

December 2009

Feith Family YMCA Winter Session News



Group Exercise Holiday Schedule

Holiday Hours Reminder

Closed

Thursday
December 24th
Friday
December 25th

Open

December 31
5 AM- 5 PM
January 1
8AM-3PM

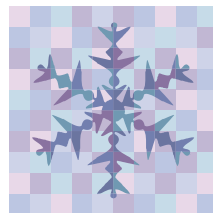
Kid Care – New Year's Eve & New Year's Day OPEN:

8:30-11:30 a.m.

Winter Session Starts January 4!

Registration for classes in all areas is going on now for the winter session. Please register early to ensure that your favorite class isn't cancelled due to low enrollment.

Regular Classes:
Saturday December 26th thru Wednesday December 30th.
Thursday December 31st regular classes until 11:30



No regular classes:
Friday January 1st, 2010. In place of those please join us for:

Power Splash
8:45-9:45 Pool
Cycle
9:00-10:00 Hall
Zumba
10:00-11:00 Gym
Body Pump
11:00-12:00 Studio

Do you need more time to get ready for the holidays without the kids?

At the Feith Family YMCA we have the answer! On **MONDAY December 21 from 9:30-12:30**, drop your little elves off for some holiday fun while you get your last minute errands run. We will do arts and crafts, stories, active play, bounce house, and more!

This event is a fundraiser for our Strong Kids campaign. Strong Kids is a program that ensures that no family will be turned away from the YMCA due to inability to pay. Your child will have fun while you help your YMCA community!!

**Price: \$12.00
Members \$20.00
Community
Participants.**

Payment (cash or check only) will be taken the day of the event.

Please call 268-5413 or stop at the front desk to make your reservation. Reservations are limited.

Calling all Cyclists

Cycle Class :
December 23 at
10 am

**Indoor Base
training starts:**
Wednesdays
January 6-
March 24,
6-7 pm.

**Price: \$40 for Y
members \$73 for
Community
Participants**



A WHOLE NEW LINEUP OF PRESCHOOL CLASSES STARTS JANUARY 4th.

Great new classes including: Days with Dinosaurs and Magical Messes, along with some old favorites. Pick up a schedule at our information kiosk to start choosing your classes today! Please sign up before the first day of class to ensure that

the class you want your child in will have enough participants to run.

If you have any questions regarding class descriptions or scheduling, please call Kelly at 268-5413



Adaptive Swim Lessons

The Aquatics department invites families to join adaptive swim lessons Friday mornings at 9 AM. The next session is starting now. Adaptive swim lessons are a fantastic fit for families that are looking to have their

child take part in a fun and rewarding experience with a few other children. Adaptive swim lessons are geared toward children that learn best in situations where one on one attention can be given. Come check out the program and your

child will be ready to learn while having tons of fun!

Contact Amy Murdoch, Aquatic manager 262-268-5421



Sporties for Shorties

Need someone to watch your child while you work out? Sign them up for **Sports of All Sorts** that focuses on organized play, creativity and sportsmanship.

Monday 1/4-1/25

9:00-9:45

Thursday 1/7-1/28

10:00 – 10:45

Friday 1/8-1/29

10:00-10:45

Contact Megan Lee, Sports and Teen Manger at 268-5431.



Schools out Program

For Ages 4—12, this full day program is offered when many local schools are not in session. Enroll your child for a fun filled day of games, crafts, activities, friends and MORE!

Dress to be active, bring a bag lunch, swim suit and towel.

INCLUDES:

- * Safe & Quality
- * Childcare
- * Morning and Afternoon Snack
- * Swim Time
- * FREE Youth Sports Clinic

Fee:

Full Day: \$36.00 per day/per child
Early Release: \$12.00 (12:00-3:30pm) & \$12.00 (3:30-6:00pm)

Feith Family YMCA

Location

Dates: 12/23, 12/28, 12/29, 12/30, 1/22, 2/3, 2/15

Hours:

7:00am—6:00pm

Signup is by Date.

For questions, contact Christine Larson at 414-454-4642 or Ashley VanderPas at 414-454-4674



Exercise and stay motivated: Try Fitlinxx!

Imagine getting immediate feedback on every exercise you do, then having access to that information online. It's possible with Fitlinxx, the country's leading fitness innovator!

Fitlinxx is **FREE** for all members! It gives you personalized support from your Wellness Coach to help achieve and exceed your goals.

PLUS enhance your healthy lifestyle 24 hours a day at www.fitlinxx.com.

Experience Fitlinxx at the YMCA! Ask the Wellness Staff for more details



A new you in 2010?

Wellness Consultations

The Wellness Center offers customized 30, 45 and 60 minute sessions designed around your schedule. Whether this is your first time working out or first time in a while, the wellness staff will help you get on the road to better health. You can choose from one-on-one or partner coaching sessions that will help you learn to take full advantage of the many resources available at the YMCA. The Wellness Coach will work with you to create a general program that incorporates realistic goals and involves a variety of enjoyable activities that suit your needs and schedule. You can connect with the Wellness Coach several times as you begin your journey to a healthier lifestyle.

Personal Training

A nationally certified personal trainer will work one-on-one with you to achieve your specific goals. Sessions consist of any mode of exercise and incorporate special techniques and programs tailored to your needs.



All sessions conducted by our motivational staff and can include sports-specific training, weight management assistance, lifestyle changes and learning new exercises and routines.

Individual Training Fees:

30 minute consultation: FREE for YMCA members

YMCA Member: \$50 per hour; purchase 6 hours or more \$45 per hour

Community Participant: \$75 per hour

Partner/Group Personal Training

Share a trainer with a friend(s)! You can work out together under the guidance and motivation of one of our nationally certified trainers.

Partner Training Fees:

2 people \$30/person per hour session (\$60 per hour session)

3 people \$25/person per hour

