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Membership – Check our website, updating member information

Save the Date!

· **Getting Ready for Summer; our day camp and kinder camp fliers, including dates and prices, will be available in the beginning of February. Sports Camp information will follow soon after.**

· **Parent's Night Out; February 19th. Parents can enjoy an evening out, while kids enjoy pizza, fun gym games, arts and crafts, and swimming. 6PM - 10PM.**

· **Preschoolers will venture out to the Nauticus Pirate Exhibit February 22^d.**

· **Dr. Ruescher will talk on February 22^d at 7PM about the five secrets to weight loss.**

· **New tai chi class on Friday at 2PM starting February 5th**



Youth Happenings

Have plans for your kids this summer?

The YMCA of Portsmouth's Day Camps, Sports Camps, and Kinder Camps provide structured activities that will entertain, exercise and educate your child. Informational fliers with dates and pricing details will be available online and at the desk by mid-February so be on the lookout. Join us for a week, or come for the whole summer!

Parent's Night Out is next scheduled for Friday, February 19th from 6 – 10PM. Children ages 6 through 12 will enjoy a pizza dinner, games, recreational swimming, crafts and other fun activities at the Y while Mom and Dad get some free time of their own. Register by February 17th to reserve your spot.

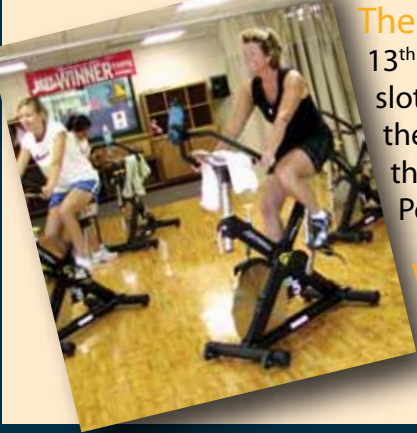
Registration for our beginning guitar, keyboarding, and ABC & Me by Kindermusik youth music programs have been extended. We need a minimum of four participants to offer the class so if you are interested, please check with the Membership Desk for more enrollment information.



Stay Updated!

We are starting a monthly email version of *The Y-Line* and sending it to all of our members who have an email address on file. If you would like to be added to our mailing list, write your name and email address on a note card by the black box on the merchandise counter. Your information is for YMCA use only and will not be disclosed or distributed without your consent.

Health + Wellness



The Inaugural YMCA of Portsmouth Cyclethon is scheduled for Saturday, February 13th at 9:00AM. Reserve a 30-minute time slot for \$15, and seek sponsors for additional time slots. Hurry – registration ends on February 10th! Proceeds from the Cyclethon will benefit the Strong Kids Campaign, which provides membership and program scholarships for those with financial need. Through generous donations, you help the YMCA of Portsmouth strengthen the foundations of our community.

Want to learn 5 secrets to permanent weight loss? On February 22d at 7:00pm, join Dr. Steven Ruescher, a Portsmouth chiropractor, for a talk on these and other healthy living tips. This free seminar is open to both members and non-members, so feel free to bring a friend!

Aquatics

Need to renew your American Red Cross CPR/AED certification?

Our next course will be held on February 13th from 8AM – 2PM. Cost is \$40 for members and \$45 for program participants. Spots are limited, so register soon.

The Portsmouth Youth Aquatic Club (PYAC) will be hosting the Great Bridge/Hickory YMCAs for a swim meet on Saturday, February 20th. Warm-ups begin at 1:00PM and the meet begins at 2:30PM. The main pool will close to members at 1:00PM to accommodate this special event. Good luck swimmers!

Sessions begin soon for February youth swim lessons. Monday/Wednesday afternoon classes begin February 8th, and Saturday classes begin February 27th. Come in to the Front Desk or register online today!

We Know How To Throw A Party!

Have your child's next birthday party at the Portsmouth YMCA. Please contact Erin Brady to book your next party. Visit our website or give us a call for more information.



Membership

Visit www.portsmouthymca.org for the most up-to-date information about the Y. If there is a change to facility hours or programs due to weather or other unforeseen circumstances, we will post this information on the main page. You can get the most current pool, gym and aerobics schedules by downloading from the 'Schedules' link. Browse our site, learn about our programs and register for classes all at www.portsmouthymca.org!



www.portsmouthymca.org

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