

IN THE LOOP

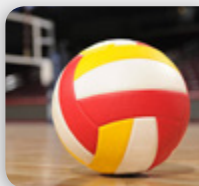


FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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!



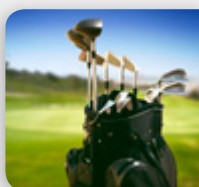
HEALTHY LIVING

SilverSneakers is a FREE fitness program for seniors that's helping millions of people on Medicare defy the odds, shatter stereotypes and answer every challenge with, "I can do this!" The YMCA is proud to partner with this program and keep our seniors active and healthy through classes daily and social events. Talk to our front desk staff today to learn more!



SOCIAL RESPONSIBILITY

Thank you to CHASCO Constructor, our presenting sponsor of CHASCO Outlaw 18, 15th Annual Golf Tournament and Texas Materials, our presenting sponsor of Casino Night! Thanks to both of these partners our events were a huge success in September! Their continued support allows us to provide programs to our community that focus on youth development, healthy living, and social responsibility.



PARDON OUR PROGRESS

Attention YMCA Members! We have some very exciting things happening in the YMCA of Greater Williamson County starting over the next few months. Our much-loved facilities in Round Rock and Cedar Park have provided countless hours to millions of people in our communities over the years, but it is time for a little facelift so that we can be our best in our mission to serve all. They say, "anything worth doing, is worth doing right" so please pardon our progress as we complete a few phases of renovations and new amenities that will enable the Y to provide even more for a better us. We have a tiered plan for the different areas that will be undergoing the improvements and we will communicate the progress of our plan on our website, facebook pages, and email. Stay tuned for announcements about these exciting projects and don't worry, we will remain open with normal hours! Feel free to reach out to us with any questions or concerns!

What you can look forward to:

- NEW Lobbies and Coffee Bars**
- NEW Lilliput Playhouses in ChildWatch**
- NEW Birthday Party Rooms**
- NEW Men's and Women's Steam Rooms and Social Spaces**
- Refreshed Men's and Women's Locker Rooms**
- Virtual Aerobic Studio**



FITNESS

All YMCA of Greater Williamson County branches will launch NEW Les Mills choreography and music on Saturday, October 19th.

The new fall Group Exercise Schedules have been released! Be sure to pick up a copy at your branch or visit our website ymcagwc.org. 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.

BARRE is now being offered at CHASCO and Hutto Family YMCA! Barre classes mix elements of Pilates, dance, yoga and functional training, and the moves are choreographed to motivating music. In each energizing and targeted workout, you'll use the barre and exercise equipment such as mini-balls and small hand weights to sculpt, slim and stretch

your entire body. Please check your branch Group Exercise Schedules for days and times.

Fall fitness session 2 classes will begin the week of October 20th! Registration opens October 13th online and in the branches. Register early, spots are limited.

Teens N Training is a teen fitness program that teaches participants (9-13 years old) how to properly use the fitness equipment, proper etiquette, form and nutrition. Participants who pass the course will be allowed to work out with a parent or guardian on the fitness floor.

Exciting NEW program Jiu Jitsu is now at the Hutto Family YMCA. Coach Rich comes to us from Indiana with over 10 years of experience. Classes are being offered Wednesday and Friday evenings at our Hutto location. Visit ymcagwc.org to register or for more information.



Y AFTERSCHOOL

It's Yankee Candle time! Afterschool is currently having our annual Yankee Candle fundraiser until October 11th for the YMCA Annual Campaign. Purchase from any Y Afterschool participant and help give back. All funds raised will help provide scholarships for programs at the Y, such as Y Afterschool.

Turkey Day Out full day childcare will be offered for the Wednesday before Thanksgiving, November 27th. Be on the lookout for registration opening this month.

Our full day Holiday Camp will open for registration at the end of October. Camp will be offered during the Christmas Holiday break. Stay tuned for more details to come!



CHILDWATCH

YMCA Members, do you take advantage of Free Family Friday? The YMCA will provide childcare one Friday a month to members for FREE! Your kiddos will get to enjoy an evening of fun, while you enjoy dinner and a few hours to yourself. *Limited to one Family Friday per YMCA Family Member per month.

Mother's Day Out is in full swing at our Hutto and Twin Lakes Family YMCA locations. This is a half-day program on Tuesday and Thursday mornings for ages 6 weeks – 5 years old. Mother's Day Out follows curriculum that promotes language, cognitive, physical, creative art and social emotional development. Register at the front desk today!



ACTIVE OLDER ADULTS

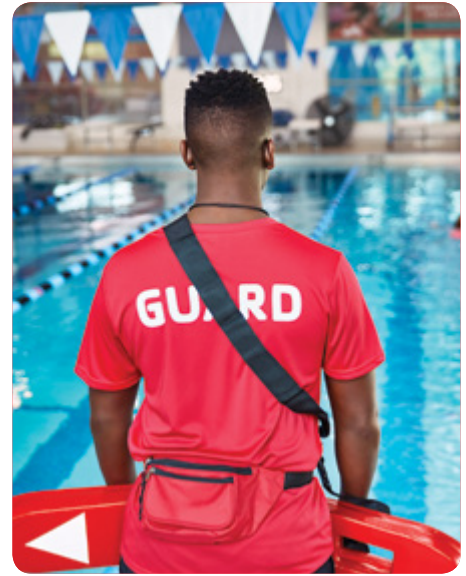
Our Active Older Adults program at the YMCA is one of the largest and fastest growing programs at the YMCA of Greater Williamson County. We offer a variety of fitness and health programs along with monthly gatherings to meet new friends and create a community at the Y! Join us for one or all of our upcoming events at Hutto, CHASCO, Twin Lakes or Georgetown Family YMCA. Please check the website for the monthly Senior Newsletter to view the calendar of events or call the branch today.



GEORGETOWN

Georgetown Family YMCA has a variety of new programs being offered this school year! From afterschool fun to senior activities, youth sports, yoga, and so much more! Check out our Program Guide online or pick one up in the branch today.

A huge thank you to Georgetown Seeds of Strength. Seeds of Strength provided us the funding to help create a summer of fun for over 25 middle school students this year!



AQUATICS

We are hiring! Full-time and 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!

YMCA CAMP TWIN LAKES

Overnight Summer Camp is now registering for summer 2020! Reserve your spot early and receive early-bird pricing.

Join us for our Fall Fun Day on October 19th from 8:30am-5:00pm at YMCA Camp Twin Lakes! We will have fun activities for the whole family. Be sure to check our Facebook page for more details and updates on all the things happening at camp!

Thanksgiving Holiday Camp is coming up on November 25th- 27th. Registration will be opening soon! Limited spots available, please register early.





PRESCHOOL AT THE Y

All of our renovations are complete! We are super excited about all the new furniture, activities, and fun that is happening at the Preschool! Come check it out and take a tour if you have not already.

We have had a great start to enrichments with soccer, creative dance and movement, swimming, and gymnastics. Visit with the front desk for more information on these add-on options.

Preschool at the Y is still currently enrolling 8 weeks – 5 years old for the 2019–2020 school year. Stop by during business hours to meet Phil our Director and take a tour of the facility.

GYMNASTICS & DANCE

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.

Preschool Intro to Gymnastics classes are now registering for the next 6-week session beginning the week of October 22nd. CHASCO Family YMCA is now offering a NEW 3-week mini session Saturday class. Learn more at ymcagwc.org.

Intro to Dance is now registering for Twin Lakes and CHASCO Family YMCA locations. Check out more on our 6-week dance programs at ymcagwc.org.

The year-round Dance and Gymnastics programs are currently enrolling for the 2019–2020 school year at Twin Lakes and CHASCO Family YMCA! Register online or in the branch today.

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 location's front desk.

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

ASSOCIATION UPCOMING EVENTS

OCTOBER 19th (3PM-7PM)

HALLOWEEN AT THE Y
Twin Lakes Family YMCA

OCTOBER 24th (3PM)

SMALL BORE POKER SHOOT
presented by Navcon Group

OCTOBER 25th (8AM-1PM)

BREAK THE BIRD CLAY SHOOT
presented by Navcon Group

NOVEMBER 10th (8AM)

**24TH ANNUAL CEDAR PARK 5 MILER,
5K & KIDS 1K**
Twin Lakes Family YMCA

NOVEMBER 19th (11:30AM)

INSPIRATIONAL LUNCHEON
Hutto Family YMCA

NOVEMBER 21st (11:30AM)

INSPIRATIONAL LUNCHEON
CHASCO Family YMCA

NOVEMBER 29th-

DECEMBER 10th

BIDS FOR KIDS
All Branches

DECEMBER 3rd

GIVING TUESDAY
All Branches

DECEMBER 7th (10AM-1PM)

COCOA & COOKIES WITH MRS. CLAUS
Twin Lakes Family YMCA

DECEMBER 14th (10AM-1PM)

**CHRISTMAS DREAMS & SNOWY
THINGS**

CHASCO Family YMCA

