

# IN THE LOOP



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

FALL 2019 • QUARTERLY NEWSLETTER

## YOUTH DEVELOPMENT

Did you know that volleyball was invented at the YMCA? William G. Morgan invented the sport in 1895 in the YMCA of Holyoke (Massachusetts) Gymnasium while being the Director of Physical Education. Volleyball is now one of the big five international sports and is part of the YMCA Youth Sports Program. Winter Youth Sports early-bird registration begins October 12th!



## HEALTHY LIVING

Join us in our NEW Hearty Habits class beginning this fall! This weekly class supports healthy habits to overcome heart and lung disease. The program is designed and supported by experts with Ascension Seton and YMCA of the Highland Lakes.



## SOCIAL RESPONSIBILITY

Remember the YMCA Promise is that no one is turned away due to the inability to pay here at the YMCA. If you or your family is in need of our services but cannot find it in the budget, please inquire at the front desk about Financial Assistance. We are dedicated to helping and serve our Community.



## FITNESS

**We will be launching all NEW Les Mills choreography and music in all Group Exercise classes on Saturday, October 19th.** 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.

Have you tried out our Boot Camp yet? Start your morning off right with a 5:30am class Monday and Wednesday or close the week out with our Friday 6:00pm class. Your first class is FREE!

Not a morning person? Work ends late and can't make it to regular Group Exercise classes? Stop in on your lunch break for Lunch & Crunch! Tuesdays and Thursdays 12:15pm - 12:45pm.

The YMCA is making fitness easier for you! FastForward Fitness is powered by ActivTrax technology and acts as a virtual personal trainer by providing full workouts, meal planning, and even grocery lists all on your phone. Take FastForward Fitness for a test drive today and schedule your FREE appointment with a Get Fit Coach. All you need to do is stop by the front desk to get started. The best part is this virtual trainer is FREE for Y Members!

Need some more motivation or accountability? Schedule a Personal Training Session with one of our Certified Personal Trainers and get the results you are looking for!



## GYMNASTICS & DANCE

**We are offering new classes for our dance program!** Sign up now for our Beginner Hip-Hop classes for ages 6-9 years old, and our Intro to Dance classes with a Hip-Hop vibe. Both classes will offer age-appropriate music combined with fun dance skills!

Gymnastics classes are in full swing for Preschool and School-Age children. We have a large variety of options to fit everyone's schedule. Choose one

or two days a week, 6-week session options or year-round autopay. We also have multiple classes to accommodate for many different skill levels. Register online or in the branch today!

What could be more fun than a weekend full of flips, jumps, and twirls? Join us for our Annual Gymnastics & Dance Overnight at YMCA Camp Twin Lakes on December 13th & 14th. Early-bird registrations ends November 16th.

## FALL YOUTH SPORTS

**Fall sports are in full swing at all YMCA locations!** Winter Youth Sports early-bird registration will open on October 12th! Register before December 7th to receive early-bird pricing and special request deadline.

**We are in need of Volunteer Coaches!** If you are interested, please pick-up an application at your locations front desk.

**Be sure to follow us on Facebook and Instagram for all the news and alerts!**



## AQUATICS

**We are hiring!** Part-time Lifeguards and Swim Instructors are needed. Apply online today at <https://ymcagwc.recruiting.com/>.

School might be back in session, but that doesn't mean that the fun has to end! Don't forget the YMCA offers swim lessons year-round. Keep improving your skills so you are prepared for next summer! We offer 4-week sessions during the school year in the afternoons two days a week. Your child will continue to progress with each of the eight classes in the session!



## Y AFTERSCHOOL

Afterschool is kicking off to a great start! We provide care at the three BCISD elementary schools until 6:00pm. Sign your kiddos up quickly as we are filling up super-fast!

Afterschool participants will get a snack, homework time, and enrichment play every day. We provide care Monday through Friday, early release, and even on teacher in-service days! Register at the branch front desk today!



## CHILDWATCH

We have Kid's Night Out happening October 19th! Don't let your kids miss out on a Pre-Halloween Party! The kiddos are encouraged to dress in their Halloween costumes as they will have a mini Halloween themed party! Same time as always, 3pm to 8pm with an option to make it a long night out until 9pm for only \$5 extra! Sign up at the branch or online today!

What better way to celebrate your Birthday than with the YMCA? We offer a variety of party themes from Nerf War to Gymnastics and Dance, and even Dodgeball or Superhero! Let us set up and clean up so that you can simply enjoy your time celebrating your kiddo. Learn more in the branch today!