

# IN THE LOOP



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

SPRING 2019 • QUARTERLY NEWSLETTER



## Y AFTERSCHOOL COMES TO BCISD!

NEW this year, we will be offering Y Afterschool for BCISD! Y Afterschool will cover care 5 days a week, including teacher in-service and early release days. The Y Afterschool program will take place at the school sites and is being offered for RJ Richey, Shady Grove, and Bertram Elementary.

Each day the students will receive a snack and participate in activities such as crafts, top chef, stem, and more!

We are so excited to bring this program to the students at BCISD for the 2019–2020 school year. Registration is currently open, please stop by the YMCA to reserve your kiddos spot today!

### YOUTH DEVELOPMENT

Did you know that **swim lessons** began at the YMCA? We believe swimming is a critical life-saving skill. We offer swim lessons year-round, along with our Safety Around Water program. Our goal is to ensure all children are safe around water this summer!



### HEALTHY LIVING

Have you taken advantage of the **FastForward Fitness** program? The YMCA is making fitness easier for you! This program is powered by ActivTrax technology and acts as a virtual personal trainer by providing full workouts, meal planning, and even grocery lists. Take FastForward Fitness for a test drive today and schedule your FREE appointment with a Trainer.



### SOCIAL RESPONSIBILITY

Did you know... 100% of the money raised through special events and partnerships like, **Empower the Community Partners**, goes directly back to provide assistance to our community and to support programs such as: Youth Sports, Military Support Camps, Swim Safe, Afterschool and more! As our community grows at a rapid rate, so does the need for financial assistance. Our goal is to never turn someone away due to their inability to pay. We could not meet the needs of our community without the support of our partners.





## YOUTH SPORTS

**Fall Youth Sports** registration is now open! Fall Youth Sports League runs September 9<sup>th</sup> –November 16<sup>th</sup>. Early-bird pricing is happening until August 17<sup>th</sup>. Register early and save!

This season our **4U Soccer** program will be 6-weeks only! Come check out the new pricing and program structure.

New for Fall! Kids ages 5–8 can learn important fundamentals for Basketball that will take them to the next level. On Mondays, **6U Basketball** will play at 5:30pm, followed by **8U Basketball** at 6:30pm!

## GYMNASTICS & DANCE

New morning gymnastics classes are now up and running! We are currently offering Intro to Gymnastics on Tuesday mornings at 10:30am and Parent/Child Gymnastics on Thursdays at 10:30am.

Intro to gymnastics will focus on large motor skills and basic gymnastics movements with age-appropriate instruction. In Parent/Child classes the instructor will work with the parent to help the child improve large motor skills, coordination, social development, and preschool level gymnastics movement. Both

classes are a fun opportunity to develop positive self-esteem and cognitive development! Register in the branch today!

Let your imagination soar this summer while you move your body, learn new skills, and make new friends in Dance classes at the Y! Join us for Intro to Dance, Beginner Ballet, or Beginner Tap. Summer and Fall sessions are currently registering. Stop by the branch to learn more!

## FITNESS

**Oscar Mike** is a team-based fitness program that fosters the spirit of overcoming obstacles unsurmountable alone. The goal is to not only improve your physical fitness, but to show you how to fight your daily battles and keep moving forward regardless of victory or defeat. Driven by a joint purpose, participants find themselves working to overcome their personal limitations with the help of their team. You will learn what you are capable of by having the opportunity to challenge yourself in ways you can't imagine. Come be a part of something bigger than yourself, defeat your limits, and face your fears. Summer 1 Session of Oscar Mike was amazing! Don't

miss out on the next session beginning July 8<sup>th</sup>! We have morning and evening options. No excuses! Register in the branch today.

Do you need more than just the weight room to get motivated? Our **Boot Camp** is designed for maximum calorie burn in the shortest amount of time. We want to get you fit, healthy, challenge your mind and body, and most importantly make fitness fun! Start your morning off right with Boot Camp on Monday and Wednesdays at 5:30am or Fridays at 6pm. Register in the branch today!

Don't let your kids miss out on the chance to improve their strength and conditioning this summer. Register for our **Youth**

## CHILD WATCH

Summer Camp is filling up FAST! Sign up today at the branch or online! Make sure to bring shot records when registering. Don't forget to enrich your campers experience with our six additional add-ons: Swim Lessons, Top Chef, Grit Fit, Gymnastics, Dance, and Basketball. Call us or stop in the branch to find out more information. You don't want your child to miss the best summer ever at the YMCA!

Summer Kids Night Outs and Free Family Fridays are even better! Summer means... WATER! Make sure to bring swimsuits, sunscreen, and a towel for all those that want to participate. We will be having fun in the sun! July 12<sup>th</sup> is Free Family Friday from 4–8pm and July 27<sup>th</sup> is our Kids Night Out from 3pm–8pm! Add an additional hour to either for only \$5! Sign up online ([ymcagwc.org](http://ymcagwc.org)) or at the Y today!

**Functional Fitness class** this summer. Kids ages 10–15 years old can come and get the extra work they need to be above the rest come Fall!

**Group Exercise classes are FREE** to YMCA Members. Come try a class with our Smart Start option! This allows you to try any Les Mills class and leave after 20 minutes while you work your way up to staying for the entire duration of the class. The Group Exercise Schedule can always be found on our website [ymcagwc.org](http://ymcagwc.org).

## AQUATICS

Every day in the United States, 3 children lose their lives to drowning incidents. Help us sink the statistics! With formal Swim Lessons, the risk of a child drowning is reduced by 88%.

Help us lower the statistic on drowning and help your child learn to swim and be safe around water this Summer! Swim Lessons at the Y happen year-round, so get a jumpstart on this life-saving skill and join us this month. Registration is currently open online or in the branch.

