lunch will be provided for all kids this year. Cost is \$15/day or \$75/week for members and \$19/day or \$95/week for non-members. Scholarships are available to provide financial assistance. Kids are asked to bring a snack each day. Questions? Call Cassie Corp at 883-YMCA or [cassie@wcfymca.org](mailto:cassie@wcfymca.org).

**The GRIND –** Are you new to the world of running? Want to become a better runner or walker? Not sure where to start? Through a collaborative effort with the Friends of Beck's Mill in preparation for their 10K fundraiser walk/run in September, the YMCA will be hosting a walking/running clinic. Rich Scott, Certified ACE Instructor, will be a guest speaker as well as Rachel Noroit, a registered Dietician certified in adult weight management. Rachel will focus on healthy meals to provide for nutrition for walking and running training and racing cycles. Rich will share some of his tips from "A Snail's Pace", a program he established in California which has helped moved thousands of people to complete racing distances from 3 to 26.2 miles. Clinic will be June 22nd from noon to 3pm at the Y. Registration deadline is June 7 and the cost is \$22. Register at [www.may7raceseries.com](http://www.may7raceseries.com).

**Hiking Club & Weight Lifting Challenge–** Both programs are currently running at the Y. If you are interested in getting involved contact our front desk. We encourage all participants in these programs to take full advantage of them and strive for outcomes you desire.

**Preschool Registration is Open –** Join us for the 2013-2014 school year as we join you in partnership to prepare your child for that big step to kindergarten. Our preschool is proud to offer the opportunity for our students to interact with a Smart Board in our classroom to help them transition to kindergarten where they will be working with Smart Boards each day. Classes start as early as 2 ½ years old for kids. Scholarships are available for students. Come check us out, meet our teachers Miss Robin and Miss Cassie, learn about our class schedules and visit our classrooms.

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**Youth First Café** – Our quarterly luncheon will be Thursday, May 16th from 11:30 to 1:00pm at the Senior Citizen Center. Our guest speaker this month will be Matt Fleck presenting the New 21st Century Scholars Success Program. Currently more than 100,000 students in Indiana participate in the 21st Century Scholars program. These students graduate high school and attend college at a higher rate than Hoosier students overall. However, just over 1 in 10 Scholars graduate from college on time and less than a third earn a degree within six years. ([www.in.gov](http://www.in.gov)) To help foster postsecondary success, new requirements for the program are being implemented this June. The most significant change is that all 21st Century Scholars who start high school in fall 2013 will be required to complete the new Scholars Success Program by their high school graduation in order to qualify for their scholarship. This program is designed to ensure that students understand and complete specific steps required to access and succeed in college. Public is welcome. RSVP by Wednesday, May 15th at noon to [beth@wcfymca.org](mailto:beth@wcfymca.org) or 883-YMCA.

**CPR & First Aid Classes** - Join us at the YMCA on Saturday, June 1st from 9am – 1pm for CPR & First Aid Certification through the American Health and Safety Institute. Local EMT, firefighter and YMCA member, Matt Kidd is a certified trainer and will be facilitating the workshop. The cost of the training is \$40 per person.

**Tumbling & Martial Arts** – Martial Arts and Tumbling just kicked off a new 12 week session on April 15th but you can still get in! Martial Arts is for youth 5 and up and Tumbling is for youth 4 and up. Visit our website or stop by our facility to check out the schedule, registration costs and get all the full details. Call ahead to find out when sessions meet and visit one of our programs to see firsthand how we are building strong kids!

**24/7 Dads** – Our dads group meets from 5:30 to 7pm at the Good Samaritan Inn (GSI) on Tuesday evenings. The YMCA and Youth First are proud to partner with GSI to bring this opportunity to our community. 24/7 Dads is a group of dads who are looking to explore their role in the life of their child while also finding ways to strengthen their relationship. This group is all about finding out how to be a 24/7 Dad! Program is free. Call us to register.

**Fitness Classes** – We have an awesome line up of classes to offer through our group exercise program. Check out Yoga, Spinning, RIPPED, Zumba, Zumba Toning, Basic Training, Lap Swim, Yoga Stretch, CardioFit, MSROM and our new additions of Pilates, Early Risers Club, Dance Fusion, Noon Express and Family Fitness. These classes are free for members and open to the public for \$5 per class.

**Free Basic Computer Skills** – Do you feel like computers are the enemy? Do you wish you had better computer skills for everything from pursuing a job to surfing the internet? Call us to register for our free computer skills classes from 9am – 12pm on May 13 – 16th.

**Food Drive Fridays** – Join us in supporting our local food bank. Bring in a canned food on Friday's and work out for free! This is just our way of being socially responsible and partnering with our local food bank for the Feinsein Challenge!

**CONSTRUCTION Update on Shelby Street** – Shelby Street is now officially closed. Please access the YMCA via Sparksferry Road and pay special attention to the new alternate drive which is located right before the barricades stationed at our old entrance.

Scholarships are available for all of our programs and the best way to get all the details is to visit our websites: [www.wcfymca.org](http://www.wcfymca.org) or [www.youthfirstwc.org](http://www.youthfirstwc.org) or call us at 883-YMCA.