

WEEKLY NEWS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STAUNTON-AUGUSTA FAMILY YMCA

Week of December 19, 2022

What's new?

GIFT WRAPPING

Annual Giving Campaign
Fundraiser

► **December 13**
9:00 AM - 7:00 PM

► **December 21**
9:00 AM - 7:00 PM

Donation only - proceeds go towards
our Annual Giving Campaign.

SAYMCA supplies wrapping paper,
bows, and a limited supply of boxes.

STAUNTON-AUGUSTA FAMILY YMCA
708 M COALTER ST, STAUNTON, VA 24401
540-885-6889



Our second and last gift-wrapping day
is Wednesday, Dec. 21 from
9 AM - 7 PM.

Drop off your gifts and our "elves" will
wrap them for donations.

Thank you to all involved in providing
our program youth with a Christmas
extravaganza experience, made
possible by a donation from
Tom McMillen at International
Mapping Technologies..

Happening now:

EXPRESSO BIKE RIDE OF THE WEEK



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EXPRESSO SPEEDWAY 1 mile

Great for new riders, warming up, or flat-out sprints, Expresso Speedway is the most popular short course. It looks just like a rally course, complete with stadium and spectators!

Last week we had 14 riders complete Savage Revenge to win first place out of 374 facilities in the Ride of the Week competition! This was our **55th** win in a row!

LAST WEEK'S RESULTS: THANK YOU!

Rank	Team	Stage Race
1	 YMCA - Staunton - Augusta Staunton, VA	1,400
2	 YMCA - Chambersburg Chambersburg, PA	800
3	 YMCA - Calgary - Shawnessy Calgary, AB, Canada	600
4	 Keep Cool - St. Julien les Metz St. Julien les Metz, France	500
4	 Kokosing Westerville, OH	500

Kuddos to the riders who tackled 20-mile savage Revenge in last week's Expresso Ride of the Week competition. Those 14 earned our YMCA our 55th consecutive win!

We are rewarded this week with a 1-mile ROTW this week. Complete Expresso Speedway by closing on Friday to earn our YMCA 100 points in this worldwide competition.

Reminder that the Y is closed Saturday, Dec. 24 and Sunday, Dec. 25 in observance of Christmas Eve and Christmas Day. Keep up with our progress at

<https://expresso.com/Challenge/Teams/2022ROTW50>.

Be sure to log in to the bike before you begin riding for your miles to count. New rider? Ask a Wellness Center attendant to help you log in.



NO JOINING FEE

Happy holidays! We are having a No Joining Fee special just before the holidays! Treat yourself or give the gift of membership.



We are hiring Playroom staff! If you are enthusiastic about working with children, we have morning and evening positions available. Contact Dee Valentine via email at dee@saymca.org

Members! Are you interested in knowing what's behind the screen?

Behind this screen is a **Pilates Reformer**, a piece of equipment that:

Improves **strength**

Improves **flexibility**

Improves **balance**

Improves **focus**

Improves **coordination**

Improves **posture**

Improves **body alignment**

Lowers blood pressure



If you would like to know more or set up a session to try it out, please **contact Sheree Kiser** via email at skiser16@gmail.com to learn more

Cost per session:

\$30 / 30 min.

\$40 / 1 hr.



Upcoming:

Youth Basketball League games begin January 7th!

The new year brings youth basketball season at the Y! The Basketball Courts will be reserved for Youth Basketball League games:
January 7th - March 4th
8:00 AM - 3:00 PM



We're approaching a new year and a new Youth Basketball League game season!

The Basketball Courts will be **reserved** from 8:00 AM to 3:00 PM each Saturday for games from **January 7 through March 4**. Come out to support our young athletes!

Contact Eddie Santiago via email at esantiago@saymca.org with questions.

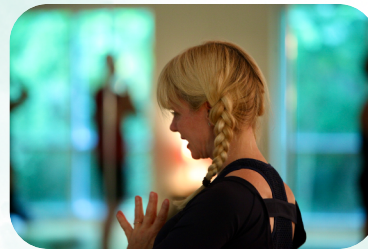


Oncology Yoga

with a **yoga4cancer**® Certified Teacher

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

yoga4cancer is a research based Oncology Yoga methodology addressing the specific needs of cancer patients and survivors. Our classes are taught by certified yoga4cancer teachers with the training and experience to ensure safe and effective support.

**For more information
go to: y4c.com**

yoga4cancer Classes help cancer patients and survivors:



- maintain a strong immune system
- build strength and flexibility
- reduce cancer related fatigue
- improve sleep and reduce anxiety
- manage treatment side effects
- create self confidence
- cultivate hope and a sense of well-being
- support long term health goals
- foster community

and achieve the American Cancer Society's weekly guidelines for recovery and prevention.

DISCLAIMER: Consulting a physician or trusted counselor prior to participating in an Oncology Yoga program is recommended. This program is not administered or monitored by yoga4cancer LLC, and the provider is solely responsible for all aspects of this program. Integrative Oncology Yoga programs are designed to support treatment protocols and recovery. Oncology Yoga is not cancer treatment.



HOMESCHOOL P.E.

STAUNTON-AUGUSTA FAMILY YMCA



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Come join us for fun, games, and sports at the Y. Your kids will learn new skills, tackle different obstacles, and make new friends. Please wear athletic clothing and closed-toe shoes. Each week will feature a different focus (e.g.: yoga, fitness, and dance), so please come prepared to move!

Register at the SAYMCA front desk.

Dates and Times:

Ages 5-8:

January 25 - March 1
Wednesdays, 10:00 - 11:30 AM

Ages 9-12:

January 23 - February 27
Mondays, 11:00 AM - 12:30 PM

Fees: \$50 Members / \$65 Non-Members

*10% additional discount available for families enrolling multiple children

Contact: Program Director Windsor Vaughn at
windsor@saymca.org

