



# Greenbrier Family YMCA

## MARCH 2010

### Activities Calendar

Sunday 11:00am - 7:00pm	Monday 5:00am - 10:00pm	Tuesday 5:00am - 10:00pm	Wednesday 5:00am - 10:00pm	Thursday 5:00am - 10:00pm	Friday 5:00am - 10:00pm	Saturday 8:00am - 7:00pm
*indicates that program requires registration and is an additional fee. Please see Member Services for more information.	<b>1</b> <b>Y-Change II</b> 11:00am  <b>Y-Change</b> 7:00pm  <b>Crash Course Into Sports*</b> Mondays/Wednesdays 10:00am	<b>2</b> <b>Zumba</b> Tuesdays 11:00am  <b>CPR/First Aid Training</b> 6:00pm*	<b>3</b> <b>Y-Change</b> 6:00pm  <b>Cardio Circuit</b> Wednesdays 6:00pm	<b>4</b>	<b>5</b> <b>AOA Movie</b> 12:30pm  <b>Cycle &amp; Strength</b> Fridays 6:00pm  <b>Family Movie Night</b> 6:45pm	<b>6</b> <b>Tai Chi</b> Level I 10:45-11:45am Level II 12:00-1:00pm  <b>Parents' Night Out*</b> 6:30pm
<b>7</b>	<b>8</b> <b>Kids Yoga II</b> Mondays/Wednesdays 3:30pm  <b>Y-Change</b> 4:30pm	<b>9</b> <b>Kid Fit II</b> Tuesdays/Thursdays 3:30pm  <b>Ballet*</b> 12:00pm (2-3 yr. olds) 1:00pm (4-5 yr. olds) 4:00pm (6-8 yr. olds)	<b>10</b>	<b>11</b> <b>Little Tumblers*</b> 5:00pm (2-3 yr. olds) 6:00pm (3-5 yr. olds)	<b>12</b> <b>Zumba</b> Fridays 11:00am  <b>Ballet*</b> 12:00pm (2-3 yr. olds)	<b>13</b> <b>Youth Soccer Starts*</b> Pre K—2nd grades  <b>Middle School Madness*</b> 7:30pm
<b>14</b>	<b>15</b> <b>Guitar Lessons*</b> Mon/Wed/Sat	<b>16</b> <b>Y-Change</b> 8:30am	<b>17</b> <b>Y-Change</b> 11:00am	<b>18</b> <b>AOA Lunch</b> 12:30pm	<b>19</b>	<b>20</b> <b>Parents' Night Out*</b> 6:30pm
<b>21</b> <b>Yoga Master Class</b> Yoga for Athletes 1:15-2:45pm Ages 13 & up	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b> <b>Walking Y-Change</b> 9:00am	<b>30</b> <b>Y-Change II</b> 8:30am	<b>31</b>	<b>Card Club</b> 2/22 Ages 21+ 12:30pm		



## DESCRIPTION OF UPCOMING EVENTS

**Y-Change**-Join our 6-week program and gain the confidence and knowledge you need to help meet your fitness goals. For more information please see the Membership Services Desk. Sessions begin Monday March 1 @ 7pm; March 3 @ 6pm; March 8 @ 4:30pm; and March 17 @ 11am. A Walking Y-Change session starts March 29 @ 9am. Y-Change II will start March 1 @ 11am and March 30 @ 8:30am.

**Crash Course Into Sports**—an exciting introduction to a variety of sports such as basketball, soccer, t-ball and flag football. The focus is on skill development, character and team building and most of all, fun. For ages 3-5. The next session starts on March 1 and meets Mondays and Wednesdays at 10am.

**AOA Movie**-Join us for "Get Smart," starring Steve Carrell and Anne Hathaway, on March 5 at 12:30pm. Popcorn will be provided. Bring a snack to share.

**AOA Lunch**-Join us for our monthly luncheon on Thursday, March 18 at 12:30pm. We will meet at the Kelly's Tavern located on Battlefield Blvd near the Great Bridge Bridge. Please bring money for lunch and tip.

**Family Movie Night**— Bring your family to the YMCA and watch "Monsters vs. Aliens" with us on Friday, March 5 at 6:45pm. Popcorn is provided, but bring blankets to sit on.

**Parents' Night Out**-Let us hang out with the kids while you enjoy a night on the town! 2 1/2-12 year olds are welcome. Cost is \$8 per child, members only. March 6 & 20 from 6:30-9:30pm. The themes are "Feeling Lucky?" and "Spring Fever".

**Middle School Madness**-A night set aside for middle-schoolers to have fun at the YMCA. Activities include: games, swimming, basketball, crazy contest, movies, hanging out with friends and much more. This program is open to all middle-schoolers ages 11-14 on March 13. Cost is \$6 for members; \$8 for potential members.

**Little Tumblers**-Preschool activities increase your child's coordination, muscle development and social skills. Teachers use a variety of child-size equipment, games, music and toys to make the activities highly appealing. 2-3 year olds meet on Thursdays starting March 11 from 5-6pm and 3-5 year olds meet at 6pm. Cost is \$40 for members; \$50 for potential members.

**Ballet**-Learn the art of ballet in an 8-week, small class setting. Classes start March 9 at 12pm for 2-3 year olds, 1pm for 4-5 year olds, and 4pm for 6-8 year olds. 2-3 year olds can also meet March 12 at 12pm. \$86 for members; \$106 for potential members.

**Youth Soccer**-designed to teach the basic skills of soccer to children who have never played the game and improve the skills of those who have. Focus will be on ball control, rules and regulations of the game, team work, sportsmanship and fair play for all. Open to all Pre K through 2nd grades. Practices and games start Saturday, March 13 at 10am. Cost is \$61 for members; \$81 for potential members.

**CPR/First Aid Training**-Students will learn basic CPR skills for adults, children and infants. For First Aid, students will learn the 4 modules related to first aid emergencies: General Principles, Medical Emergencies, Injury Emergencies and Environmental Emergencies. This is an American Heart Association Heartsaver CPR Course. March 2 from 6 to 9pm. Cost is \$50 for members; \$75 for potential members.

**Kidfit II**-Combines interactive and fun games with organized physical activity for youth ages 6-8. Tuesdays and Thursdays at 3:30pm.

**Kids Yoga II**-Ages 6-8 can learn basic yoga concepts with interactive fun and games. Mondays and Wednesdays at 3:30pm.

**Card Club**-Join us for card games on the fourth Monday of each month from 12:30-2:30pm. Games will vary each month. This activity is free for members ages 21 and up. Mark you calendar for March 22 to come out and play.

**Private Guitar Lessons**-One-on-one guitar lessons for all levels, beginner to advanced. 8-week, 45-minute sessions, with a recital at the end. Choose from Mondays or Wednesdays from 5-8pm, or Saturdays 9-12pm. Cost is \$120 for members; \$145 for potential members.

**Yoga Master Class**-Yoga for Athletes. Yoga can enhance your sport performance, learn how during this class. All levels welcome. Sunday, March 21 from 1:15-2:45pm in the large group exercise room. For ages 13 and up, please. ChildWatch is available during this time.