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The Month Ahead:

4/16

Parents' Night Out

4/17

Healthy Kids Day, Triathlon
and activities

4/17

American Red Cross
lifeguarding

Upcoming Events:

Youth Department
Spaghetti Dinner

Thursday, May 6, 2010

Dinner provided by
Olive Garden of Chesapeake
Square from 6:15PM–7:45PM.
Cost per dinner is \$8.00, and
may be purchased at the
Membership Desk or from the
Youth Dept.

5th Annual Golf Classic

Friday, May 14, 2010

Join us for two person best
ball tournament at the
Riverfront Golf Club. Sponsor
opportunities still available.
Call Doris or Niki at 483-9622.

Health + Wellness

Healthy kids Day

April 17th is Healthy Kids Day! Healthy Kids Day will be held right here at the YMCA from 9AM–12PM. Bring the family and enjoy local vendors, learn healthy eating habits, ways to stay active and lead a healthy lifestyle. We will have a DJ, games for all ages, food, prizes and giveaways.

Registration has begun for our Healthy Kids-Triathlon. Children ages 7–12 years can join us for a Swim-Bike-Run on April 17th 1:00PM–4:00PM. The fee is \$15.00 until April 12th. Late registrations will be accepted until Friday the 16th at a fee of \$25.00.



Membership

Strong Kids Campaign Kick-off

At the YMCA of Portsmouth, one of our most important goals has always been to enrich the lives of kids in our community. But when some are left out, it leaves us all a bit poorer. As a person with a vested interest in the future of your community, you can help these kids grow into responsible, successful adults. YMCA activities help children develop valuable skills, gain confidence and build self-esteem. By contributing to YMCA Strong Kids, you can help us teach these young people such important values as caring, honesty, responsibility and respect.

April 1st heralded the kick-off to the 2010 Strong Kids Campaign. Your donation is one of the best investments in your community's children and future. Stop in or call 483-9622 to donate.

Register Now For Summer Camp!

There are still spots open for our 2010 Summer Day Camp.

Kids will enjoy structured activities including gym games, arts and crafts, character development, and swimming, as well as fun field trips and guest speakers. Space is limited, so come in and register or pick up a flier for more details. We also provide a variety of Specialty Sport Camps, and a half day Kinder Camp with weekly themes and swimming lessons.

Remember when you come to register bring with you an updated physical, immunization record, birth certificate, and a recent photo.

Registration Has Begun For 2010–2011 Preschool & Before and After School Program

Call for more information and to set up an appointment with a youth director to get your child registered.



Aquatics

Interested in being a certified Swim Instructor?

Its not too early to sign up for the American Red Cross Water Safety Instructor course offered Tuesday/Thursday April 20–May 18. Learn basic instructor skills as well as the components to strokes and swimming techniques.

Enjoy the Fun Part...We'll do the Rest.

Celebrate your child's next birthday at the Portsmouth YMCA! Pool and gym parties are available. Please contact Erin Brady to book your next party. Visit our website or give us a call for more information.