



Y Line

A Newsletter to Friends and Members of the Portsmouth YMCA

VOLUME 2, ISSUE 8

AUGUST 2009

DATES TO REMEMBER:

- **August 3- Basketball Camp Starts**
- **August 10- Soccer Camp Starts**
- **August 14- Last Day of Kinder Camp**
- **August 17- Golf Camp Starts**
- **August 24- Game Camp Starts**
- **August 28- Last Day of Day Camp and Sports Camp**
- **August 31- Body recall Starts**

Thank You!

The Youth Department would like to thank W&O Supply for repairing the canoe used by the Day Camp program after it was vandalized. Their generosity benefits over 150 children each week during field trips to Bennett's Creek. Thank you!



ActivTrax



If you have not yet checked out or ActivTrax program, you are missing out on your free 30 day trial! ActivTrax is a revolutionary, web-based program that creates workouts based on your wants, needs and goals. This program makes every visit to the YMCA a new experience. Each time you arrive, you receive a new workout telling you exactly which machine to use, how to set the weights, and the number of repetitions to perform. ActivTrax even includes the rest time between sets and tracks your progress. Boring workouts are a thing of the past! If you are interested in utilizing this program, stop by the Front Desk, or contact Jeanne or Anne in our Fitness Center.

Swim Lessons

Looking for a more personalized swim lesson? We now offer private swim lessons for adults and children three years and older. A 30 minute lesson is \$10 for members and \$15 for program participants. Our instructors work with you to schedule your lessons and personalize your instruction. For more information, or to schedule your first lesson, speak with a lifeguard or front desk staff member.



New Personal Training Options

Looking to amplify your workout? Try our specialized personal training to give you the in-depth workout you've been looking for. These one-on-one training sessions focus on kickboxing, yoga or pilates. A one hour session costs \$40 for members and \$50 for program participants.

Hurricane's Retirement



After 54 years of service to the YMCA of Portsmouth, James "Hurricane" Edwards, our masseuse, has announced his retirement for August. In honor of his retirement we will be holding a dinner reception at the Montgomery Grill in

Olde Towne Portsmouth. For more information, contact the front desk.

Tennis

Children, ages 7 to 16, can now sign up for tennis lessons! One hour lessons are available either privately or semi-privately, for up to 3 participants. The cost is \$30 for members and \$40 for program participants. Sign up at the front desk while the weather is good!



Be on the lookout for our new **Fall Program Guide**...it is expected out by the end of the month

Body Recall



Body Recall is a gentle exercise program that teaches ways to gain physical self-management. It is designed for older adults to help improve circulation, posture,

flexibility, balance and strength. This program uses mild movements that help increase circulation to all parts of the body without stress to the heart. The next session starts on August 31st and runs until November 6th and meets on Mondays, Wednesdays and Fridays at 11:00am.



Music Classes

We are now offering an Introduction to Musical Instruments Class for children ages 4 to 8. The class will be held Monday Thru Friday at 10:00am for an hour starting on August 17th and will run until August 21st. Registration is going on now, and is \$20 for Members and \$30 for Program Participants. For more information please ask one of our Front Desk or Youth Department Staff.

Golf Tournament

On Friday, September 25 we will be holding our 4th annual golf tournament. Held at Sleepy Hole Golf Course, this is a two person Florida best ball tournament. The tournament is held every year to raise money for our Strong Kids Campaign, which raised money to fund our Open to All scholarship program. Team registration and hole sponsorship is going on now, see the front desk for more details.



Beach Blanket BINGO

For the month of August we will be holding a Beach Blanket Bingo game! Attend classes listed on the bingo card to get started, and once you have completed a class have the instructor or a fitness attendant sign off on your card. When you get BINGO, you will receive a prize such as a sport pack, personal fitness assessment, or a personal training session. See a Fitness Attendant for more information or to get started.