

WEEKLY NEWS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STAUNTON-AUGUSTA FAMILY YMCA

Week of November 14, 2022

What's new?



We are National Champs! We rode 2,292 miles (an SAYMCA and Expresso record!) in the Y Madness Championship round with 82 participants. We had 121 people participate in the tournament all-together, and 8 riders placed in the Top 25 Overall. We will soon be able to gaze upon the Golden Spokes trophy! Congratulations, all!

Happening now:

EXPRESSO BIKE RIDE OF THE WEEK








RABBIT RUN 2.3 miles

A short ride through the Northeastern US. The cozy town and gorgeous landscape make the perfect backdrop to burn some calories.

Last week we had 25 riders complete Grape Stomper to win first place out of 443 facilities in the Ride of the Week competition! This was our **51st** win in a row!

LAST WEEK'S RESULTS: THANK YOU!

Rank	Team	Stage Race
1	 YMCA - Staunton - Augusta Staunton, VA	2,500
2	 YMCA - Chambersburg Chambersburg, PA	1,500
3	 YMCA - Calgary - Shawnessy Calgary, AB, Canada	1,000
4	 Keep Cool - St Julien les Metz St Julien les Metz, France	900
5	 YMCA - Central Stark County - North Canton Community Building North Canton, OH	700

ROTW GOAL ALMOST COMPLETE!

One more week!

We are one Ride of the Week away from a full year of consecutive wins. This week's ROTW is Rabbit Run, a nice break from long, tough courses and an intense road to victory last week in Y Madness.

Let's do this, team! One challenge left. Complete by closing on Saturday and be sure to log in to the bike before you ride.

Keep up with our progress at <https://expresso.com/Challenge/Teams/2022ROTW46>.



WE'RE HIRING LIFEGUARDS!

A **Daytime Lifeguard** position is available!
Must be Red Cross Certified.

Got questions?
Contact Aquatics Director
Beth Valentine at beth@saymca.org

STAUNTON-AUGUSTA FAMILY YMCA
708 N COALTER ST, STAUNTON, VA 22401
540 - 895 - 8089
saymca.org

We are hiring a Daytime Lifeguard!
We are seeking a Red Cross Certified Lifeguard to fill a 9:00 AM - 1:00 PM shift.

Email Beth Valentine at beth@saymca.org for more information.



SALVATION ARMY BELL RINGING
Tuesday, December 6th

TIME	WAL-MART PHARMACY DOOR		WAL-MART FOOD CENTER DOOR	
	Name	Phone Number	Name	Phone Number
9:00-10:00AM			Wendy + Rick	
10:00-11:00AM				
11:00AM-12:00PM				
12:00-1:00PM				
1:00-2:00PM			Beth + Elizabeth	
2:00-3:00PM				
3:00-4:00PM				
4:00-5:00PM				
5:00-6:00PM			Alice	
6:00-7:00PM			Corde	

Please note the name and the phone number of the person relieving you of your shift

Salvation Army Angel Trees are posted on the Multi-Purpose Room doors in our Lobby! Simply take the tree(s) you'd like to shop and bring back your gift(s) unwrapped to the SAYMCA by Dec. 2. Each tree provides an age, gender, needs, wishes, and clothing sizes of the child each represents.

We are looking for bell-ringing volunteers! We will be bell-ringing for the Salvation Army on Tuesday, December 6 at Wal-Mart on Richmond Road. 1 hour time slots for both entrances are available from 9:00 AM through 7:00 PM.

Sign-up at the front desk! Sign-up as an individual or with a buddy.



SEASON OF GIVING

Upcoming:



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Closed Thanksgiving Nov. 24, 2022

No Group Fitness
on Friday, Nov. 25

If you have questions about
a specific program schedule,
contact the front desk.



Swim Lesson registration opens for
Members on Dec. 10! Get ready to
sign-up for Tuesday/Thursday or
Saturday lessons!



Youth Basketball League draft dates:
Nov. 21-23
Practice begins December 4!

PARENTS' NIGHT OUT!

STAUNTON-AUGUSTA FAMILY YMCA

THEME: At the Carnival!

Saturday, November 26

3:00 - 9:30 PM

SAYMCA Afterschool Room

Register at the SAYMCA front desk.

Dinner will be provided!

FEES: \$30 Members / \$40 Non-members

*10% sibling discount

Financial Assistance available

Registration closes Nov. 18

Got questions? Contact Andrea Ryder at
andrea@saymca.org



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708 N COALTER ST, STAUNTON, VA 24401
540 - 885 - 8089



Shake Up Your Holiday Tradition

Give Blood

Blood Drive YMCA

Multi Purpose Room
708 N. Coalter Street
Staunton, VA 24401

Friday, December 2, 2022
10:00 a.m. to 3:00 p.m.

Please call 1-800-RED CROSS (1-800-733-2767) or visit RedCrossBlood.org and enter: YMCAStaunton to schedule an appointment.

Streamline your donation experience and save up to 15 minutes by visiting RedCrossBlood.org/RapidPass to complete your pre-donation reading and health history questions on the day of your appointment.



Scan to be directed to
RapidPass®

**Come to give blood Nov. 28-Dec. 15 for a \$10 Gift Card
by email, thanks to our partners at Amazon!**



Scan to schedule
an appointment.

Give Something that Means Something®

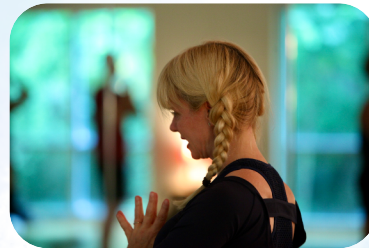
1-800-RED CROSS | RedCrossBlood.org | Download the Blood Donor App

yoga4cancer

"Cancer steals your breath. Yoga gives it back."™ – Tari Prinster

The STAUNTON-AUGUSTA FAMILY YMCA is excited to be offering a monthly Yoga For Cancer program!

This one-of-a-kind class is designed for cancer survivors and those still undergoing treatment for any form of cancer. This gentle class is being taught by Melissa Anderson-Morgan, a certified yoga4cancer instructor. Read below for a more detailed description of the methodology used in this uplifting, supportive class.



Join us in the SAYMCA Mind/Body Studio with your yoga mat.

Monthly Fees:

Members: \$35

Non-Members: \$50

Class size is limited to 10 with a minimum of 6. **If interested**, contact SAYMCA Fitness Director Wendy Shuttty at wendy@saymca.org to join the list for December.



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yoga4cancer (y4c) is a research based, specialized yoga methodology addressing the specific physical and emotional needs left by cancer and its treatments. Because all yoga is not the same, finding the right yoga teacher is the best first step. yoga4cancer (y4c) classes are always taught by certified y4c teacher with knowledge and awareness of the special needs of cancer patients and survivors.

For more information go to: y4c.com

yoga4cancer (y4c) will help you:

- maintain a strong immune system
- build muscle strength
- improve your bone density
- create self confidence
- find solutions for treatment side effects
- reduce stress
- improve your sleep
- give you a sense of well-being
- cultivate hope
- provide a supportive community

and be a path to a longer, happier healthier life.



DISCLAIMER: y4c programs are educational purposes and are not to be mistaken for long-term therapy or cure. It is recommended that you consult a physician or trusted counselor before you start any exercise programs. This program is not administered or monitored by Yoga 4 Cancer LLC. The provider is solely and fully responsible for all aspects of the program and class.