



Indian River Family YMCA

SEPTEMBER 2011

Activities Calendar

SUNDAY 11 am – 6 pm	MONDAY 5:30am – 9:30pm	TUESDAY 5:30 am – 9:30pm	WEDNESDAY 5:30 am – 9:30pm	THURSDAY 5:30 am – 9:30pm	FRIDAY 5:30 am – 9pm	SATURDAY 8 am – 7pm
<p>Working out is so much more fun with a friend! Do you have a friend who is thinking about joining the Y? Now is the time to have them join and help them save money. If they join between September 5th-22nd, we will waive the joining fee for them. That is a savings of up to \$75!</p>				1	2	3
4	Labor Day Pool Party Center Hours (7am-2pm)	2011/2012 School Year Begins	Kempsville Chiropractic 5-8 pm	8	9	10 Stars and Stripes Indoor Triathlon
11 The Y remembers 9/11	'11-'12 Leader's Club Parent/Teen Meeting Swim Lessons Begin	'11-'12 Lady Leaders Parent/Child Meeting Swim Lessons Begin Kempsville Chiropractic 5-8 pm	Karate Begins	15 Kempsville Chiropractic 8:30-12 pm	16 Parent's Night Out	17 Y Soccer Begins
18	19	20 Y-Change Begins	21	22 Kempsville Chiropractic 8:30-12 pm Last Day to become a member and save.	23	24
25	26 Y-Change II Begins	27 Kempsville Chiropractic 8:30-12 pm	28	29	30	

Do you have a born leader in your family?

Members of the Leaders Club develop leadership skills through training in physical education, in working with children, and in learning to work with a team of like-minded teens committed to their community. During the year, Leaders will take part in regular meetings, training events, trips (rallies, ski trip, mission trip, service weekends), volunteering and fellowship. (6th -12th graders). Lady Leaders is available for girls ages 7-11, and will start them on the path to becoming strong leaders. For more information, contact

Stars and Stripes Indoor Triathlon

This patriotic themed indoor event is perfect for first time or seasoned Tri-athletes! The event will include a 500 yard swim, a 30 minute ride on the spin bike, and a 3 mile walk/run and will begin at 11:00am. Help the Y remember the 10 year anniversary of September 11th by wearing your red, white, and blue. This event is free to members but requires pre-registration. For any questions you may have or to register for this event, please



DESCRIPTIONS OF UPCOMING EVENTS

Enrollment open for 2011/2012 Child Care at the Y:

The Indian River Y offers Before and Afterschool child care for children in grades K-8th. The Salem site offers Before and After School programs for children in grades K-8th as well as a full day Preschool and pre-Kindergarten program for 3 and 4 year olds. For a list of schools that we service please pick up a child care brochure from the member services desk. For information please contact Karla Creque (Indian River Child Care Programs) 757.366.0488 or Christie Williams (Salem Child Care Programs) 757.471.9622.

September: Labor Day Pool Party

Come out as a family and enjoy fun and games in the pool. Enjoy the last summer holiday as a family and relax in our pool before school starts. Prior registration is required and can be done at the member services desk or online.

Time: 11:00am-1:00pm

September 14: Karate Begins

This course is designed for SELF-DEFENSE purposes emphasizing SAFETY AWARENESS. Self discipline rather than aggressiveness is promoted. A certified Black Belt will instruct various basic Karate, Self Defense & Forms.

Time: 7:00-8:00pm (Beginner) 8:00-9:00pm (Advanced)

Cost: \$45 (members) and \$75 (non-members)

We are building our "Fan" base on Facebook!

Make sure you "like" the Indian River and Salem Family YMCA on Facebook for extra information regarding programs. If you are already a fan, please suggest our page to your friends, and get the first scoop on all of our programs, as well as some great tips to keep you healthy.



Chair massages from Kempsville Chiropractic

Kempsville Chiropractic will be located in our lobby to provide our members with free chair massages and spinal screenings as well as to provide you with more information about their practice.

Check with Member Services for dates and times.

September 16: Indian River Parent's Night Out

Sign up for Parent's Night Out and let us entertain your children while you spend an evening out on the town! The kids will spend time participating in crafts and a movie. A light snack will be provided. Please stop by the Member Services Desk to register. *Registration closes Thursday September 15th.

Time: 6:30pm-10:00pm. Ages: 3 1/2-12

There is no cost for this program.

September 17: Y-Soccer Begins

Y Soccer is 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. YMCA core values will be emphasized throughout the season. Practices and games will take place at Providence Friends Evangelical Church.

Dates & Times: Practice on Mondays from 5pm-8pm and games on Saturday mornings from 9am-10am

Cost: Member \$55 Non Member \$80

Ages: 5-6

Celebrate an upcoming event at the YMCA!

Does your child have a birthday or special event coming soon? We are also offering party space for bridal/baby showers. We have the facilities and activities for your special day.

For specific dates and times, please contact Jennifer Rodriguez at 757.366.0488 or by email, jrodriguez@ymcashr.org. We require a two week notice for scheduling.

YMCA of South Hampton Roads We Build People Annual Campaign



Did you know the YMCA is a non-profit organization?

The mission of the YMCA is to put Judeo-Christian principles into practice through programs that build a healthy spirit, mind and body for all. Through contributions to our *We Build People* annual giving program, we have the opportunity to ensure no one is turned away due to inability to pay for YMCA facilities/services.

To make a donation to our annual campaign, please call 366-0488.

Y-Change Programs

An experienced, committed and motivated Y-Change Coach will lead you on a 6-week journey toward healthier habits, giving you the confidence and knowledge you need to positively change your lifestyle.

Upcoming Y-Change Session Dates

***Y-Change**

Starts: Tuesday 9/20-10/29

(T, Th, S)

9:30am-10:45am

***Y-Change II**

Starts: Monday 9/26-11/4

(M, W, F)

9:30am-10:45am

Sign up at the Member Services Desk!