



YMCA of South Hampton Roads

We build strong kids, strong families, strong communities.

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“60 is Only a Number Celebration”

Joanna Rinehart has her birthday wish fulfilled at the Indian River Family YMCA.

Virginia Beach – On Tuesday, July 13, 2010, with the help of 60 faithful Y members Joanna Rinehart fulfilled her dream to "teach a full pool!" For 13 years, Joanna has taught the Power Aqua class on Tuesdays and Thursdays from 4:30-5:30 pm at the Indian River Family YMCA and Tuesday's event was a celebration of her birthday as well as her dedication and love for the Y.

A Chesapeake native, Joanna graduated from Great Bridge High School and then Old Dominion University. In high school she failed PE class and swimming was the absolute last thing she took in college only because it was required for graduation.

After joining the Y in 1994 after significant weight gain, she found an accepting and supportive environment at the YMCA. She found interest in the water exercise class and soon noticed she was gaining strength, cardiovascular fitness, and her joint pain disappeared. In 1996, current instructors encouraged her to train for certification. She did and took over Tuesday and Thursday evening classes. Some time later, members suggested that a, post-work, high intensity aqua cardio class be added; the 4:30 Tuesday/Thursday *Power Aqua* class started in September 1997!

Weight has been an ongoing issue with Joanna, having been diagnosed and successfully treated for hypothyroidism. However, regular exercise helps her keep it under control. Osteoporosis runs in her family, and so regular cardio and strength training are now an integral part of her life.

For more information on the Aquatics program at Indian River Family YMCA please contact Amber Giancola at (757) 366-0488 or visit www.ymcashr.org.

The YMCA of South Hampton Roads is a nonprofit, community-based health and human services organization that serves over 200,000 children and families each year. More than 19% of those families receive financial assistance through the Open Doors program, helping them achieve their full potential in spirit, mind and body. The YMCA's doors are open to people of all ages, backgrounds, abilities and incomes.

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