



Greenbrier Family YMCA January 2012

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACTIVITIES CALENDAR

Sunday 11-7pm	Monday 5am-10pm	Tuesday 5am-10pm	Wednesday 5am-10pm	Thursday 5am-10pm	Friday 5am-10pm	Saturday 8am-7pm
1 Birthday Party* Schedule Yours Today!	2 Knitting & Crocheting 12:30pm-2pm	3 New !! Y-Change 8:30am Moms' Morning Out* 9am-12pm	4 AOA Basic Spanish Class 12:15pm-1:00pm H.Y.P.E 12-2	5 Moms' Morning Out* 9am-12pm Pilates 5:30pm	6 Zumba 7pm AOA Movie 12:30pm "The Help"	7 Yoga 8:30am Starter Cycle 9:45am
8 Level 2 Cycle 11:15am Zumba 3:00pm	9 New!! Latin Splash 12:30pm New !! Y-Change 6:00pm	10 Moms' Morning Out* 9am-12pm Y-Change Family 6:30-7:30pm New!! Powercut 7:00pm Starts Tonight!	11 AOA Basic Spanish Class 12:15pm-1:00pm New!! Latin Splash 12:30pm Y-Change 11:00-12:00pm New! 20-20-20 6:00pm	12 Moms' Morning Out* 9am-12pm Kid Fit II 3:30pm New!! Body Design 7:05pm Starts Tonight!	13 Zumba 7pm Starter Waterfit 11:30am	14 Pilates 9:45am Zumba 10:45am Parents Night Out 6:30 pm—9:30 pm New Year's Party
15 Y-Change 11:00-12:00pm New!! Yoga 11:15am Starts Today!	16 Holiday Camp 7:30am-6:00pm New !! Y-Change 11:00am	17 Moms' Morning Out* 9am-12pm H.Y.P.E 12-2 Kid Fit II 3:30pm	18 AOA Basic Spanish Class 12:15pm-1:00pm New Teen Y-Change 7:00pm New! 20-20-20 6:00pm	19 Moms' Morning Out* 9am-12pm New!! Aqua Zumba 11:15am Starts today!! Moms' Book Club 8pm	20 Multi Level Cycle 6:00am Zumba 7pm	21 20-20-20 OR Level I Step 8:30am Starter Cycle 9:45am
22 New!! Yoga 11:15am Zumba 3:00pm	23 Knitting & Crocheting 12:30pm-2pm New! Kids Y-Change 4:30pm	24 Moms' Morning Out* 9am-12pm H.Y.P.E 12-2pm	25 AOA Basic Spanish Class 12:15pm-1:00pm New! AOA Y-Change 11:00am H.Y.P.E 12-2pm	26 New!! Y-Change 6:00pm Moms' Morning Out* 9am-12pm New!! Body Design 7:05pm	27 Holiday Camp 7:30am-6:00pm Multi Level Cycle 6:00am Starter Waterfit 11:30am	28 Powercut 9:30am Zumba 10:45am
29 Level 2 Cycle 11:15am Zumba 3:00pm	30 Holiday Camp 7:30am-6:00pm Knitting & Crocheting 12:30pm-2pm H.Y.P.E 12-2pm	31 Moms' Morning Out* 9am-12pm Kid Fit II 3:30pm			*indicates that program requires registration and is an additional fee. Please see Member Services for more information.	Set up a NEW FitQuest appointment and see the benefits of a Healthy Lifestyle.



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. **Y-Change** start dates are listed on front page.

Y-Change Kids starts January 23rd at 4:30pm.

Parents' Night Out: "New Year's Party" -making crafts, snacks, and fun,. 2 1/2-12 yr. olds are welcome.
January 14th, 6:30-9:30pm.

Kid Fit II - Interactive physical activities and games that are FUN for children ages 6 to 8 years of age.

Knitting/Crocheting - Come and learn how to knit or crochet with wonderful company. This is free and meets every Monday at 12:30pm.

AOA Basic Spanish Class - Learn basic Spanish in the class for all active older adults!

AOA Movie: January 6th at 12:30. The movie this month is "**The Help**". Feel free to bring your own snacks and beverages.

AOA Speaker: January 25th, 12:30-1:30. Join us for an informative afternoon with Tina Waring from Sentara Health Services. She will speak about the health and wellness services available to Chesapeake Seniors. Snacks will be provided.

AOA Lunch: January 18th at 12:30. Come enjoy lunch and socialize with other members. We will meet at the El Loro restaurant at 801 Volvo Parkway.

Birthday Party -Sign up with Belinda Clemons for a birthday event your child will love. Members & Non-Members cost varies.

H.Y.P.E (Homeschool YMCA Physical Education) - Taught by trained and qualified staff, homeschool Physical Education classes focus on education and exercise. Open to both members and non-members. All participants must be homeschooled students between the ages of 6 and 12 years old. Participant's parent must remain on YMCA premises during classes. FREE for members. \$40 for potential members.

Mom's Book Club - This program will meet every 3rd Thursday of every month. Enjoy 1 hour of fellowship with other moms. We will pick a book each month and discuss it the following month. Child care will be provided to members. FREE to all members. The book this month is "The Last Song".

Kids in Motion - Come join us for a fun and exciting class! Participate in group exercises, games, singing, introduction to tumbling, dancing, and more. Set in a small class environment.

Moms' Morning Out - This a half day, Tuesday and Thursday, school year, child care for children ages 3-5 who are potty trained or who have begun potty training. This state licensed program provides a developmentally appropriate, hands on learning environment through the use of blocks, dramatic play, art, music, and outdoor play. The children's days are enriched with play and activities that promote healthy habits as well as social, moral and spiritual development.

Holiday Camp - January 16, 27, and 30. 7:30am-6pm. This is a fun, full-day program offered on selected school holidays and teacher workdays. Each day begins with an exciting and entertaining morning assembly. In the mornings they will participate in various games, sports, and specialty activities. Each afternoon they will go swimming, have arts and crafts time, and a large group special event. Ask member services for more details.