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FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THE FAMILY YMCA



CHECK OUT WHAT'S HAPPENING AT YOUR Y! MAR/APR 2012

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Special Reminders



MEMBER EVALUATION!

YOUR OPINION MATTERS AT THE Y!

We pride ourselves on providing a clean, safe, friendly, and encouraging atmosphere, as well as quality programs that can be enjoyed by all.

We need your help to decide what Y benefits are the most important to our members.



We would like each of our members to complete the Member Satisfaction Evaluation!



Iris Street Construction!

For the safety of all Y members and guest please remember to enter and exit the YMCA through the designated locations.

Iris St. is one way, do not enter the YMCA through the Iris Street entrance, please only use Iris St. to exit the YMCA.



We understand that getting into the parking lot can be difficult due to the construction however, we must ask that you

Do Not Park in the Bradbury parking lot located across the street between the hours of 7am to 5pm.

The lot may be used after 5pm however, please use discretion as there are some businesses that are operating after these hours.

[Please click here to be directed to the evaluation](#)

STRONG KIDS CAMPAIGN KICKOFF

Join our annual STRONG KIDS campaign. It's FUN and EASY

**Campaign Kickoff Training
March 15, 5:30 pm
at the Hilltop House Hotel**



You will learn successful fundraising techniques, receive training and 3-5 pledge cards. If you have questions please contact

Emily McGay, Campaign Chair, 505-412-8143

Y-CAMP

Registration begins April 9th

The fun starts at 7:30am and goes till 5:45pm at our elementary-school base camp. Kids rotate with their age group into half-hour specialty stations such as the imagination station, science, fine arts, cooking, sports, and performing arts. Y Camp includes two healthy snacks each day, frequent nature hikes, swimming, indoor rock climbing, Zumbatomics and a whole lot more!



Register between **April 9th and May 6th** and your \$25 registration fee will be waived!

iCARE Summer Program

Registration begins April 9th

iCare Adventures

(Ages 5-11)

Outdoor-based Camp held June-July Led by environmental educators, youth are encouraged to explore and expand their understanding of ecological systems and sustainable practices in a fun,





ZumbAtomic

Kids can't wait to get into the Zumbatomic groove!

Wednesdays

2:15-3:00 pm

Free to Youth

Ages 6-12



Hip Hop Kids Clinic

Boys and Girls

ages 8-13

Tuesdays

4 pm - 5 pm

6 classes

Mar. 13, 20, 27

Apr. 10, 17, 24

Kinderkick Soccer

(Ages 4 & 5)

Practice and games

2x/week

Register:

Jan 23-April 2

Season:

April 16-May 25

Freestyle Wrestling

(Ages 9-18)

Tues and Thur

4 pm - 6pm

Register:

Mar 7-Apr 4

Season:

Apr 10-May25

TNT Track and Field

Ages 10 & up

Competitive program.

Register:

Feb 25-Apr 5

Season:

Apr 10-May 31

Youth Flag Football

Ages 6-12

Sundays

Register:

Mar 12-Apr 22

play-based program.

iCare Camp

(Ages 5-11)

End of Summer Camp-Last 2 weeks before school starts

Children explore topics like sustainable living and each person's impact on the world around us. Camp includes organic snacks, environmentally-themed games, creative projects, organic gardening, free play and numerous outdoor experiential activities and field trips. Pick up and drop off is at the Y.

ANNUAL HEALTHY KIDS DAY

SAVE THE DATE!



APRIL 28th, 2012

The Family Y Encourages Parents to Help Kids Make the Most of Summer

To kick-start physical activity and learning throughout the summer - a critical out-of-school time for kids - The Y is celebrating Healthy Kids Day® with a free community event on **April 28, 2012** for kids and families. Summer is the ideal time for kids to get up, get out and grow, but for some kids, exposure to activities that stimulate the body and mind ends with the school year. In fact, research shows that kids are more prone to gain weight and fall behind academically over the summer months.

A leading nonprofit committed to strengthening community through youth development, healthy living and social responsibility, the Y holds Healthy Kids Day to improve the health and well-being of kids. As part of this initiative, the Y - along with hundreds of thousands of parents and kids nationwide - is taking on summer by addressing critical gaps in health and education that cause kids to be at increased risk for childhood obesity and suffer summer learning loss. The Y's event will take place at The Y located at 1450 Iris St. from **9am to 12pm** and will feature activities such as an obstacle course, bounce house, and ZumbAtomics for the family.

For more information, contact The Family YMCA at (505) 662-3100 or visit <http://laymca.org/>

ANNUAL FUNDRAISING

Season:
May 6-June 17

MobileFit 3.0 and Nutrition is here!

Allows you access to your workouts from a personal computer or at the Y

Nutrition component

Make an appointment at the front desk to learn how to use MobileFit

Red Cross CPR/AED/First Aid Classes

Open to the community ages 11 & up
Held at the Y on the first Saturday of each month from 8:30am-3:30pm. Preregistration is required. Certification is now valid for 2 years!

American Red Cross Babysitters Course

Ages 11 to 17
Prepare youth with the training every parent wants in a babysitter!

Classes held:
May 11-12
June 15-16
July 20-21
Sept 14-15
Nov 9-10

[CLICK HERE](#)

to see this month's program calendar for more information about fitness classes and upcoming events.

[Click here for our 2012 Spring/Summer Program Brochure](#)

ANNUAL FUNDRAISING

Ensures That Youth Programs Are Available To Everyone!

When kids are given the resources for enriching experiences, the chance to interact with caring mentors, and practice respect and cooperation, they learn skills, teamwork and they grow personally.

Donations ensure that scholarships are available for Y programs that are vital to our communities youth development. [Click here to view our Strong Kids Campaign Brochure](#)



MEMBER HIGHLIGHTS

YOUR DONATIONS IN ACTION

February 22, 2012

To Whom It May Concern:

I am the lucky holder of a scholarship to the YMCA. I am so grateful for this gift because of all the doors that it opens to me and my family. For me, I have to get fit and lose weight due to health problems from being overweight. Through having a membership at the YMCA, I am able to workout, meet friendly people, and have a place my children get to go to make friends and be active themselves.



We have lived in NM for only a year. Before that we lived in Florida, so we are not used to the snow. Having a YMCA membership provides a way for my family to get together out of the weather and play together. We love going to the gym and playing ball, running races, and playing the different activities that the gym offers.

Having a membership also provides a way to expose my children to many activities that life has to offer. We have played on basketball teams and soccer teams. My children look forward to playing volleyball, taking karate, and doing

the other sports and classes offered through the year. I love taking the Zumba classes and yoga classes. Without a membership we would not get to do these things and bond as a family by staying active.

Being members of the YMCA has provided a place that my family can live an active, healthy lifestyle. It provides a place where we meet friendly people (staff and members), and offers an all-around place for well-being. Thank you for making it possible for families like mine to be able to participate in such an amazing program. Without the scholarship this would not be possible and we are blessed through the generosity of others.

Sincerely,

BM

YMCA Member

FITNESS ORIENTATIONS

Free Fitness Orientations (ages 13 & up)

Please schedule an appointment at the Member Services Desk.

One of our experienced, nationally certified trainers will provide up to 3 fitness orientations to familiarize you with the machines in the strength training and cardio rooms.

Information on basic training principles will be presented, as well as instruction and demonstration of proper technique, form and general use of the strength training and cardio machines.



HELP RAISE MONEY FOR THE Y Recycle Your Old Cell Phones!

Make good use of old cell phones you are no longer using by depositing them in the cell phone recycle box located in the Y lobby. For every cell phone that is recycled, the Y receives a nominal amount for our Annual Campaign.

You may also logon to our online Annual Campaign module to make your one-time or recurring donation. To make a donation, go to secure [Online Donations](#).



ONLINE MEMBER ACCOUNTS

Avoid Waiting in Line...

Use the convenience of your computer to view your

member account online. To register for programs, pay outstanding balances and schedule future payments, go to secure [Online Registration](#).

Thank you for being part of the impact the Y has on our community.

Sincerely,

The Family YMCA

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The Family YMCA | 1450 Iris Street | Los Alamos | NM | 87544