

New Classes:

Cardio Dance :Thursday, 9:30AM

Cardio Fusion: Friday, 9:30AM

Yoga has moved from 6:30PM
to 7:35PM on Tuesdays

the Month Ahead

June 1st

Weekend building
hours change

Sat. 8PM to 5PM

Sun. 1PM to 5PM

June 5th

Summer swim lessons
begin

June 21st

Summer camp begins

Facility schedules
change

June 26th

Navy PT Challenge

More info coming
soon!

Youth Happenings

Don't Forget to Sign Up for Summer Camp!

Spots are limited 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. Come in and register today! We also provide a variety of Specialty Sport Camps and a half-day Kinder Camp with weekly themes and swimming lessons.

Before and After School 2010-2011

Registration has begun for the upcoming school year. Rates are available now. We have moved to weekly payments with a 10% discount for each additional child in the program, and an updated automatic draft form. See the front desk for schools serviced and to register today.

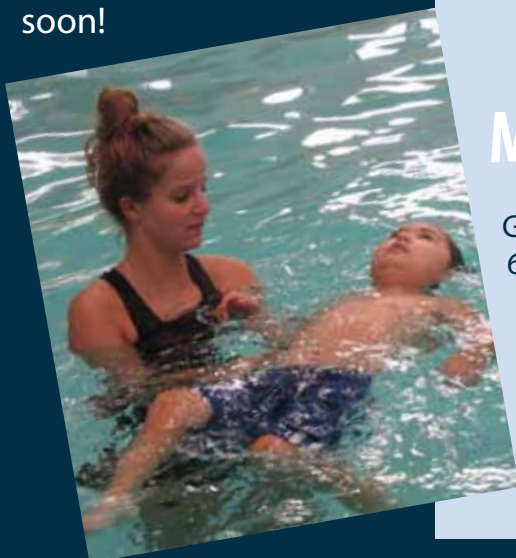
REMEMBER—when you register, bring an updated physical, immunization record, birth certificate and recent photo of your child.

Aquatics

Make a Splash this Summer!

Group lessons begin Monday, June 21st and group Saturday lessons begin June 6th. There are plenty of class options to meet your summer scheduling needs. Sign up today!

Private swim lessons are available for anyone age 5 and up. Come in to schedule yours today!



Tips for Safe and Effective Treadmill Running

- » Use a slight incline – A good way to simulate outdoor running is to alternate running on 1%–2% incline and then 0% incline for a few minutes. However, do not make the incline over 7% as this puts strain on the back, hips and ankles
- » Don't hold on to the handrail – Only use the handrails while getting on and off the treadmill.
- » Do not forget to warm up and cool down – Walk or jog at a comfortable pace for 5–10 minutes before and after your workout. This will help prevent injury and dizziness.
- » Do not lean forward – Keep your posture tall and upright with your elbows at a 90 degree angle.
- » Pay attention to stride length and stride count – Short, quick strides will help to minimize the amount of shock transferred to your knees. Also, you can run more efficiently by taking more strides per minute.
- » Listen to music – Motivating and upbeat music helps to pass the time and can help you keep your cadence by running to the beat.
- » Drink water – Your muscles need water to perform aerobic activity adequately. Drink plenty of water or sports drink to replace the water and electrolytes you have lost in sweat.
- » Don't look down at your feet – Looking down only compromises your running form. Looking straight ahead facilitates good running posture.

Why Personal Train?

Health + Wellness

Our Personal Trainers are dedicated to helping you achieve and maintain a healthy lifestyle. There are many benefits to reaching your wellness goals that include:

- Increased metabolism
- Reduce body fat
- Decrease risk of heart disease
- Increase bone density
- Reduce Stress
- Prevent injury
- Enhance energy



New Personal Training Options

Allow Running Coach Jonathan to create a personalized training schedule just for you or guide you to the next level of customized training plans that will fit your individual needs. A one hour session costs \$40 for members and \$50 for program participants.

Each client/trainer relationship begins with a consultation where you will be able to discuss your expectations and goals. Your Personal Trainer will also do a health history questionnaire so they can design a safe and effective personalized program. It is our goal to help you reach yours. You deserve to be healthy best!

Contact Jeanne Anderton, Fitness Director, at 757-483-9622, ext238 or janderton@portsmouthymca.org to start your pathway to a better quality of life through health and wellness today.