

WEEKLY NEWS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

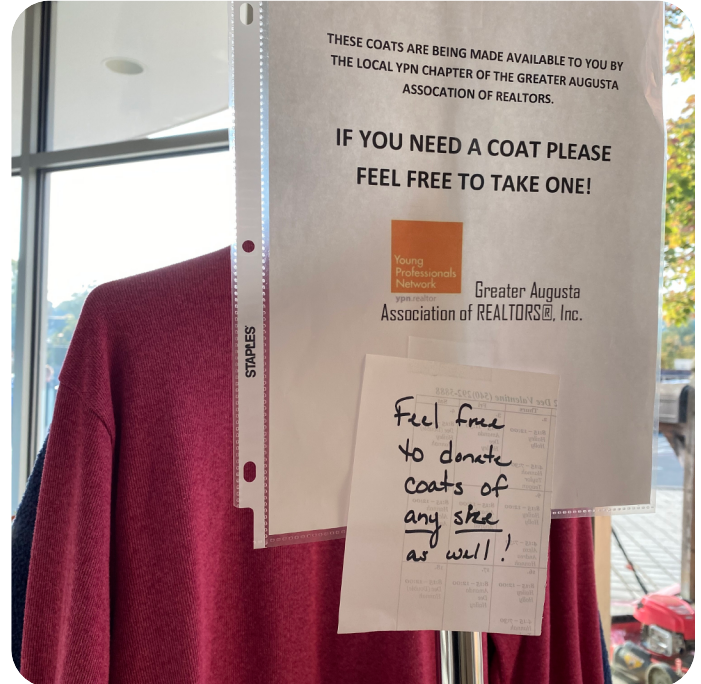
STAUNTON-AUGUSTA FAMILY YMCA

Week of January 23, 2022

What's new?



Youth Basketball League season is upon us! These young athletes have had a great start to their game weekends!

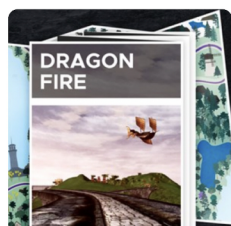


We want to remind members of the coat rack in the lobby. Take a coat if you need one or leave a coat for someone in need.

Happening now:



EXPRESSO RIDE OF THE WEEK








DRAGON FIRE 5 miles

Five miles in a far-east setting, Dragon Fire has gentle terrain but wild scenery. Everyone knows about flying dragons but what's with the flying houseboats?

Last week we had 41 riders complete Bent Spoke to win first place out of 832 facilities in the Ride of the Week competition! This was our **60th** win in a row!

LAST WEEK'S RESULTS: THANK YOU!

Rank	Team	Stage Race
1	 YMCA - Staunton - Augusta Staunton, VA	4,100
2	 YMCA - Chambersburg Chambersburg, PA	3,400
3	 YMCA - Central Stark County - North Canton Community Building North Canton, OH	2,900
4	 YMCA - Calgary - Shawnessy Calgary, AB, Canada	1,800
4	 YMCA - Central Maryland - Orokawa Y in Towson Towson, MD	1,800

Another milestone win for Team Espresso! #60 is in the books!

This week's ROTW is Dragon Fire, a 5-mile ride. Complete by closing on Saturday for your miles to count in this worldwide competition. Don't forget to log in before you begin riding! Keep up with our progress at

<https://expresso.com/Challenge/Teams/2023ROTW2>

New rider? No problem! Ask a Wellness Center Attendant to help you create a Rider ID and Password so you can participate.

Coming soon: Rally for the Y 2023! Stay tuned!



ALL JANUARY LONG!

NO JOINING FEE

the Y FOR YOUTH DEVELOPMENT
FOR POSITIVE LEADERSHIP
FOR SOCIAL RESPONSIBILITY

We're offering our No Joining Fee all January long! If you or someone you know has been thinking about joining the SAYMCA, there is no better time to join.

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

the Y

Youth Basketball League games kicked off on January 7! Games run on the Basketball Court on Saturdays, 8:00 AM - 3:00 PM until March 4.

Learn how to save a life:

LIFEGUARD CLASSES

STAUNTON-AUGUSTA FAMILY YMCA

Lifeguard classes are blended-learning with 7 hours of online work that needs to be completed before the first day of class. Must be 15 years of age to take the class.

UPCOMING SESSION:

Saturday, February 4

10:00 AM - 5:00 PM

Sunday, February 5

1:00 PM - 5:00 PM

Saturday, February 10

10:00 AM - 5:00 PM

Sunday, February 11

1:00 PM - 5:00 PM

*Registration closes Jan. 27

Class location will be announced prior to session dates.

\$275 for Members

\$325 for Non-members

Register at the front desk.

Got questions?

Contact Aquatics Director Beth Valentine at beth@saymca.org

CPR/FA CLASSES

\$75 Members / \$85 Non-members

Thursday, Jan. 26

4:00 PM - 9:00 PM

Saturday, Feb. 4

8:00 AM - 1:00 PM

Saturday, March 11

8:00 AM - 1:00 PM

Thursday, April 27

4:00 PM - 9:00 PM

Sign-up at the front desk

STAUNTON-AUGUSTA FAMILY YMCA
708 N COALTER ST
STAUNTON, VA 24401



We're Hiring:

A woman in a swimsuit is smiling and floating underwater in a pool. The background is blue with white lane lines.

the **Y** Member Since 1920

WE'RE HIRING LIFEGUARDS!

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

Certification course available in February through the STAUNTON-AUGUSTA FAMILY YMCA.

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

STAUNTON-AUGUSTA FAMILY YMCA
708 N COALTER ST, STAUNTON, VA 24401
540 - 885 - 8089
saymca.org

We are hiring a Daytime Lifeguard with a 9 AM - 1PM shift available.
Contact Beth Valentine at beth@saymca.org for more information.



We are hiring morning and evening Playroom staff! Contact Dee Valentine via email at dee@saymca.org



February 1 - 28, 2023

RALLY *for the* **Y** **RALLY. RIDE. RAISE.**

**Ride as many miles as you can on the Espresso Bike
to help raise money and awareness for your Y!**

Learn More, Register, and Pledge Your Support at

RallyForTheY.com



Blue Goji®



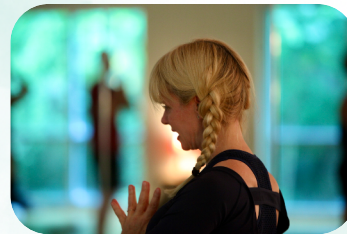
Espresso

Oncology Yoga

with a **yoga4cancer**® Certified Teacher

The STAUNTON-AUGUSTA FAMILY YMCA is excited to be offering a monthly Oncology Yoga 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 on Tuesdays at 4:20 PM in the SAYMCA Mind/Body Studio with your yoga mat.

Monthly Fees:
Members: \$25
Non-Members: \$40

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 February.



STAUNTON-AUGUSTA FAMILY YMCA
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.



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.

