

We build strong kids, strong communities and strong families.

Chandler/Gilbert Y-News

MARCH

2010

Strong Kids & Families of 2010

The Chandler/Gilbert Family YMCA has a new free program designed specifically to help each of our members reach their goals. Our Healthy Lifestyle program provides members with benefits unique to any other facility in the Valley. Set up a Healthy Lifestyle appointment with our wellness director to receive: A personalized four month workout program, nutritional guidance and periodic sessions with one of our certified Healthy Lifestyle Coaches. To set up your

appointment and take the next step towards reaching your goals contact Colin Young at cyoung@vosymca.org or (602)-212-6118. Or make an appointment through the front desk

during your next visit into our facility!



Did You Know!

Did you know that both Basketball and Volleyball were invented in YMCA's, and did you know they are 2 of our most popular sports in the Valley for youth

sports. We have 4 seasons each year and our winter season just ended. But you still have time to sign up for our Spring Season which starts March

20. Contact Harold Shea 480-899-9622, or come in and sign up at our front desk. Remember this is our Sports

Upcoming Events:

- March 1st: Swimming Lessons begins
- March 12th: Parent Date Night
- March 15th: School Spring Intersession Camp begins
- March 15th: Session 2 of Youth and Family Programs.
- March 15th: Registration opens for Summer Day Camp
- March 20th: Youth Sports Spring Session Begins.
- March 29th: Last day of Y-Camp for spring intersession.
- March 30th: School is back in session.



Youth Sports

Spring is here and we are ready to begin our baseball program along with our popular other sports (soccer, flag football, volleyball and basketball). There are a few spots left if you are interested in



participating this season. We are also looking for some adults who would like to “give back to the community” by volunteering to coach. If you are interested in registering and/or

coaching, please contact Harold Shea (Regional Sports Director) at the Chandler/Gilbert and Power Ranch Family YMCA at 602-212-6105 or hshea@vosymca.org

Healthy Lifestyle Tip

Interval Cardio Training. Interval training has shown to be more effective than slow, long-distance cardio

in burning total calories AND fat! Try picking up the pace for 1 minute followed by a minute of

low intensity work and repeating the process for twenty minutes. This is a great, efficient workout!

Aquatics

Come sign your kids up for private or group swim lessons today! With summer and pool season fast approaching, it’s prime time to get your kids in swim lessons. Our lesson curriculums focus strongly

on water safety and pool etiquette, while keeping the kids engaged and entertained! The Chandler/Gilbert branch offers lessons for all ages as well. You will be able to find the perfect class for

your child this spring whether it is a parent/child infant swim lesson or a competitive swim team for your 14 year-old! Come in and sign up now. Spaces are limited!

Y-Blast

Y-Blast during Intersession

Take advantage of a

Mini Camp

For Ages 5-12yrs

Mon Tues Wed

Weeks of

March 15th and 22nd

FM \$30; PM \$60

Preschool

The preschool has been growing plants from seeds and we are hoping that it will be warm enough to plant them outside along with some flowers. We will also be planning and starting our art master

pieces that will be on display the last week of March. The display will be in the hallways of the YMCA so we hope you can stop by and enjoy the show. We will be having preschool summer camp

this year which includes swim lessons, music class, art masters and more starting June 7th through the end of July please email Pat at psberry@vosymca.org for registration information starting March 15th.

School Age Child Care

We are proud to introduce Brittany Bluff the new School Age Childcare Coordinator starting March 1st. She is coming to us from the Ahwatukee Branch where she has been working with their School Age Program for 5 years. Welcome Brittany!

Spring Intersession Camp registration is happening at the Welcome Center. You can sign up for a day or all 11 days the children are on break. We will be going on weekly field trips, swimming, and our weekly bounce house/pizza day! So

join the fun starting March 15 - 29th. Questions? Please contact Pat Berry at psberry@vosymca.org or Brittany Bluff at bbluff@vosymca.org.

