



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Y CONNECTIONS

The monthly highlights and events for members of the YMCA of South Hampton Roads

August

WE VALUE YOUR OPINION

New Equipment Showcase: August 1–12

At the Y, we are committed to providing our members with the latest in technology. To this end, we replace all our cardio equipment every three years. This August we will showcase the following equipment at select family centers:

- Star Trac Total Body Trainer
- Octane Fitness Pro4700 Standing Elliptical and
- X Ride Seated Elliptical
- SCIFIT PRO2 Total Body and RST Recumbent Stepper



Stop by any of the family centers listed below to test the equipment and give us your feedback, we look forward to hearing what you think!

- Blocker Norfolk Family YMCA
- Great Bridge/Hickory Family YMCA
- Suffolk Family YMCA
- Mt. Trashmore Family YMCA
- Taylor Bend Family YMCA



WHAT'S INSIDE

- Before- and After-School Child Care sign up online
- Capital Campaign at the James L. Camp, Jr. Family YMCA
- Camp Arrowhead to open in late August
- Older Adults Programs

SCHOOL-AGE CHILD CARE

Plan for September

It's not too early to start thinking about signing up your children for the School-Age Child Care at the Y. As a leader in providing Before- and After-School Care, the Y offers services in all our South Hampton Roads communities, often at both our family centers and at local school locations.



NEW

We now offer easy, online registration for school-age child care to all our members and prospective members! Visit www.ymcashr.org/programs/schoolage to sign up today!

SCHOOL-AGE CHILD CARE

Take advantage of our new online registration!

The Y now supports online management of your child care account. You can register and pay for our School-Age Child Care services online now. We are excited about this opportunity and hope our family members find it beneficial and useful.

At the Y School-Age Child Care program, we recognize the unique character and temperament of each child, and support developmentally appropriate activities to foster social, emotional, intellectual and physical growth. We consistently stimulate toddlers with music, movement, color, touch and language, and challenge preschoolers with increasingly complex levels of play to enhance gross motor and cognitive skills. School-Age children learn problem solving skills after school with a variety of unstructured, free-choice learning activities.

For more information and to view a complete list of the schools we serve, please visit www.ymcashr.org/programs/schoolage. Space is limited—register today!

1. Visit www.ymcashr.org/programs/schoolage
2. Find your city
3. Find your school
4. Register with the link provided.



My FitQuest Journey— A testimonial

"I have been a member of the Outer Banks Family YMCA since it opened 10 years ago. I was able to lose a few pounds now and then, only to gain it back. In January I signed up with a FitQuest coach and started training with ActivTrax. That was about 6 months ago. Since then I have lost 40 pounds and have more energy than I have had in a long time. Not only that, but my cholesterol "scores" have improved dramatically. My total cholesterol has dropped by 50 points and my LDL (bad cholesterol) has decreased 50 points. All without medication, the only thing I can attribute this to is my diet and exercise. ActivTrax has greatly influenced my dietary decisions and I have found the system to be FUN and MOTIVATING. I can't tell you how happy I am with the results!

Thank you YMCA and Activtrax!" —Jo Ann Hummers

For more information on FitQuest and ActivTrax, view our [Health and Wellness page](#).



PROJECTS IN PROGRESS UPDATE

Currituck Family YMCA, North Carolina

Progress continues to move forward on our latest family center. Camp Bayside, our first summer day camp in Currituck, resumes through August. With a scheduled opening date for December, we can't wait to be a fully operational family center of the YMCA of South Hampton Roads!

Park Place Project

The Y has proposed a 32,000-square-foot recreation facility, a 7,000-square-foot day care center and an outdoor aquatic park to be built at the corner of 29th and Granby Street, in Norfolk, near the Virginia Zoo. The Norfolk City Council postponed this scheduled vote from late June until August.

James L. Camp, Jr. Family Center Capital Campaign Project, Franklin

A project to modernize this 56 year-old building includes:

- **A complete renovation of locker rooms**, including updated hot tub and spa facilities, which will modernize this 56 year-old building
- **Additional family-assist changing areas** and private changing areas that will provide families with facilities they need to feel comfortable
- **Complete structural repairs on the indoor pool** to give youth, competitive swimmers and families the most current in aquatic centers.

For the most current information on our Projects and Progress please visit <http://www.ymcashr.org/about/projects> or follow us on Facebook.



GETTING BETTER ALL THE TIME

The Y provides community and activity for older adults

The Y offers programs designed to enrich the lives of people in their middle and older years by helping them to develop skills to meet life's challenges. Stay active and healthy in a variety of physical and social activities including: **GoldQuest, Water Exercise, Strength Training, Y-Change Older Adults, Social Clubs**, and more.

This month, the **Greenbrier Family YMCA** is hosting two social outings for members. On August 18 they will be going out to lunch at **Kyoto's**, a Japanese Steak House. On August 25 they will be taking a ride on the **Victory Rover**, a motorized boat that offers a guided tour of the Elizabeth River including a tour of the Norfolk Naval Base from the water.

The **Indian River Family YMCA** is offering several great Group Exercise classes for older adults: On Tuesday and Wednesdays, they have **Chair Yoga** from 9:30-10:30am and a **Water Arthritis** class on Monday/Wednesday/Fridays from 8-8:45 am; Tues/Thurs 8:30-9:15 am; Saturday, 10-10:45 am. Finally, on Thursday evenings older adults can take part in the **Tai Chi** class from 6:30-7:30 pm.

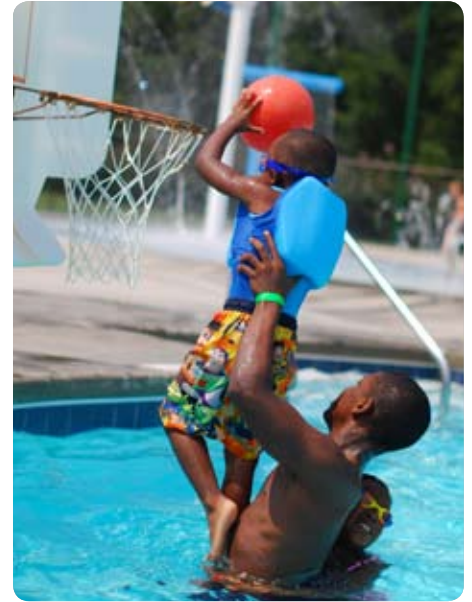
For more information on what programs are offered at your family center contact your Health & Wellness Director or visit the Member Services desk.

Sentara Clinical Fitness Program

The YMCA of South Hampton Roads is host to a special program geared to those who have been released from traditional therapy or have health issues related to cardiac or metabolic disease or functional impairments, your physician can refer you to the Sentara Clinical Fitness Program at the Y. For more information, visit or call the:

Hilltop Family YMCA
P 757 422 3805

Mt. Trashmore Family YMCA
P 757 456 9622



CAMP ARROWHEAD

Camp Arrowhead, Suffolk's first regional day camp for kids ages 8-12 is expected to open in August for several late summer field trips!

To find out more information and register online, please visit www.ymcashr.org/programs/campreservation today.



[Click here for the Association Calendar of Events](#)