



## E-NEWS for members & family

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July 2010

Greetings from the Spears Family YMCA! As always, thanks for being a part of our Y. **Members: when you are checking in and do not have your YMCA membership card, please bring a photo ID with you to check in. Thanks!**

**Please note:** Spears Family YMCA will be closed on Sunday, July 4th.

### Sports

#### Youth Sports Camps for the Summer!

Ages 5-13, from 8:30 a.m. - 12:00 p.m.

**Lacrosse Camp, Soccer Camp, Baseball Camp, Tennis Camp, Basketball Camp and Volleyball Camp**

Cost: \$100 members / \$130 non-members

Please call 387-9622 for additional information on the camp sessions; there are still 2 sessions left for each sport!

**Hot Hoops picture day is Saturday, July 17th.**

#### Fall Sports

**Girls Volleyball (grades 4th-12th), Flag Football, Soccer and Baseball registration deadline is Friday August 6th.** Cost is \$60 for members and \$85 for non-members.

**Football cheerleaders' registration deadline is Friday, August 6th.** Cost is \$115 for members and \$140 for non-members.

**Adult Sports:** Flag football and Kickball registration deadline is Friday, August 6th. The cost for flag football is \$50 for members and \$80 for non-members. Kickball cost \$15 for members and \$20 for non-members.

### Wellness

#### New indoor cycle bikes will be here in July!

**New!** Kettle Bell training class is limited to six participants. Please sign up at the front desk.

**New!** Yoga for teens starts July 12 at 11:15 a.m. Karen has designed a class to help students learn yoga techniques to help in sports, reduce the stress of school/work/friendships and promotes a positive self-image.

Cost is \$4/class or \$10 for all 3 weeks.

Join Beth and Cassy for Cardio Mix Up on July 12th and July 26th for a **FREE** 60-minute workout featuring Zumba, Turbo Kick and Hip Hop Hustle. Contact the front desk for more details.

**Gymnastics, Games and Cheerleading with Rah Rah Tumble and Fitness, LLC.** Ages 3-4 , K-2nd grade and rising 3rd-5th grade.

Cost: ages 3-4 \$15 for members and \$65 for non-members, K-2nd grade \$50 for members and \$70 for non-members, 3rd-5th grade \$50 for members and \$70 for non-members.

**Belly Dancing!**

Faun will be holding a six-week session June 23rd - July 28th from 7 p.m.- 8 p.m. on Wednesdays for new and continuing students. Cost is \$55 for members and \$65 for non-members.

**T'ai Chi Summer Special!**

Every Monday and Wednesday from 12:30 p.m - 1:25 p.m. Sign up at the front desk.

**FitQuest 2010**

Get healthy and fit with our **FREE** FitQuest 12-week program. This is for new exercisers and adult members who have not exercised in fitness centers before. It is an in-depth and slow-paced introduction to full body workouts. Fill out a card at the front desk to make your initial appointment with a wellness coach. Georgia Harvey or Juan Santos (bilingual-Spanish/English) will contact you. You can also give them a call at 387-9622 ext. 143.

**Fitness**

**Personal Training**

Training for is all ages at the Spears Y! We include youth personal training, Mature F.I.T., and more! For additional information contact Chris Smith at 387-9630.

**Bright Beginnings**

**Give A "Bright Beginning" for the New School Year**

Bright Beginnings helps over 500 kids start the new school year with confidence. Volunteer opportunities include shopping with children for new school clothes, making a donation to support the shopping trips, and donations of basic school supplies and new book bags. Older teens may volunteer with their parent to help shop with a child.



Individuals or companies that wish to collect basic school supplies or book bags are asked to deliver them by August 1 to the y of your choice. A donation of \$150 will provide a child with clothes and other school related items. Any amount is graciously accepted. For more information on volunteering for Bright Beginnings, please visit: <http://www.spearsymca.org/volunteer.aspx>

**Aquatics**

**Shouldn't your child learn to swim at the YMCA?**

Saturday swim lessons are for six-weeks, one session per week. Summer session I just wrapped up registration. Classes will run from June 26 - August 7. There will be no class on July 3.

**Weekday Swim lessons** registration starts July 12th - July 21st. Classes are for three weeks and they meet twice a week. **Members \$35, non-members \$55.**

**Water Fitness** registration begins for July classes on June 29th - July 10th. Sign up at the front desk.

**Family Service**

**After-school registration for the 2010-2011 school year is here!**

Activities include homework time, snack, arts and crafts, character building, outdoor games, weekly swimming and field trips. Sign up today to reserve your child a spot in our amazing program.

**Now you can follow us on Twitter and Facebook!**



**We look forward to seeing you all this month, and love having you in our facilities.**

As always thanks for your support.

**Sincerely,**

Spears Family YMCA

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