

# Calendar of Events

## May 2010



Sun	Mon	Tues	Wed	Thurs	Fri	Sat	
<b>New Fitness Classes</b> <i>Statesville</i> Silver Spin for seniors Cardio Ball KYB (Kick Your Boot-ty) See reverse side for class descriptions			<b>O magnify the Lord with me, let us exalt his name forever.</b> Psalm 34:3	<b>Summer Sports Camps</b> Full and half-day camps are available all Summer for ages 5-18. Camps include: Volleyball, Soccer, Flag Football, B-ball, Golf, New Wilderness, Boot camp & more. See reverse side for details.		1	
2	3	4	5	6	7	8 Nutrition 101 Stvl at 6:30 pm	
9	10 Nutrition 101 11:30 am at Barium 6:30 pm at Stvl	11	12 Nutrition 101 9:30 am at Stvl	13	14	15 Statesville YMCA CLOSED 8 am - 12 pm for Rotary Triathlon	
16	17	18	19	20	21	22 Self Defense Tactics at Statesville	
23	24	25	26	27	28 Family Fun Night 6:30 - 8:30 pm	29	
30	31						
<b><u>Tri-Y Triathlon Training Clinics</u></b> Clinics designed to get you ready for the ACY Triathlon on July 17. See reverse side for more details.		<b><u>REGISTER NOW:</u></b> Camp IMPACT (all day camp in Statesville) Camp Sunshine (pre-school camp at Statesville) Camp Rainbow (pre-school camp at Barium) <b><u>COMING IN JUNE:</u></b> Young Guns for 12 - 15 year olds					See reverse side for complete details about camps and all other events and programs listed on the calendar.

# Programs & Events

## **AOA Weight Training Class-**

Join us in our Fitness Room at Barium Springs to learn how to strengthen your muscles safely using machines and free weights. Our Fitness Team will teach you the proper form, technique and set you upon a program so you can gain range of motion, strength and flexibility and bone density. Come dressed to workout. May 4-27 - *Tues/Thurs, 9:00 - 9:30 am*

## **AOA Cycle Class -**

Beginning on Friday, May 14 at Barium Springs, 9:00 - 9:30 am, seniors are encouraged to join us for this new "seniors only" cycle class. This new class will feature up-tempo Christian music and be for beginners. Dress comfortably and bring bottled water.

## **Camp IMPACT**

All day summer camp at the Statesville YMCA that includes devotions, swim time, organized games, field trips and much more.

Monday, June 14 - Friday, August 20

Ages: Rising Kindergarten - 12 yrs. Old

Camp will not operate the week of July 5-9

Cost: \$25 One time Registration fee per child  
\$125 wk/Members, \$180 wk/Potential Members

Part-time Registration: 3 days a week.

Cost: \$90 wk/Members Only.

## **Camp Rainbow**

Registration for this summer preschool camp for ages 3 -5 located at the Barium Springs is going on now.

Register now and claim your spot for summer!

## **Camp Sunshine**

Preschool Camp for ages 2-4 (not starting Kindergarten) at the Statesville YMCA.

Monday, June 14 - Friday, August 20

Ages: 2-4

Camp will not operate the week of July 5-9

Camp runs 9:00 am - 12:00 pm

Cost: \$25 One time Registration fee per child  
\$35 wk/Members, \$40 wk/Potential Members

## **Cardio Ball -**

Beginning April 30, we will be offering a Hi-Lo Aerobics class utilizing stability balls in a variety of ways designed to build upper body strength and add a new challenge to our cardio workout. This upbeat one hour class will include a cardio segment as well as sculpting and ab strengthening elements. Fridays, 8:30 - 9:30 am in Studio B in Statesville.

## **Family Fun Night -**

Bring your family and enjoy a night at the pool. The inflatable slides will be set up to ensure a fun time of play.

*Friday, April 23, 6:30 - 8:30 pm*

Free for members. \$5 for Potential Members

## **KYB (Kick Your Booty-ty) -**

A new class that meets in Gym 3 on Mon & Wed. From 10:30 - 11:15 am. This intense 45 minute class is designed to take your total body strength and cardiovascular endurance to the next level. High energy drills and dynamic exercises are combined to push yourself to the max! A variety of tools are used to add intensity and interest to this fun class. *Statesville*

## **Nutrition 101-**

Our staff Nutritionist Jill Gillis will be discussing a variety of Nutrition topics that will increase our awareness of the foods we eat and how making sound food choices will enhance our lives and improve our well-being. Join us for an interesting and informative look at how "we are what we eat."

## **Self Defense Tactics**

Learn how to protect yourself using your hands, elbows, feet and brain! May 22 from 10 am - 12 pm. Cost is \$5.

## **Silver Spin -**

Beginning May 4, we will be offering a spin class specifically targeting our active older members. This will be a 45 minute class led by Debbie Schneble which will include a 30 minute cycling session along with strengthening and stretching elements designed to increase cardiovascular endurance and build total body strength. Don't worry if this is something new for you, we will get you setup on the bike and off to a great start. See you on Tue/Thurs in Studio B from 8:30-9:15 am.

## **Summer Sports Camps**

Week long, full and half-day camps available for ages 5-18 include Golf, Volleyball, Basketball, Wilderness Camp, Boot Camp, Football Conditioning, Skateboarding, Tennis and more. Camps available at Statesville and Barium Springs.

Info is available at the Front Desk or you can contact Daniel Beam at 704-873-9622, Ext. 215 or [daniel@ymcairedell.org](mailto:daniel@ymcairedell.org).

## **Tri-Y Triathlon Training Clinics-**

Our Alexander County YMCA is hosting it's first Triathlon on July 17 and we are offering a series of clinics designed to prepare you to participate in this or any triathlon. Whether you are new to the sport, are a seasoned veteran, or a serious competitor looking to refine one or all of your elements; we will be hosting a variety of sessions that will focus in-depth on each aspect of the triathlon event.

Clinics will touch on swim stroke refinement, biking strength and road rules, run form and speed as well as a variety of periphery topics such as nutrition during training and event day, transition tips and drills, injury prevention, etc. If your attitude about a triathlon is "Oh, I don't think I can do that"....well now you CAN!

## **Turbo Kick-**

New Wednesday night class. 5:30 - 6:30 pm. Turbo Kick is kickboxing inspired by dance. Tae Kwan Do, boxing, tai-chi and funk. This workout creates a party atmosphere by using the hottest music, moves and combos available. It will have you coming back for more. *Barium Springs*

## **Young Guns-**

Important information is taught for boys & girls between the ages of 12 -15 about the mechanics of the human body. They will also receive training on the fitness equipment. A certification at the end of the session will allow teens to use the fitness room equipment before the age of 16. Cost: \$25/Members

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

*[www.YMCAiredell.org](http://www.YMCAiredell.org)*