

WEEKLY NEWS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STAUNTON-AUGUSTA FAMILY YMCA

Week of December 5, 2022

What's new?



Sheree is accepting private sessions with the Pilates Reformer! See flyer for more info on page 4.



Thank you donors for your Giving Tuesday donations! Pictured above is Nadia Ware (Honey's Sweet Face and Boddy LLC) gifting her donation to our Teen Center to "Mr. Eddie" Santiago.

Happening now:

EXPRESSO BIKE RIDE OF THE WEEK








MONKEY PASS 9.5 miles

Monkey see, monkey do...Monkey Pass will challenge you! Zip across tropical farmlands and discover the ancient ruins hidden deep within a dense jungle.

Last week we had 36 riders complete Apple Grinder to win first place out of 590 facilities in the Ride of the Week competition! This was our **53rd** win in a row!

LAST WEEK'S RESULTS: THANK YOU!

Rank	Team	Stage Race
1	 YMCA - Staunton - Augusta Staunton, VA	1,000
2	 YMCA - Chambersburg Chambersburg, PA	1,700
3	 YMCA - Central Stark County - North Canton Community Building North Canton, OH	1,300
4	 YMCA - Pickens County - Powdermill Powdermill, SC	1,000
5	 YMCA - Calgary - Shawnessy Calgary, AB, Canada	900

ROTW GOAL COMPLETE!

We're going for Year 2 of Ride of the Week championship!

This week's Espresso ROTW is Monkey Pass, a 9.5 mile ride. Every rider who completes Monkey Pass by closing on Saturday will earn our YMCA 100 points in this worldwide competition.

Be sure to log in to the bike before you begin riding for your ride to count!

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



Youth Basketball League practices have begun! We are excited for a new season for these young athletes!

Games begin January 7th! Come out to support!





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 24401
540-685-6005
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.



All Angel Trees have been claimed!
Thank you to everyone for your generosity this season and providing someone with their needs and wants. You have spread some cheer this year!

TIME	WAL-MART PHARMACY DOOR		WAL-MART FOOD CENTER DOOR	
	Name	Phone Number	Name	Phone Number
9:00-10:00AM	Maria / Mrs. Hays		Wendy / Rick	
10:00-11:00AM	Sun / Eric			
11:00AM-12:00PM	Kapriel / Paul			
12:00-1:00PM	Danny		Jeff	
1:00-2:00PM	Andrea		Beth / Elizabeth	
2:00-3:00PM	Kayla / Mike		Mason / Brandon	
3:00-4:00PM	Sun /		Wendy / Mike	
4:00-5:00PM				
5:00-6:00PM				
6:00-7:00PM	Mason / Lante		Cordace	

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

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 10:00 AM - 12:00 PM and 4:00 - 6:00 PM.

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



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:

Some festive fundraisers are coming up!

We are offering gift wrapping services in exchange for donations Dec. 13 and 21 from 9:00 AM - 7:00 PM. We will provide wrapping paper, bows, and a limited supply of boxes. Let us take care of your wrapping!

We will also be holding our annual Poinsettia Sale Dec. 13 beginning at 10:00 AM. There will be a limited supply of quantity and color, so be sure to come early to get your pick!

Proceeds from each fundraiser go towards the Annual Giving Campaign, which funds all of our mission programs!



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.

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540 - 885 - 8089

POINSETTIA SALE

Annual Giving Campaign Fundraiser

▶ **December 13**
beginning at
10:00 AM

Proceeds go towards our Annual Giving Campaign.

The SAYMCA will have a limited supply of quantity and color.



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

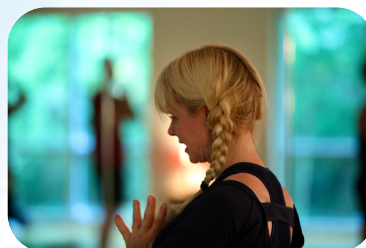
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yoga4cancer

"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 January.



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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.