



Cumberland YMCA

August 2008 Newsletter

Managing Director's Message

Greetings!

Summer is in full swing and so are things here at the Cumberland YMCA. Fall will soon be upon us and with it brings the start of a new school year and the beginning of many exciting new programs and opportunities here at the YMCA.

We have been working hard in the various committees to identify what we need in order to make our Y the vibrant heart of the community we want it to be. You have probably noticed the YMCA team out and about with various fundraisers. We have held barbeques, car washes, a fun fair and have with the help of the Community Credit Union, Kent Building Supplies, Speedy Auto Glass, McDonalds, Liquidation World, Blockbuster, Amherst Fire Department, K & D Rite Stop, and Moneys Worth Liquidators raised over \$2,200.00 so far this summer. Our thanks to all the volunteers, businesses, staff and public that have helped support these events. We couldn't have done it without you!

Please stop by and have lunch with us on August 15th any time from 11:30 - 2:30 at the Credit Union. This is our last barbeque of the summer and the staff of the Credit Union and the YMCA would love to see you there!

Trina Clarke,
Managing Director
Cumberland YMCA

Energy and persistence conquer all things.

Benjamin Franklin

End of Summer Cleaning

It's that time of year again! The Cumberland YMCA is gearing up for it's annual End of Summer Cleaning. We will be doing several projects around the building. We will be looking for volunteers to help out with projects such as cleaning and painting.

The following is our schedule for the cleaning:

Pool Deck (Including Hot Tub & Sauna): Closed August 24th to a date to be determined

The Men's, Woman's, and Family locker rooms will also be closed for cleaning and repairs during this period. Dates for these closures will be posted soon. The Family room will serve as the alternate change room during the days that the Men's and Woman's locker rooms are closed.

If you are interested in volunteering with us for any of our projects contact the YMCA.

Summer Fitness Classes

Yoga and Meditation - Tuesdays & Thursdays 7:15-8:30am

Come, relax and start your day off right with this class.

Sweatshop with Shawn Canton - - Wednesdays 6:30 - 7:30pm

In this class, the participants decide what they want to do. Whether they want a basic step class or an intense circuit class, they choose what the class will be doing.

Cardio Challenge with Ty - - Fridays 9:30 - 10:30am

This is a class that mixes 30 min of aerobics, 30 min of weights and mat work. Come have fun and leave feeling like you've done something!!

Tone with Ty - - Mondays & Wednesdays 12:15 - 12:45pm

This class is strength training and cardio endurance all wrapped into one! 30 min of fat blasting workout you don't want to miss!

Core Strength with Belinda Gouchie - - Tuesdays & Thursdays 6:00 - 7:00pm

Your core is the most important part of your body to keep strong, so help strengthen it while doing exercises for your abs and lower back. This class incorporates mat work as well as ball work.

Walking Group with Ty - - Mondays & Thursdays 10:00 - 11:00am

*If you're looking for an excuse to get out and moving then here is a good one! This **fast paced** walk is meant to get your blood moving and calories burning! We meet at the YMCA and walk outdoors.*

Please Note: *Body Blast with Shelley & Cardio Challenge with Ty (Tuesday class) are cancelled for the remainder of the summer, but they will return in the fall.*

Summer Youth Fitness Programs

Survivor "2" Camp - (August 12 - 15) - Tuesday - Friday \$50 Members / \$75 Non-Members Ages 9 - 13

For all avid survivors! Here comes the second challenge of the Summer! If you're a team player and are up for anything this is definitely for you! Mimicking the reality TV show you will do challenges for your team on land as well as in the pool to gain the ultimate goal of winning survivor!

Teen Esteem - (Mon, August 18 - Fri, August 22) Monday - Friday 1:00 - 4:00pm \$60 Members / \$90 Non-Members

Come and join us for this great summer camp for GIRLS ONLY! This fun week incorporates healthy living, by way of fitness and nutrition. For girls ages 13 - 15.

Outdoor Education - (August 25 - August 29) Monday - Friday 1:00- 4:00pm \$60 Members / \$90 Non-Members

This one week program is designed to teach youth about the outdoors. Each day participants will be exposed to a different outdoor skill including: using a compass, nature, basic first aid, survival skills and more! For ages 10 - 14.

Floor Hockey - Mondays & Wednesdays 5:30 - 6:30PM Free for Members / \$20 Non-Members

This is a 4 week program for anyone who loves the game of hockey. Come and show your stuff in the gym.

All of these kids programs require advanced registration. For more information or to register call 667-9112 or contact the front desk for more information

Cumberland YMCA
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Amherst, NS
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902-667-9112
www.ymcaofcumberland.com

Our summer 2008 Pool and Gym schedules are now available at the front desk and online at our website. Our Fall 2008 programs will be available around the beginning of September.

If you would like to begin receiving our newsletter through your email each month visit our website and click on the sign up for newsletter link or fill out a email registration sheet at the front desk.