

STAUNTON-AUGUSTA FAMILY YMCA NEWSLETTER

JAN/FEB 2022

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YOUTH DEVELOPMENT

LEADER:

ANDREA RYDER



WHAT IS **OPEN** HERE AT THE STAUNTON-AUGUSTA FAMILY YMCA

COVID-19 IMPACTS

The Y is ***Open: Mon. – Fri. 5:30 a.m. – 9:00 p.m., Sat. 7 a.m. – 7 p.m. and Sun. 1 – 7 p.m.**

You can make appointments on the SAYMCA website saymca.org.

▶ **AROUND THE FACILITY:**

Social Distancing is encouraged: six feet around the building and 10 feet while you are exercising.

Masks are to be worn as recommended by CDC guidelines

Nationwide Members and Guests are welcome!

Men's, Women's and Family Locker Rooms are available. Locks available at the Front Desk for day use.

Hot Tub, Steam Room, and Saunas: No appointments needed.

Water Fountains and bottle fillers are available.

Towel Service is not available.

▶ **FITNESS AND SPORTS:**

Wellness Center: No appointments needed: Available to members 12* and older. Sanitation bottles provided in the Wellness Center and around the facility.

*12-14 y/o **must** complete **Youth Strength Training** to use the Wellness Center.

***Equipment Orientations** for Members **15+** are available. Sign-Up at the Front Desk.

Pool: Lap Swimming and Family Swim: No appointments needed.

Group Fitness Classes and Wellbeats: No appointment needed.

Pickleball: on Basketball Court: Monday – Friday 9:00 am – 12:00 pm / Sunday 1:00 pm – 3:45 pm

Raquetball Courts can be reserved for one hour on the hour.

Tennis Court is available for use by appointment.

▶ **YOUTH DEVELOPMENT:**

The Teen Center is available to youth age 12+ with membership. Open Monday – Friday, 3:30 – 7:30 pm

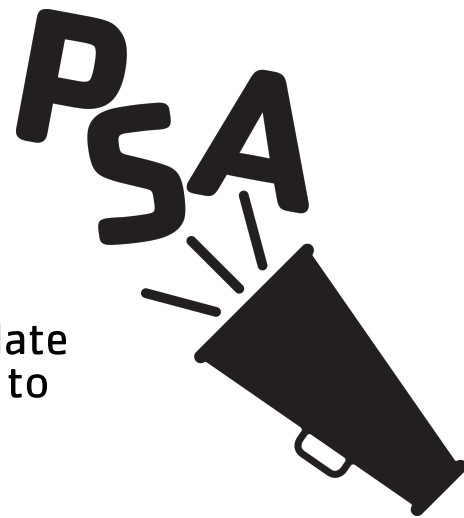
Playroom: limited availability by 1.5 hour appointments for ages 2-10 years old. Appointments available:

Monday – Thursday, 8:30 – 11:30 am / 4:30 – 7:30 pm

Saturday, 8:30 – 11:30 am



- ▶ **SAW Tutoring:**
New semester? Free K-12 online tutoring available! Go to sawtutoring.org to sign up. See page 15 for details.
- ▶ **New Year, New Website:**
Check out the new saymca.org and stay up to date on all facility happenings, from class schedules to how you can donate.
- ▶ **Espresso's Rally for the Y:**
Espresso's annual Rally For The Y is back! To find out how to ride, sponsor a rider, and raise money for our Y, see pages 8 - 9.
- ▶ **Swim Lessons:**
See guide on pages 16 - 17
- ▶ **Tennis Lessons:**
See guide on pages 18 - 19
- ▶ **Referral Program:**
Guidelines and January Prize on page 13



SWIM LESSONS



NEXT SESSIONS:

February 8 - March 3, Tuesday/Thursday
February 26 - April 2, Saturday
See Swim Lesson Guide on pages 16 - 17.

Group Fitness Classes February 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 5:45 Cycling(CS) <u>Lisa</u> 8:30 Barre(CS) <u>Melissa A</u> 8:30 BCamp(BB) <u>Eleanor</u> 8:30 Vinyasa Yoga(MB) <u>Marsha.</u> 11:00 Senior Fit (CS) <u>ER</u> 11:15 PACE(MB) <u>Peggy</u> 4:30 Lift&Pump(CS) <u>Donna</u> 5:30 Vinyasa Yoga (MB) <u>Melissa A.</u>	2 5:45 BCamp(CS) <u>Iris</u> 8:30 Zumba(CS) <u>Eleanor</u> 8:00 Men's Yoga(MB) <u>MelA</u> 9:30 Strength(CS) <u>Avis</u> 10:00 Adaptive Yoga(MB) <u>Marsha</u> 11:15 Chair Yoga(MB) <u>Marsha</u> 5:00 Barre(CS) <u>Melissa A</u> 5:30 Cycling(CS) <u>Donna</u> 6:00 Zumba(CS) <u>Courtney</u>	3 5:45 Lift&Pump(CS) <u>Iris</u> 8:30 BCamp(BB) <u>Eleanor</u> 8:30 Gentle Flow Yoga(MB) <u>Nancy</u> 11:00 Senior Fit (CS) <u>Eleanor</u> 11:15 PACE(MB) <u>Carol</u> 4:30 Lift&Pump(CS) <u>Donna</u> 5:30 Vinyasa Yoga(MB) <u>Melissa A.</u> 6:00 Zumba(CS) <u>MG</u>	4 5:45 Cycling(CS) <u>Lisa</u> 8:30 Fit For Life(BB) <u>Cathy</u> 8:30 Pilates(MB) <u>Sheree</u> 9:30 Tabata(CS) <u>TBD</u> 9:45 Tai Chi Y24(MB) <u>Linda</u> 10:15 Tai Chi S73(MB) <u>LR</u>	5 8:30 Cycling(CS) <u>Jenn</u>
6 3:00 Gentle Flow Yoga (MB) <u>Nancy</u>	7 5:45 BCamp(BB) <u>Lisa</u> 8:30 Zumba(CS) <u>Eleanor</u> 8:30 Fit For Life(BB) <u>NoClass</u> 8:30 Wall Yoga(RB) <u>SBJ</u> 9:45 Tai Chi Y24 (MB) <u>Linda</u> 10:15 Tai Chi S73(MB) <u>LR</u> 6:00 Zumba(CS) <u>MG</u> 6:30 Cycle(CS) <u>SBJ</u>	8 5:45 Cycling(CS) <u>Iris</u> 8:30 Barre(CS) <u>Melissa A</u> 8:30 BCamp(BB) <u>Eleanor</u> 8:30 Vinyasa Yoga(MB) <u>Marsha.</u> 11:00 Senior Fit (CS) <u>ER</u> 11:15 PACE(MB) <u>Peggy</u> 4:30 Lift&Pump(CS) <u>Iris</u> 5:30 Vinyasa Yoga (MB) <u>Sarabeth</u>	9 5:45 BCamp(CS) <u>Iris</u> 8:30 Zumba(CS) <u>Eleanor</u> 8:00 Men's Yoga(MB) <u>SBJ</u> 9:30 Strength(CS) <u>Avis</u> 10:00 Adaptive Yoga(MB) <u>Marsha</u> 11:15 Chair Yoga(MB) <u>MP</u> 5:00 Barre(CS) <u>Melissa A</u> 5:30 Cycling(CS) <u>Donna</u> 6:00 Zumba(CS) <u>Courtney</u>	10 5:45 Lift&Pump(CS) <u>Lisa</u> 8:30 BCamp(BB) <u>Eleanor</u> 8:30 Gentle Flow Yoga(MB) <u>Nancy</u> 11:00 Senior Fit (CS) <u>ER</u> 11:15 PACE(MB) <u>Carol</u> 4:30 Lift&Pump(CS) <u>Donna</u> 5:30 Vinyasa Yoga(MB) <u>MP</u> 6:00 Zumba(CS) <u>MG</u>	11 5:45 Cycling(CS) <u>Lisa</u> 8:30 Fit For Life(CS) <u>Virtual</u> 8:30 Pilates(MB) <u>Sheree</u> 9:30 Tabata(CS) <u>Avis</u> 9:45 Tai Chi Y24(MB) <u>Linda</u> 10:15 Tai Chi S73(MB) <u>LR</u>	12 8:30 Cycling(CS) <u>Virtual</u> *1:00 "No Touch" Reiki (MB) <u>Linda</u> *Please see the description for this class at the front desk*
13 3:00 Gentle Flow Yoga (MB) <u>Nancy</u>	14 5:45 BCamp(BB) <u>Lisa</u> 8:30 Zumba(CS) <u>Eleanor</u> 8:30 Fit For Life(CS) <u>NoClass</u> 8:30 Gentle Flow(MB) <u>Nancy</u> 9:45 Tai Chi Y24 (MB) <u>Linda</u> 10:15 Tai Chi S73(MB) <u>LR</u> 6:00 Zumba(CS) <u>MG</u> 6:30 Cycle(CS) <u>SBJ</u>	15 5:45 Cycling(CS) <u>Lisa</u> 8:30 Barre(CS) <u>Melissa A</u> 8:30 BCamp(BB) <u>Eleanor</u> 8:30 Vinyasa Yoga(MB) <u>Marsha</u> 11:00 Senior Fit (CS) <u>ER</u> 11:15 PACE(MB) <u>Peggy</u> 4:30 Lift&Pump(CS) <u>Iris</u> 5:30 Vinyasa Yoga(MB) <u>Sarabeth</u>	16 5:45 BCamp(CS) <u>Iris</u> 8:30 Zumba(CS) <u>Eleanor</u> 8:00 Men's Yoga(MB) <u>SBJ</u> 9:30 Strength(CS) <u>Avis</u> 10:00 Adaptive Yoga(MB) <u>Marsha</u> 11:15 Chair Yoga(MB) <u>MP</u> 5:00 Barre(CS) <u>Melissa A.</u> 5:30 Cycling(CS) <u>Donna</u> 6:00 Zumba(CS) <u>Courtney</u>	17 5:45 Lift&Pump(CS) <u>Lisa</u> 8:30 BCamp(BB) <u>*Virtual</u> 8:30 Gentle Flow Yoga(MB) <u>Nancy</u> 11:00 Senior Fit (CS) <u>SBJ</u> 11:15 PACE(MB) <u>Carol</u> 4:30 Lift&Pump(CS) <u>Donna</u> 5:30 Vinyasa Yoga(MB) <u>MP</u> 6:00 Zumba(CS) <u>MG</u>	18 5:45 Cycling(CS) <u>Iris</u> 8:30 Fit For Life(CS) <u>Virtual</u> 8:30 Pilates(MB) <u>Sheree</u> 9:30 Tabata(CS) <u>Avis</u> 9:45 Tai Chi Y24(MB) <u>Linda</u> 10:15 Tai Chi S73(MB) <u>LR</u>	19 8:30 Cycling(CS) <u>Jenn</u> *10:00 Partner Yoga(MB) <u>Sarabeth</u>
20 3:00 Gentle Flow Yoga (MB) <u>Nancy</u>	21 5:45 BCamp(BB) <u>Lisa</u> 8:30 80's Dance(CS) <u>MAM</u> 8:30 Fit For Life(CS) <u>Virtual</u> 8:30 Wall Yoga(RB) <u>SBJ</u> 9:45 Tai Chi Y24 (MB) <u>Linda</u> 10:15 Tai Chi S73(MB) <u>LR</u> 6:00 Zumba(CS) <u>MG</u> 6:30 Cycle(CS) <u>SBJ</u>	22 5:45 Cycling(CS) <u>Lisa</u> 8:30 Barre(CS) <u>Melissa A</u> 8:30 BCamp(BB) <u>Eleanor</u> 8:30 Vinyasa Yoga(MB) <u>Marsha</u> 11:00 Senior Fit (CS) <u>ER</u> 11:15 PACE(MB) <u>Peggy</u> 4:30 Lift&Pump (CS) <u>Iris</u> 5:30 Vinyasa Yoga(MB) <u>Sarabeth</u>	23 5:45 BCamp(CS) <u>Iris</u> 8:30 Zumba(CS) <u>Eleanor</u> 8:00 Men's Yoga(MB) <u>SBJ</u> 9:30 Strength(CS) <u>Avis</u> 10:00 Adaptive Yoga(MB) <u>Marsha</u> 11:15 Chair Yoga(MB) <u>MP</u> 5:00 Barre(CS) <u>Melissa A</u> 5:30 Cycling(CS) <u>Donna</u> 6:00 Zumba(CS) <u>Courtney</u>	24 5:45 Lift&Pump(CS) <u>Lisa</u> 8:30 BCamp(BB) <u>Eleanor</u> 8:30 Gentle Flow Yoga(MB) <u>Melissa A.</u> 11:00 Senior Fit (CS) <u>Eleanor</u> 11:15 PACE(MB) <u>Carol</u> 4:30 Lift&Pump(CS) <u>Donna</u> 5:30 Vinyasa Yoga(MB) <u>MP</u> 6:00 Zumba(CS) <u>MG</u>	25 5:45 Cycling(CS) <u>Iris</u> 8:30 Fit For Life(BB) <u>Cathy</u> 8:30 Pilates(MB) <u>Sheree</u> 9:30 Tabata(CS) <u>Avis</u> 9:45 Tai Chi Y24(MB) <u>Linda</u> 10:15 Tai Chi S73(MB) <u>LR</u>	26 8:30 Cycling(CS) <u>Lisa</u>
27 3:00 Gentle Flow Yoga (MB) <u>TBD</u>	28 5:45 BCamp(BB) <u>Lisa</u> 8:30 Zumba(CS) <u>Eleanor</u> 8:30 Fit For Life(BB) <u>Cathy</u> 8:30 Gentle Flow(MB) <u>Melissa A</u> 9:45 Tai Chi Y24 (MB) <u>Linda</u> 10:15 Tai Chi S73(MB) <u>LR</u> 6:00 Zumba(CS) <u>MG</u> 6:30 Cycle(CS) <u>Donna</u>					
	Key: CS= Cardio Studio MB= Mind/Body Studio BB= Basketball Court TC=Tennis Court SH=Staunton High RB=Racquetball Court					

Visit saymca.org for monthly Aquatics, Basketball Court, Group Fitness, and Playroom schedules.

NOAH MCMILLAN



RIGHT AS RAIN (JACKET)

By Chris Lassiter

Noah McMillan's favorite jacket fits comfortably now.

That's thanks in large part to McMillan's change in both exercise and dietary habits. A regular at the STAUNTON-AUGUSTA FAMILY YMCA, pursuing fitness goals is something that McMillan has been desiring to do for a while.

Then two things made the need feel more urgent.

First, he found out his wife was pregnant.

Second, he didn't like the way his rain jacket fit.

"I had a nice (Marmot) rain jacket that I had just gotten," McMillan said. "We were checking out some things in Boston, and we had a lot of good food up there. Anyway, I was zipping up the jacket and I was having a hard time. I was like, 'Man, this just fit five days ago.'"

McMillan was ready to make changes. It started with eating more meals in smaller portions throughout the day. It also included avoiding

sugar. It included regular workouts at the YMCA, 30 minutes of cardio followed up by targeted work on specific muscle group.

He's seen a significant loss.

"I was actually the heaviest I've been in my life, which was 280," McMillan said. "I've lost 30 of those pounds today. I just weighed myself today."

The biggest difference isn't measurable on a scale. McMillan just feels better, and feels ready to be an active father.

"Once my daughter is born, I'm sure I'll be able to enjoy all this work I've put in," said McMillan, also a passionate musician. "Being able to run and play with her, I'll be a healthy dad."

McMillan still has more goals in mind.

Eventually, he'd like for the Marmot jacket to fit loosely.

"I feel great," he said. "I feel healthier. I feel ready to keep moving in this direction. Eventually, it (the jacket) will be baggy."

MEET ANDREA RYDER



YOUTH DEVELOPMENT LEADER

By Chris Lassiter

What Chy'Ann can't say with words, she says with hugs.

A student at Bessie Weller Elementary, she's one of many kids who make a beeline to the door whenever Andrea Ryder walks into the STAUNTON-AUGUSTA FAMILY YMCA Afterschool Adventure Club room.

"She's super nice," said Chy'Ann, explaining her enthusiasm in greeting Ryder by the door. "She cares about everyone."

The YMCA's Childcare Program Director, Ryder tends to have that impact on kids routinely. Since joining the YMCA staff in May, Ryder has found her

way into many of the hearts of the kids in Afterschool Adventure Club.

Angeline Proffitt, a youth counselor at the YMCA, believes the kids feel the way they do about Ryder because of the way Ryder feels about them.

"She loves kids, and the kids love her," Proffitt said. "When she walks in the door, the kids are running up and hugging her. She's just all around a warm, wonderful person to be around."

BEING MOM AND MANAGER

Before she was a staff member, Ryder was a mother with a child enrolled in Afterschool Adventure Club.

"My story started when my son was in kindergarten, and he's been coming here ever since," Ryder said. "He came for the Afterschool program, and he was here for the COVID relief program. It's been four years. I liked the location, the flexibility and the staff. I just thought it was a really good fit for my son, and he seemed to really enjoy it and made a lot of friendships, too."

When a position opened up in the YMCA's Youth Development department, Ryder came on staff. The timing couldn't have been better for her, as she needed a flexible work schedule to continue her college education.

The aspiring substance abuse counselor knew she needed additional schooling for the line of work she desired. A decade after graduating high school, she made the courageous decision to become a first-generation college student. She's currently enrolled at Blue Ridge Community College.

"I was scared," said Ryder, who earned As in both of her 2021 fall semester classes. "I'm the old lady in class. It had been so long since I had taken any education class I was just scared that I wouldn't remember what I knew in high school. I've learned nothing's really impossible if you have the right attitude, the right mindset, the right support and the right encouragement.

Nothing is as scary as it seems."

A GREAT FIT

It's not just students like Chy'Ann who love Ryder.

The YMCA youth development staff workers adore her, too.

"She's been great," Proffitt said. "She's great to communicate with. She has a lot of ideas, and she's very open to our ideas. She's very upbeat, and she's always wanting to take advice. I feel like we've all been able to work together to make the program what it is for those kids."

Fauve d'Orvilliers joined the YMCA youth development staff in March.

"She makes me feel so comfortable," d'Orvilliers said. "She has such a positive vibe in our work area. She makes it fun and welcoming."

LEADING WITH LOVE

Ryder was originally hired to help with summer camp. As other YMCA youth development staff members transitioned into different roles, she stepped into the lead position for the Afterschool Adventure Club.

She initially accepted the position with some reluctance.

But since then, Ryder has thrived in the role.

She's glad she said yes.

"I'm very glad I'm in the position I'm in," Ryder said, "because I am a very caring person."

She pauses to gather herself.

Ryder wipes away the tears that are now flowing.

"And I feel like that's all kids need."





February 1-28, 2022

RALLY *for the* Y

RALLY. RIDE. RAISE.

Expresso & Capti Riders Unite! Ride to Raise Money and Awareness for Your Y

The Rules

Get on the Expresso or Capti Bike and ride as many miles as you can! Your friends and family will be able to pledge to your ride. Pledges can be fixed or based on how many miles you ride during the event, with all proceeds going to the Y. Register online to receive your personal *Rally for the Y* pledge link. Share this link to raise awareness and gather support.

Individual and Team Prizes

Riders who raise **\$100** or more will earn a **Rally Badge** and be entered into a lottery for a chance to win an extra **\$500** for their Y. Riders under the age of 20 who earn their badge will be entered into a second Youth Lottery for a chance to win **\$500** for their Y. Expresso|Capti will donate an extra **\$0.10/mile** to each participating Y. ^{*}At the end of the event, Expresso|Capti will donate an additional **\$500** to the top money-raising team.

Register Today

Learn more, register, and
pledge your support at:
RallyForTheY.com



Fine Print

1. No more than one rider per ID. If it is determined that more than one rider has used the same ID for the event, then that rider will be disqualified from the challenge and the totals will be removed from the team totals. **2.** For a ride to count, it must be started and finished during the challenge. **3.** Bikes must be connected to the Internet with eLive and all rides must be reported directly from the bike. Neither team nor individual totals will be adjusted for rides not reported by the bikes, crashes, flat tires, missed workouts, or any other down time. ^{*}Your YMCA will receive a donation from Expresso|Capti if the team's total number of pledge donations yields \$50 or more.

How to Pledge Towards my Ride

- 1) Go to **RallyForTheY.com**
 - 2) Click the **SUPPORT A RIDER** button
 - 3) Type in my name to find my personal Pledge Page and click **SUPPORT**
-
- 4) Enter your *NAME* and choose your *FIXED* or *PER MILE* donation
 - 5) Click the **SUPPORT** button and follow the instructions for completing your donation on the YMCA website

Thank You for Your Support!



RALLY *for the* **Y**
FEBRUARY 1-28, 2022

Ride or sponsor a rider for Espresso's annual Rally for the Y to raise money and awareness for our YMCA! Each mile ridden earns \$0.10 to the STAUNTON-AUGUSTA FAMILY YMCA.

For Ride of the Week updates, check your email or our Facebook/Instagram pages.



KINDNESS MATTERS



STAUNTON-AUGUSTA FAMILY YMCA'S
YOUTH VOLUNTEER
CORPS

By Chris Lassiter

It was a special “kind” of art project.

In December, Staunton City Schools announced its Kindness Challenge, a campaign to encourage students to practice compassion, tenderness and benevolence. It’s a proactive approach to combat some of the negative challenges on that appeared on social media recently.



The STAUNTON-AUGUSTA FAMILY YMCA’s Youth Volunteer Corps recently teamed with Staunton City Schools

and the Basement on Byers Art Studio to create art to go with the school system’s kindness campaign.

“We are excited to have the Basement on Byers and YVC support our first-ever Staunton Kindness Challenge with a unique art project that gives our students an opportunity to engage in a fun project while learning about kindness,” said Ruth Jones Turner, director of strategic partnerships with Staunton City Schools. “We hope to continue this partnership in years



to come.”

Rohan, a sixth-grader at Shelburne Middle School, was one of six Staunton City School students to participate in the project.

“It was really fun,” Rohan said. “I got to meet new people, and seeing what people do to make and draw their own stuff helped me learn how to do it.”

“I hoped they walked away with an understanding that art doesn’t have to be about performance but connection.”

The two Staunton High School students and four Shelburne Middle School students helped resident artist Jillian Marie create a piece entitled Rooted

in Kindness. In a display of kindness, the middle school and high school students invited a few elementary-aged students at the studio to join.

“It was better than I ever could have imagined it being,” Jillian, the owner-operator of the Basement on Byers, said. “We knew that it was going to be fun. It was more than something that was just fun. It was something that was impactful; hopefully for the youth, but definitely for us.”



“I think that the neatest thing was seeing the youth come together and shed inhibitions throughout the process. It was inspiring watching them being willing to try something that they were definitely scared to do at first, and then enjoying themselves throughout the process. I hope they walked away understanding that art doesn’t have to be about performance but connection.”

“...and kindness can make a huge difference in your life.”

STAUNTON-AUGUSTA FAMILY YMCA Youth Volunteer Corps coordinator Stephanie Mason thought the Kindness Challenge painting was one of the best projects of the year.

“The art project at The Basement (on Byers) was an amazing way to end 2021,” Mason said. “It was an inter-generational coming together of strangers to literally paint a picture of what it means to help each other grow. I am very happy I was able to be part of the magic.”

The message of the project wasn’t lost on Rohan.

“We don’t share enough kindness,” the sixth-grader said, “and kindness can make a huge difference in your life.”



TRAINING FOR THE TRACK



QUIN AND KATE HOUFF

By Chris Lassiter

Whenever Quin Houff jumps in the sauna or steam room at the STAUNTON-AUGUSTA FAMILY YMCA, it reminds him of something.

A NASCAR driver, Houff grew up playing traditional youth sports but ultimately gravitated toward go-kart racing. His success at Eastside Speedway eventually led to Houff graduating Fort Defiance one year early and realizing his dream of driving in

the NASCAR Cup Series.

Houff spent the last two seasons as the No. 00 driver for NASCAR's StarCom Racing.

He said there are days when racing feels like sauna.

"Cardio's a really, really big thing just to have enough stamina to run those 500-mile, 600-mile races that takes three hours," said Houff, who has

made around 90 career NASCAR starts. "Your body is being put through so much G-Force and heat, so the Y is great. I'll start to jump in the steam room or the sauna just to get used to being back in the heat. Some conditions are well above 130 to 150 degrees on some race weekends."

Houff understands the outside perception that professional race car drivers aren't always seen as pro athletes. However, he's part of a new generation of drivers that made the connection between physical conditioning and peak performance.

"I take my physical condition very seriously," said Houff, who finished 13th at Talladega in 2020.

"With racing, some people don't say it's a sport. Obviously, with the phase of Jimmy Johnson, he took his conditioning seriously and won seven (NASCAR Cup series championships) in a row. Ever since then, drivers have taken off-the-track stuff more seriously with their conditioning."

At the YMCA, Houff uses a Wellness Center fitness machine just yards from where his mother, YMCA personal trainer Kate Houff, helps a client on their fitness journey. The YMCA has always been a special place to the Houff family.

"The YMCA is a great home for her, and all of our family," Houff said. "We've always done everything we could to be involved with it, and help support it. That's just mom to me. She's always been not just for our family members and kids, but she wanted to help other people. For her to be able to help her dream of being a professional trainer and helping classes like this (neuro-wellness class), it's pretty fun to watch her do it and come be a part of it sometimes."

Houff's final race with StarCom was in Phoenix on Nov. 7th. He's now in the process of exploring his options.

"With racing, you can't take it for granted," said Houff, whose favorite memory was starting the Daytona 500 with his wife and family there. "I just came off my two full-time (NASCAR) Cup series seasons, and now I'm out of contract. You have to start at ground zero and work for that next opportunity."

"I'm thankful to have done it, and I'm thankful for everything I was able to do back home through it, but you never know when it's going to come to a close."

He's at the YMCA routinely, staying in shape for the next opportunity.

"I just find what works best for me," Houff said. "In the offseason, I try to bulk a little bit and lift some heavy weights. That's something that I really can't do during the season."

Refer a Friend for a Chance to Win

How it works:

- 1.If you refer a friend to the STAUNTON-AUGUSTA YMCA and they join then you are entered into a monthly drawing for a gift certificate from a local business.
- 2.The friend must tell us at the time of sign-up who referred them in order for you to be eligible for entry into the monthly drawing.
- 3.If you refer multiple "friends" you will be entered in the drawing multiple times, 5 friends = 5 entries.
- 4.Drawings will be held on the last weekday of each month.
- 5.The prizes will vary from month to month.



**We ♥
Referrals**

PRIZE FOR JANUARY:



FOOD LION

Giftcard to FOOD LION

Stay tuned for the February Prize!



**THANK YOU,
PAUL OBAUGH FORD!**

For the vehicle donation to our Y!



Thank you, DCCU!
**For your support of
SAW Tutoring Network**





Free online group tutoring for K-12 students!

Thanks to our generous donors and team of volunteer tutors, we are pleased to offer FREE academic support for local students!

Our tutors have gone through an application process that includes a background check, three personal references, and an abuse prevention training. All sessions will be monitored by an employee of the STAUNTON-AUGUSTA FAMILY YMCA.

- Language Arts
- Social Studies
- Biology
- Chemistry
- General Math
- Pre-Algebra
- Algebra I
- Geometry
- Algebra II
- Precalculus
- Calculus
- History/Civics
- Economics
- Spanish
- French

To register a student, send an email to tutoring@saymca.org or sign up at bit.ly/sawtutoring

Sponsored by the Community Foundation of the Central Blue Ridge
Administered by the STAUNTON-AUGUSTA FAMILY YMCA in
partnership with Mary Baldwin University



FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STAUNTON-AUGUSTA FAMILY YMCA

SWIM LESSON GUIDE

FEB/MARCH 2022

CONTACT

708 NORTH COALTER STREET,
STAUNTON

540-885-8089

Beth Valentine, Aquatics
Director

beth@saymca.org

SWIM LESSON IMPORTANT INFORMATION:

- Registration must be done in person with payment during the registration window
- Please register on waitlist if class is full. Additional classes may be added at any time as space/instructors are available; based on four or more swimmers.
- A 10% discount is given for siblings in the same session. The Aquatics Director has the right to ask classes with not enough participants to combine with another at a different time, or if that is not possible, has the right to cancel a class and offer a refund/system credit.
- A minimum of three students for Preschool and Youth classes and four for parent/child classes is required to hold class.
- If you are new to our program and your child had some existing swim skills, please fill out a FREE Swim Evaluation Request form at the front desk. An instructor will assess their skills for proper placement. Registration for classes beyond Pike and Polliwog level are restricted to returning students or new students who have completed a skills evaluation. Please submit your evaluation form one week before it is needed for class registration.
- If a student is registered for a class inappropriate to their skill level, the swimmer will be moved, if space allows, or given a credit toward future lessons. no refunds are given once a session has started unless approved by the Aquatics Director.

SWIM LESSONS

AGES 3 - 12 years

Preschool (3-5 y/o):

Preschool Aquatics is a progressive program that involves five components: personal growth, personal safety, stroke development, water sports and games, and rescue skills.

PIKE: This class is for the child who has had little to no prior water experience and/or is hesitant about going underwater. Lessons develop swimming readiness through activities to build a child's comfort level and self-confidence in the water.

EEL: Must complete all Pike levels.

TUESDAY/THURSDAY

Feb 8 - March 3

Registration **OPENS:**

Jan 27, 5PM (Members)

Jan 28 (Non-members)

PIKE:

4:40 - 5:10 PM

5:20 - 5:50 PM

6:00 - 6:30 PM

EEL:

4:40 - 5:10 PM

5:20 - 5:50 PM

SATURDAY

Feb 26 - April 2

Registration **OPENS:**

Feb 12 (Members)

Feb 13 (Non-members)

PIKE:

9:15 - 9:55 AM

10:05 - 10:45 AM

10:55 - 11:35 AM

11:45 AM - 12:25 PM

EEL:

10:55 - 11:35 AM

11:45 AM - 12:25 PM

Youth (6-12 y/o):

The YMCA Youth swim program is a progressive program that involves five components: personal growth, personal safety, stroke development, water sports and games, and rescue skills.

POLLIWOG: This class is an introductory class that teaches breath control, efficient kicking on both front and back, effective arm pulls, treading water, and safety.

GUPPY: Must complete all Polliwog levels.

TUESDAY/THURSDAY

Feb 8 - March 3

Registration **OPENS:**

Jan 27, 5PM (Members)

Jan 28 (Non-members)

POLLIWOG:

4:40 - 5:10 PM

5:20 - 5:50 PM

6:00 - 6:30 PM

6:40 - 7:10 PM

GUPPY:

6:00 - 6:30 PM

6:40 - 7:10 PM

SATURDAY

Feb 26 - April 2

Registration **OPENS:**

Feb 12 (Members)

Feb 13 (Non-members)

POLLIWOG:

9:15 - 9:55 AM

10:05 - 10:45 AM

10:55 - 11:35 AM

11:45 AM - 12:25 PM

GUPPY:

9:15 - 9:55 AM

10:05 - 10:45 AM

GROUP Lesson Fees:

\$50 Member / \$65 Non-Member

PARENT/CHILD LESSONS

AGES 6 months to 3 years

Parent/Child classes will teach youngest swimmers basic skills through games and activities.

PARENT/CHILD 1: This class is specifically designed for infants and toddlers with their parent. Lessons introduce parent/child teams to the aquatic environment through water exploration with songs, games, and rudimentary propulsive movements. Emphasis is placed on basic safety and enjoyable experiences for both parents and children.

PARENT/CHILD 2: This class is designed to build on basic introductory skills covered in Parent/Child 1. Parent/Child 2 is recommended for Parent/Child pairs who have already taken our Parent/Child 1 class and are looking for more skill development. This class is also recommended for Parent/Child pairs whose children may not meet the height/age requirement at the start of Pike level class.

SATURDAY

Feb 26 - April 2

PARENT/CHILD 1
(6 mo - 2 y/o)

9:15 - 9:55 AM

PARENT/CHILD 2
(2 - 3 y/o)

10:05 - 10:45 AM

MEMEBER Registration opens Feb 12

NON-MEMBER Registration opens Feb 13

GROUP Lesson Fees:

\$50 Member / \$65 Non-Member

PRIVATE LESSONS

ALL AGES YOUTH AND ADULT

Please fill out and submit a private lesson application available at the front desk or online at saymca.org to schedule 30-min lessons. Receive 15% off when purchasing four or more lessons.

*Due to a shortage of swim instructors, the waitlist for Private Lessons may be several months.

PRIVATE Lesson Fees:

\$22 Member; 2nd child \$17

\$34 Non-Member; 2nd child \$29

SEMI-PRIVATE Lesson Fees:

\$15 Member; 2nd child \$13

\$24 Non-Member; 2nd child \$22



TENNIS LESSON GUIDE FEB 2022

**Participants must
pre-register for
classes.**

**For more
information about
the program,
contact Chris
Stambaugh at
252-396-1691**

**or email
clstambaugh@marybaldwin.edu**

RACKET AND STRINGING REPAIR:



**General re-string and
re-grip starts at \$25
per racket. If
interested, contact
Chris at
252-396-1691 or
clstambaugh@marybaldwin.edu**



YOUTH CLASSES:

*Must pre-register
Runs February 2 – 23.

\$60 Members / \$75 Non-Members

EARLY HITTERS:

Wednesdays at 4:00 – 5:00 PM
Basics for ages 5 – 8

PRE-TEENS:

Wednesdays at 5:00 – 6:00 PM
Intermediate level for ages 9 – 13

HIGH SCHOOL:

\$70 Members / \$85 Non-Members
Wednesdays at 6:00 – 7:30 PM
High school tennis prep for ages 14 – 18

ADULT CLASSES:

*Must pre-register
Runs February 2 – 24.
\$80 Members / \$95 Non-Members

WOMEN'S INTERMEDIATE: Wednesdays at 10:00 – 11:30 AM
For adult women wanting drills and competition in singles and doubles.

MEN'S INTERMEDIATE: Thursdays at 9 – 10:30 AM
For adult men wanting drills and competition in singles and doubles.

PRIVATE LESSONS:

PRIVATE LESSONS:

1 HR: \$49 Members / \$64 Non-Members
30 MIN: \$25 Members / \$40 Non-Members

SEMI-PRIVATE LESSONS:

Per Person: \$35 Members / \$50 Non-Members
*If siblings, second person receives 10% off

PLAY THE PRO:

1 HR: \$40 / 30 MIN: \$20
(Available to members only)
Test your skills and Play the Pro! Hitting sessions with Chris Stambaugh



DROP-IN LESSONS:

DROP-IN TENNIS TIME WITH CHRIS:

\$25 Members
\$35 Non-Members
Begins February 4

Fridays at 9:00 – 10:00 AM
Minimum of two participants each Friday.

STAUNTON-AUGUSTA FAMILY YMCA

Visit Us:

708 N Coalter St
Staunton, VA 24401

Contact Us:

540 - 885 - 8089

@stauntonaugustafamilyymca



@saymca



Learn More:

www.saymca.org



JOIN TODAY!