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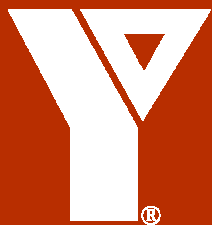
TIDBITS:

YMCA Book Club meets the 3rd Monday of each month. Join Margaret Basinger and the other "bookworms."

The Senior Luncheon is the 4th Tuesday of each month.

James Cervin is the lucky fourth quarter winner of the Most Visits Drawing.

Get your workout tickets for the March Gas and Go Drawing.



Spirit

VOLUME IV, ISSUE I

FEBRUARY, 2009

All Joining Fees Reduced to \$25

Due to a declining economy, the YMCA of Rowan County has reduced the joining fee for all categories to \$25 for all of 2009. No more waiting for one of our no joining fee specials! Come in anytime. The joining fee, regardless of whether you are a youth, senior, or family, is only \$25 plus the regular membership fee.

This year is the perfect time to take advantage of the **Member Get a Member special**. The YMCA wants to reward you for bringing in new members. If you, a YMCA member, bring in a

potential member and (s)he joins, YOU will receive one FREE month of membership at the YMCA. You must accompany the potential member upon her/his sign-up. There is no limit to how many FREE months you can receive.



MEMBER SPOTLIGHT

Eddie Woody is married, with two daughters and four grandchildren. He has been a member since the Y opened in 2001. He has had four heart attacks and two open heart surgeries. He has a pacemaker and a defibrillator. Eddie says he comes to the Y 3-5 times a week to stay alive and in good health. He lifts weights, walks and swims laps. He has made a lot of friends at the Y. His Y friends are like a second family. In fact, 15-20 of them get together once a month to go out to dinner!

Fitness Age Guidelines Have Changed

The YMCA of Rowan County Board of Directors passed a new policy on January 25, 2009, that will allow kids 11-13 years old to workout WITH a parent upon completing two orientations and approval by a fitness trainer. Parents must be beside the child throughout the entire workout.

14 and 15 year olds will be allowed to workout without a parent upon completing our orientation process.

Please make an appointment with a fitness trainer at the front desk.

Special stickers will go on membership cards once approved by a fitness trainer. Be prepared to show staff your membership card. All members must obey YMCA rules and regulations. If you have any questions about this new fitness age guideline, please contact one of the Y Directors or email Linda Bost at lbost@rowanymca.org.

Your YMCA is fighting hard to reduce youth and adult obesity through programs that build strong kids, strong families and strong communities.



Group Exercise Classes - Winter 2009



Zumba:
Monday 9 a.m.
Thursday 10 a.m.
Tuesday 5 p.m.
Thursday 6:30 p.m.

Have you been thinking about taking an aerobics class? Have you tried Zumba? Check out this schedule:

Monday

8:05-8:55 a.m. **Senior Weights & Warm up**
 9-10 a.m. **Zumba**
 10-10:45 a.m. **Tone & Sculpt**
 6-7 p.m. **Interval Cardio & Weights**

Tuesday

8:15-9 a.m. **Power Sculpt**
 9-10 a.m. **Easy Does It**
 5-5:40 p.m. **Zumba**
 5:45-6:30 p.m. **Strength & Power**
 5:30 p.m. **Cycle**
 6:30-7:30 p.m. **Yoga/Pilates**

Wednesday

8:05-8:55 a.m. **Senior Weights & Warm Up**
 9-9:15 a.m. **Abs**

9:15-10 a.m. **Step & Aerobics**
 10-10:45 a.m. **Tone & Sculpt**
 6-7 p.m. **BAG Kickboxing**

Thursday

9-10 a.m. **Easy Does It**
 10-10:45 a.m. **Zumba**
 5:30-6:30 p.m. **Power Sculpt**
 5:30 p.m. **Cycle**

6:30-7:30 p.m. **Zumba**

Friday

8:15-9:15 a.m. **Power Sculpt**

Water Aerobics and Swim Lessons

WATER AEROBICS

Water fitness classes develop or maintain cardiovascular and respiratory (heart, blood vessels and lungs) fitness and endurance, flexibility and strength. Classes conclude with toning and cool down relaxation exercises. Look at the schedule and try a class:

Monday-Thursday

8-9 a.m. **Golden Teenagers (low-impact)**
 9-10 a.m. **Vigorous Workout**
 10-11 a.m. **Intermediate Workout**
 11-12 a.m. **Arthritis Class**
Night Classes
 7-8 p.m. M-Th **Vigorous Workout**
Saturday Class
 10-11 a.m. **Vigorous Workout**

SWIM LESSONS

Swim lessons are an important part of child development. Our goal is to improve aquatic skills in a safe and positive learning environment. Children are encouraged to work at their own pace. We believe learning is fun. Choose from several options. See our brochure or go online at www.rowanymca.org.



YMCA Outdoor Trail

Have you checked out the trail that goes through the woods behind the YMCA shelter? A trail map is available at the front desk of the Y.

East area Civitans blazed the original trail when the Y opened in 2001. The addition was completed in September of 2007. There are benches

every 500 feet and three picnic tables along the trail. Larry Jones, the state's coordinator for the Americans with Disabilities Act Program, called it "one of the best trails I've seen statewide." A concrete ramp at the trail's entrance makes it navigable by scooter or wheelchair. The trail totals 1.77 miles. Bost Loop is .77

mile. The Civitan Loop is .53 mile. The United Way is about a half mile, and the Cornelius Shortcut is .1 mile.

Every season offers something a bit different.

Thanks to the trail's accessibility, anyone can explore its delights as the seasons pass.

Certification Classes at the YMCA



LIFEGUARDING

This course has a prerequisite swim test. Please bring swim suit, towel and toiletries on the first day. After successful completion of this

course, an American Red Cross Lifeguard certification is offered. CPR for the Professional Rescuer and First Aid are required and are included in this course. You may register at the front desk of the Saleeby-Fisher YMCA, East Rowan Branch or members can register online at www.rowanyymca.org. Participants must be at least 15 years old on the first day of class. The cost for members is \$150 and the cost for potential members is \$180. Participants **MUST ATTEND ALL CLASSES**. Class will be held

on Fridays from 5-7 p.m. and Saturdays 8 a.m. until 2 p.m. March 6-28, April 3-25 and May 1-23. Bridget Dexter, Aquatic Director, will be instructing the lifeguard classes.

CPR CLASS:

Bridget Dexter will be offering a CPR class May 12-21. The cost for the class is \$50 for members and \$75 for potential members. The class will be held on Tuesday and Thursday from 5:00 p.m. until 7:00 p.m.

*We build
strong kids,
strong families,
strong communities*

Sports

Registration for **Mighty Kickers Spring Soccer** is February 14-March 21. Practice begins April 6 and the season begins April 18.

Registration for **Flag Football** is February 14-March 21. Practice begins April 6 and the season begins April 18.

Registration for **Spring Soccer** is February 14-March 21. Practice begins April 6 and the season starts April 18.



Parents' Night Out East Peak Challenge Course

Parents' Night Out is designed to give you a break, to enjoy a nice evening alone or go out on the town with friends. The activities include arts and crafts, movie, light snack, games and much more! This program is for ages 6 weeks to 10 years old. The cost for members is \$10 and \$15 for potential members. The next scheduled Parents' Night out is **April 17**. Please register for Parents' Night Out two weeks prior. We must have eight participants to hold the event. Kids will be separated by age groups.



**Open House May 30
12 noon until 5 p.m.
Cost: \$10
Must be 11 years old**

The East Peak Challenge Course is located in a beautiful wooded setting in Rockwell, NC. Enjoy adventurous ropes course activities that promote teamwork and communication and build self-confidence. Our East Peak Challenge Course is used to provide groups a unique series of mental and physical activities that will challenge you as an individual and groups as a whole. Learn firsthand the value of teamwork, cooperation, collaboration, support and motivation. Soar to new heights at the East Peak Challenge Course!



HEALTHY KIDS DAY
April 18, 9 a.m. - 12 p.m.
South Y



**NONPROFIT
 ORGANIZATION
 US POSTAGE
 PAID
 ROCKWELL, NC
 PERMIT #39**

Saleeby-Fisher YMCA
East Rowan Branch

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**We build strong kids, strong families,
 strong communities**



Summer Camp - Registration Begins March 1

The Saleeby-Fisher YMCA, East Rowan Branch, is now taking registrations for rising first through fifth graders for Camp Explorer, rising sixth through eighth graders for Middle School Adventure Camp and ages 6 through 12 for Super Star Camp. These camps offer an experience your child will never forget! **Camp Explorer** provides a fun, structured and safe environment for your child. Campers are given the opportunity to develop new skills, good leadership, self-reliance and Christian values. Campers are grouped into grade levels and have the chance to build interpersonal relationships with other campers that will last a lifetime. Each week of summer is a different experience for your child. Join us for the summer. The cost for Camp Explorer is \$92 for members and \$130 for potential members. There is a one time \$25

registration fee. There is \$10 off the registration fee and \$10 off the weekly fee for additional children in the same family. Hours of operation are 7:00 a.m. until 6:00 p.m. There are several specialty camps planned for this summer: **Low Ropes Camp, High Ropes Camp, Tri-Club (Triathlete), and Sports Maniac Camp.** The cost for specialty camps is \$100 for members and \$140 for potential members.

Middle School Adventure Camp is an exciting program for pre-teens that will push the limit of action and adventure throughout the summer. Adventure Camp will challenge campers to excel in many areas: sports, crafts, Christian values, team concepts, community involvement, leadership skills and much more. Many exciting trips are planned. The cost for Camp Explorer is \$92 for members and \$130 for potential

members. There is a one time \$25 registration fee. There is \$10 off the registration fee and \$10 off the weekly fee for additional children in the same family. Hours of operation are 7:00 a.m. until 6:00 p.m.

Super Star Camp is a week-long summer camp that teaches gymnastics, cheerleading, swimming, dance and fitness. Every child is a super star in this camp. An excellent way to help improve your child's self-esteem and confidence. Start young and get involved in physical activity. It makes your life healthier. Campers will need to bring a bag lunch, drink, swim suit, and towel. Camp #1 is July 13-17 and Camp #2 is July 27-31. Camp runs 9:00 a.m. until 4:00 p.m. The cost for Super Star Camp is \$92 for YMCA members and \$130 for potential members. All registrations begin March 1.