



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# CALENDAR OF EVENTS

## SEPTEMBER 2011

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6 <b>ZUMBA REZUMES!</b> 11:00am-11:45am Statesville <b>SWIM LESSONS</b> Tue/Thur sessions begin	7	8	9	10 <b>SWIM LESSONS</b> Saturday sessions begin
11	12 <b>MIGHTY MITES SOCCER</b> Practices begin	13 <b>MEET THE NUTRIONIST</b> with Jill Gillis 4:00pm-7:00pm Alexander County	14 <b>BUILD BETTER BONES</b> Nutrition Seminar 11:30am	15	16 <b>FAMILY FUN NIGHT</b> Statesville Inflatables in the pool! 6:30pm-8:30pm Members FREE/\$5 non-members	17
18	19 <b>CPR/AED</b> 5:30pm-9:30pm	20 <b>FIGHTING FAT OVER 40</b> Nutrition Seminar 9:30am <b>TRY SCUBA FREE!</b> 5:00pm-7:00pm	21	22	23	24
25	26 <b>ADULT VOLLEYBALL BEGINS</b> Statesville <b>FIRST AID</b> 5:30pm-8:30pm	27 <b>DIRTY 30 BASKETBALL BEGINS</b> Statesville	28	29	30	

See reverse side for complete details about upcoming events and programs.

**SIGN UP TODAY FOR FALL 5K RACES!**  
 They are just around the corner! Sign up today for **Pumpkin Fest** and **Apple Festival** 5K runs!

**AFTER SCHOOL SIGN-UP**  
 Register your kids today for After School. Spots will go fast! Sign up at the branch or online.

# HAPPENING THIS MONTH

## SIGN UP FOR TWO FALL 5K RUNS

It's never too early to begin training for a race. And it's just the right time to get signed up for our two fall 5K races! This year we will be hosting two great 5K's: one in Statesville and one in Alexander County. Here are the events:

### PUMPKIN FEST - STATESVILLE

Saturday, November 5

One Mile Walk/Fun Run: 8:30am

5K Race: 9:00am, \$10 Walk/Fun Run, \$25 5K

Events both start and finish at Mitchell Community College.



### APPLE FESTIVAL - ALEXANDER COUNTY

Saturday, October 15

8:30am - Fun Run, \$10 on Race Day

9:00am - 5K Race, \$25 before October 11



**Need help training?** Check out our blog ([link on the website](#)) for a great article about preparing for a 5K run. Also, our fantastic Fitness Staff is always ready to offer tips and helpful hints to get you own your way to racing success!

## AQUATICS

### CPR/AED

Sept. 19, 5:30pm-9:30pm

\$30.00 Members/\$60.00 Non-Members

Registration ends Sept. 14

### FIRST AID

Sept. 26, 5:30pm-8:30pm

\$30.00 Members/\$60.00 Non-Members

Registration ends Sept. 20

### SWIMMING LESSONS

Saturday, Sept. 10-24

10:00am-10:45am Youth and Adult

11:00am-11:45am Preschool

11:00am-11:30am Parent/ Child

\$15.00 Members/\$30.00 Non-Members

Registration ends Sept. 6

Tuesday/Thursday, Sept. 6-15 and/or Sept. 20-29

5:30pm-6:15pm Youth and Preschool

5:45pm-6:15pm Parent/Child

\$20.00 Members/\$40.00 Non-Members each session

Registration ends Aug. 31

### SCUBA

Try SCUBA for free! Sept. 20, 5:00pm-7:00pm, Statesville pool

## FAMILY PROGRAMS

### REGISTER FOR AFTER SCHOOL PROGRAM

School is back in session and so is the Y's after school program "Action After School." Sign your kids up today to keep them healthy and educated after school. For more info, see our website or contact Becky Walker at [becky@ymcairedell.org](mailto:becky@ymcairedell.org).



## FITNESS

### FIT TEENS - REGISTER ONLINE OR AT THE BRANCH

Statesville: September 13-22, T/Th, 4:00pm-5:30pm

Check website for details.

The class is mandatory for all 12-15 year olds who want to use the free weight or Nautilus rooms. They'll learn:

- Proper exercise form & technique
- How to reach your goals
- Benefits of cardiovascular exercise, flexibility, & strength training will also be covered

Best of all, the course teaches that exercise can be fun & beneficial for everyone. Exercises taught using Cybex® equipment and free weights. Movements taught by body part area, beginning with large muscle groups and broken down as follows: legs, chest, back, shoulders, abdominals, and arms. Participants will learn the basic movements only.

### ZUMBA

Back by popular demand, Zumba will be held on Tuesdays at 11:00am-11:45am in Studio B.

### NUTRITION SEMINARS

- "Meet the Nutritionist," Tuesday, Sept. 13th, 4:00pm-7:00pm, Alexander County
- Learn how to "Build Better Bones," Wednesday, Sept. 14 at 11:30am, Statesville
- "Fighting Fat After Forty," Tuesday, Sept. 20 at 9:30am, Statesville

Staff nutritionist Jill Gillis is available for **FREE** one-hour nutrition and health consultations for any Y member. Contact her at ext. 313 or via e-mail at [jill@ymcairedell.org](mailto:jill@ymcairedell.org).

## SPORTS

### MIGHTY MITE SOCCER

Practices begin Sept. 12

### DIRTY 30 ADULT BASKETBALL

Tues & Thurs Nights

Members \$25

Non-Members \$35

Teams \$150 or \$200 w/shirts

### ADULT VOLLEYBALL

Casual and competitive leagues

Mon & Wed Nights

Members \$25

Non-Members \$40

Teams \$200

Registration ends September 16 for both adult leagues. Games begin September 26 & 27. Contact Daniel Beam, [daniel@ymcairedell.org](mailto:daniel@ymcairedell.org), for more info.



**WWW.YMCAIREDELL.ORG**  
**704 873 9622**

