

In This Issue...

Membership: Open House, Extended Childwatch/I-Zone Hours

Fitness: Aerobics Marathon

Youth: Summer/Kinder Camp Registration, Parents' Night Out

Aquatics: Swim lessons, Lifeguarding classes, WSI course

The Month Ahead:

3/8

- Kindercamp Registration (Portsmouth Y Members)
- Swim Lessons Start

3/10 & 3/12

- Summer Camp Registration (Portsmouth Y Members)

3/13

- Summer Camp Registration (Open Registration)
- Aerobic Marathon
- Open House

3/15

- Kindercamp Registration (Open Registration)

3/19

- Parents' night Out



Membership

Open House

The annual Open House is scheduled for Saturday, March 13th. There will be no Joining Fee for all new memberships, no guest fees for the day, extended Child Watch and I-Zone hours, wellness displays, blood pressure screenings, and much more! Participate in the Aerobics Marathon, register for summer camp, or bring a friend to work out and see all the YMCA of Portsmouth has to offer!



BON SECOURS HAMPTON ROADS

Preventing and Treating Osteoporosis

Exercise

- Weight-bearing exercise and strength training are essential in the prevention and treatment of osteoporosis.
- Strength training also improves strength and balance, which help prevent falls that lead to fracture.
- Exercise makes our bones strong and resilient, while inactivity leads to diminished bone mass and weakness.
- Exercise must be done regularly to bring long-term benefits.

The goal of physical Therapy in treating osteoporosis is to restore mobility, function, strength, and confidence. Your physical therapist may design exercises for coordination, balance, and posture. In addition he or she can help identify safety hazards in your home.

Whatever your age, you can reduce the risk or effects of osteoporosis through good diet, exercise and lifestyle choices. And if you have osteoporosis your licensed physical therapist can help reduce your pain and risk of injury while helping your return to a more active mobile life.

It's Not Too Late! There are still spots available in our **Before and After School program**. We service Portsmouth, Suffolk, and Chesapeake Public Schools. Call and speak with a youth director for specific schools and further details.

Summer Camp Is Right Around The Corner! Registration for Day Camp will begin in March. Portsmouth YMCA member registration will be held on Wednesday March 10th, and Friday March 12th, from 6:30-8:30PM. Open registration will be held during the Open House Saturday March 13th from 10AM-4PM. Fliers are available at the front desk with more details.

Kinder Camp registration will be held Monday March 8th at 9AM for Portsmouth YMCA members, and Monday March 15th at 9AM for program participants. Fliers are available at the front desk with more details.

We will have another Parent's Night Out coming March 19th. Kids will enjoy pizza, gym games, swimming, and making a craft, while mom and dad enjoy an evening out. The program is open for ages 6-12 and runs from 6-10PM. Register by March 17th.

Health + Wellness

We will have our 3^d Annual Aerobics Marathon on March 13th from 9AM-12 noon. For a \$10 donation, to be used for new group exercise equipment, you can enjoy six different exercise segments: 9AM - warm-up and upper body, 9:30AM - step, 10:00AM - cardio dance, 10:30AM - lower body, 11:00AM - Zumba, and 11:30AM - yoga and cool down. Regularly scheduled classes will not meet this day. The first 10 sign-ups get a free t-shirt! Please register at the front desk.

Aquatics

Come make a splash in March!

- Monday/Wednesday swim Lessons start Monday, March 8th.
- Become a certified Lifeguard - There are two American Red Cross Lifeguarding classes available in March: March 8 - March 10 from 10AM-6PM and March 20, 21, 27 & 28 from 9AM-5PM.

Interested in being a certified Swim Instructor? It's 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. Come in to the Front Desk or register online today!

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

Celebrate your child's next birthday at the YMCA of Portsmouth! 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.