



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Y CONNECTIONS

A monthly publication of highlights and events for members of the YMCA of South Hampton Roads | JUNE 2011



NEW MEMBER BENEFIT

Your Y is accustomed to providing members with the very latest in technology, and this year is no different. The Y is pleased to announce a new component to your FitQuest program—ActivTrax.

ActivTrax, a web-based tool which supports our YMCA FitQuest program, creates customized workouts around your goals, strengths and fitness experience. Each time you visit a family center, you'll receive a new, tailored workout that will provide you with a variety of exercises. From home, ActivTrax can serve as an online weight management tool to help keep your nutritional diet on a healthy track. Best of all, you won't be tied to just one location; you can exercise and have access to your personalized plan at any of the YMCA of South Hampton Roads' wellness centers. See Member Services or a FitQuest Coach to get started today!

In this issue we provide a brief overview on getting started with ActivTrax, addressing the common questions and explaining all the benefits of this amazing new tool, that comes as part of your membership to the Y! To read more see page 2.

Meet with your FitQuest Coach and get started with ActivTrax today.

REGISTER FOR YMCA CAMP SILVER BEACH

There's still time to sign up for the Y's premier summer resident camp for children 8–16, YMCA Camp Silver Beach! With more savings than ever before there has never been a better time. All YMCA members receive a \$100 discount, and if you refer a camper, both you and the camper will receive an additional \$50 discount.

Bring your friends and have the summer of a lifetime. Sign up today!

Limited Enrollment—visit CampSilverBeach.org or call 757 442 4634 to reserve your spot today.

"This Camp Rocks!"—2010 Camper.

STAY COOL AT THE POOL

It's hot and summer is in full swing. All our YMCA of South Hampton Roads outdoor pools and spray parks are open to cool you off and keep you active! Be sure to keep on top of all the scheduled activities and events going on at your Y by picking up the summer aquatic guide at your family center or viewing it **online**.



Let's go swimming!



GET ACTIVE WITH ACTIVTRAX

ActivTrax creates tailored workouts based on your goals, strengths and abilities. Each time you visit a family center you'll receive a new, customized workout that provides you with a variety of exercises. From home, ActivTrax can serve as an online weight management tool to help keep your nutritional diet on a healthy track.

Getting Started:

First, set up an in-person appointment with a FitQuest coach at your family center, who will conduct a strength evaluation to determine which exercise routine will be best for you. Next you can log onto ActivTrax from the bottom right area of our website, www.ymcashr.org. From there you can begin tracking cardiovascular and strength workouts, log nutrition, and monitor your health progress online. Log in with username and password. *Note: you can also use smartphones to view and enter workouts at www.activtrax.com/m

Other Questions about ActivTrax:

How do I receive my workout?

After you are activated on the new FitQuest program, go to the FitQuest kiosk and sign in and push "Print My Workout".

MANAGE YOUR ACCOUNTS ONLINE

Update address, schedule a payment and more!

You now have the opportunity to control your Y account online! Manage My Y Account is a new online service that allows Members as well as School-Age Child Care, Preschool and Summer Day Camp participants the chance to edit contact and billing information, pay program or outstanding balances, and schedule upcoming payments for automatic draft.

This new feature is located on our homepage, www.ymcashr.org on the left side of the screen.

We hope you enjoy this new feature, created to make both your child care and membership information convenient and readily available at your fingertips!



How do I learn to use the machines or do an exercise?

Because of the variety of exercise options available, you may run across a machine or exercise that you haven't tried before. There are four different ways to learn how to properly do an exercise.

- Watch the online video from the kiosk
- Look at the diagram on each machine
- Print it from the kiosk
- Ask a FitQuest Coach (in purple shirts)

I am on the FitLinxx program and I would like to stay on it.

FitLinxx technology has supported our FitQuest programs since 1998. While current at the time, FitLinxx has not improved the technological advancement of the software since its installation, therefore no longer meeting the wants and needs of our members. Consequently, we will discontinue use of FitLinxx as of June 30, 2011.

I use two different YMCA family centers during the week. Will my workout be transferable?

Yes, you can exercise and have access to your personalized plan at any of the YMCA of South Hampton Roads' wellness centers. Once you get activated at one location, you will be able to access workouts at all locations and they will be specific to the equipment at each location.

For more information on ActivTrax please see a FitQuest coach or visit <http://www.ymcashr.org/programs/fitquest#faq>



LEARN HEALTHY HABITS

Y-Change program now available for all ages

Y-Change has been a part of the YMCA of South Hampton Roads for 4 years. This free program to has given numerous members the confidence and knowledge necessary to implement small steps to positively change their lifestyles. As an integral program founded on “creating healthy habits and nutritional goals every day” we are proud to announce the addition of several more focused Y-Change programs.

Along with Y-Change and the Y-Change II classes we are introducing: **Y-Change Kids (8–11)**, **Y-Change Teens (12–17)**, **Y-Change Family (all family members welcome)**, and **Y-Change Older Adults (ages 55 and older)**.

In all the Y-Change programs an experienced, committed and motivated Y-Change Coach leads you through a 6-week journey toward a healthier lifestyle. Each week you will meet with your coach in a small group setting for a support and educational session, as well as participate in weekly workouts.

Stop by the Member Services desk or visit us online at www.ymcashr.org to find out more about how you can sign up for the next Y-Change session of your choice. As of this writing, we have 92 Y-Change classes offered during the summer month! Below you will find a short listing of some of the upcoming classes this summer. You can find more at your family center’s **Calendar of Events page**. *The start dates are listed, contact your family center for the times.

- | | | | |
|--|------|----------------------------------|------|
| • Y-Change (Greenbrier North) | 6/6 | • Y-Change (Greenbrier Family) | 6/21 |
| • Y-Change (Albemarle) | 6/13 | • Y-Change II (Mt. Trashmore) | 6/27 |
| • Y-Change II (Taylor Bend) | 6/14 | • Y-Change (James L. Camp, Jr.) | 6/27 |
| • Y-Change Older Adults (Indian River) | 6/21 | • Y-Change Kids (Taylor Bend) | 7/6 |
| • Y-Change Family (Taylor Bend) | 6/25 | • Y-Change Teens (Mt. Trashmore) | 7/11 |



IT TAKES A FAMILY

“My husband had never worked out and our daughter realized her eating habits were getting out of control and I was looking for change myself. I am so proud and thankful for this program—it might sound cheesy, but if we can do it, so can you!”

—The Fournier Family,
Greenbrier Family YMCA

THE FIRST TEE OF HAMPTON ROADS

An optional benefit of YMCA membership

Did you know The First Tee of Hampton Roads is owned and operated by the YMCA of South Hampton Roads? The First Tee is dedicated to offering high quality services, programs and instruction at the finest of facilities. The First Tee provides children and families with a wholesome environment where youth development is a priority, teaching character value and life skills through the game of golf—lessons that can be used for a lifetime.

YMCA of South Hampton Roads members receive 50% off The First Tee annual membership dues, or for \$15/month, members can enjoy complimentary greens fees and range balls.

Summer Camps, Summer Classes & Summer Events

- | | |
|--|--|
| • Big T Little T Tournament
June 5 | • Big T Little T Tournament
July 17 |
| • Summer I Certification Class:
June 27–August 6 | • Summer II Certification Class:
August 8–27 |
| • Dottie Pepper Free Clinic event
June 21 | • Big T Little T Tournament
August 14 |
| • Summer Camp sessions begin*
June 20 | • Final Summer Camp Session
August 29 |





Membership Highlights for June

*Please note that this is not an all inclusive listing. For more events and activities please visit <http://ymcashr.org/news/calendar>

CHESAPEAKE	June	OUTER BANKS	June
• GH Cornhole Family Activity Night	10	• OB New Chair Aerobics begins	2
• GH Adult Kickball season begins	21	• OB Family T-Ball begins	6
• GH Adult Soccer begins	22	• OB Yoga by the pool	11
• GH Wacky Wednesdays begin	22	• OB Summer Fun Cookout	17
• GB Parents Night Out	4	PORTSMOUTH	
• GB Starter Camp	10	• EF School's Out Pool Party	17
• GB T-Ball begins	11	• EF Camp Portside begins	20
• GN B/C Racquetball League begins	11	• EF Water Fitness classes begin	21
• TB Fun Float Fridays (all summer)		SUFFOLK	
EASTERN SHORE		• SU AOA crafts and lunch	15
• ES Parents Night Out	3	• SU Camp Mohawk begins	20
• ES Swim Meet	11	VIRGINIA BEACH	
• ES Pool Open House	24	• HT Super Silly Sunday (pool)	12
ELIZABETH CITY		• HT Kids Club begins	20
• AL Flick and Float, 6pm	10	• HT Summer Camp begins	20
• AL Schools Out BBQ Blowout	11	• HT Cupcake decorating	2
• AL Parents Night Out	25	• IR Father/Son event	10
FRANKLIN		• IR T-Ball begins	11
• JL Middle School Madness	10	• IR School's Out BBQ Blowout	17
• JL Sports Sampler Camp begins	27	• IR Teen's Night Out at Pool	24
• JL Family Game Night	30	• MT T-Ball games begin	11
NORFOLK		• MT Summer Camp begins	20
• BL Women's Self-Defense	4	• MT Jewelry Class, 4pm	24
• BL School's Out BBQ Blowout!	18	• MT Summer Book Club	29
• BL Parents Morning Out	23		

AL Albemarle Family YMCA
BL Blocker Norfolk Family YMCA
EF Effingham Street Family YMCA
ES Eastern Shore Family YMCA
GB Greenbrier Family YMCA
GN Greenbrier North YMCA
 Wellness & Racquetball Center
GH Great Bridge/Hickory Family YMCA

HT Hilltop Family YMCA
IR Indian River Family YMCA
JL James L. Camp, Jr. Family YMCA
MT Mt. Trashmore Family YMCA
OB Outer Banks Family YMCA
SU Suffolk Family YMCA
TB Taylor Bend Family YMCA



SUMMER'S COOL AT THE Y

Summer will be here before you know it. Plan ahead for a summer of fun for the entire family! Youth will enjoy camping opportunities including traditional day camps, camps geared toward outdoor education, golf camp and overnight resident camping. Your whole family can spend quality time together while having fun this summer with interactive fitness equipment, sports such as racquetball and basketball, swim lessons and special events by the outdoor pools. Visit www.ymcashr.org for a complete list of camps, summer events and more.

NEXT MONTH:

Letter from the President along with more events, programs and benefits to your Y membership!

After-School options for the Fall—get the scoop in the next issue.