

WEEKLY NEWS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STAUNTON-AUGUSTA FAMILY YMCA

Week of January 30, 2022

What's new?



February 1 - 28, 2023

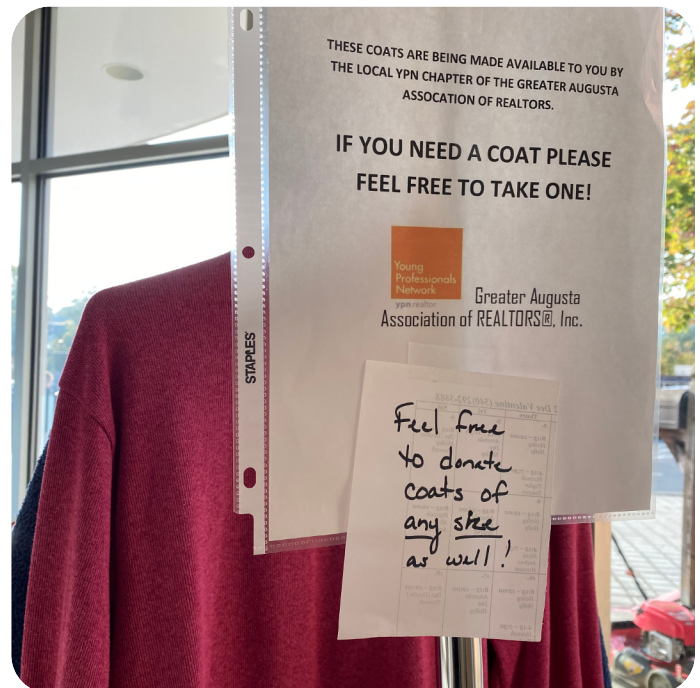
RALLY for the **Y**
RALLY. RIDE. RAISE.



MAKE YOUR WORKOUT COUNT!

Blue Goji will donate **\$0.10/mile** to your Y!

Get ready to ride; it's time for **Rally for the Y!** Details on pages 2-4.
Contact Jeff Collins at jeff@saymca.org with questions.



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



ASCENSION 18.2 miles

An eighteen mile course with large climb and frequent changing pitch, Ascension requires strength, endurance, and heart. The crazy outer space setting with space stations, asteroid belts, and a billion-mile view look amazing before the pain sets in.

Last week we had 42 riders complete Dragon Fire to win first place out of 842 facilities in the Ride of the Week competition! This was our **61st** win in a row!

LAST WEEK'S RESULTS: THANK YOU!

Rank	Team	Stage Race
1	 YMCA - Staunton - Augusta Staunton, VA	4,200
2	 YMCA - Chambersburg Chambersburg, PA	3,000
3	 YMCA - Central Maryland - Oriskany Y in Towson Towson, MD	2,300
4	 YMCA - Central Stark County - North Canton Community Building North Canton, OH	2,400
5	 Island Health & Fitness Ithaca, NY	1,600

Team Espresso rode to their 61st consecutive victory last week! Way to go! **Get ready for this week's ROTW; it's the challenging 18.2-mile Ascension.**

Also, **Rally for the Y** begins this Wednesday, February 1st.

To ensure that each mile you ride in February raises money for our YMCA, be sure to Join the Challenge at

<https://expresso.com/Challenge/Teams/RallyfortheY2023>.

Keep up with our ROTW 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.



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



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.



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



February 1-28, 2023

RALLY *for the* Y

RALLY. RIDE. RAISE.

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

The Rules

Get on the Expresso 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. Blue Goji will donate an extra **\$0.10/mile** to each participating Y.* At the end of the event, Blue Goji 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. *The minimum donation from Blue Goji is \$50. Your YMCA will receive a donation from Blue Goji as long as your team logs at least 500 miles in total during the challenge.



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.

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.



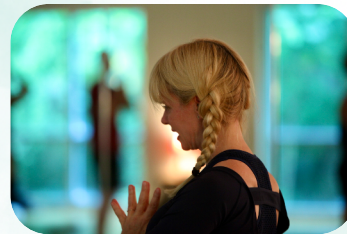
We are hiring morning and evening Playroom staff! Contact Dee Valentine via email at dee@saymca.org

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 March.



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.

