

WEEKLY NEWS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STAUNTON-AUGUSTA FAMILY YMCA

Week of March 13, 2023

What's new?



The Club at Ironwood Pool Membership

STAUNTON-AUGUSTA FAMILY YMCA

What it includes:

When purchasing a **Club at Ironwood** membership, you will have access to the Volleyball Court, Tennis Court, and the Pool. You will also be able to purchase food and drinks from the Cabana next to the Pool. No outside food or drinks permitted.

Dates and hours:

Season **starts** May 27, 2023
Season **ends** September 4, 2023.
Hours of operation are
11:00 AM - 7:00 PM daily.



Membership Prices:

YMCA Members:
\$410 Family Membership
\$310 Single Membership
Non-member:
\$560 Family Membership

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

50+ Men's Pick-Up Basketball

Tuesdays, 1:15 - 2:30 PM
on the Basketball Court



In need of some fun in the sun this summer? Look no further as registration for **Club at Ironwood Pool memberships** is open at the SAYMCA front desk!

There will now be **pick-up basketball** available Tuesday afternoons for men aged 50+! Come join for some basketball fun, 1:15PM-2:30PM.

Happening now:



EXPRESSO RIDE OF THE WEEK








APPLE GRINDER 7 miles

This seven-mile course runs through bucolic New England in the fall. Don't daydream; frequent pitch changes mean your best gear is always changing.

Last week we had 24 riders complete Gut Buster to win first place out of 518 facilities in the Ride of the Week competition! This was our **66th** win in a row!

LAST WEEK'S RESULTS: THANK YOU!

Rank	Team	Stage Race
1	 YMCA - Stanton - Augusta Stanton, VA	2,400
2	 YMCA - Chambersburg Chambersburg, PA	1,400
3	 YMCA - Central Stark County - North Canton Community Building North Canton, OH	1,100
4	 YMCA - Central Maryland - Orokawa Y in Towson Towson, MD	600
4	 YMCA - Central Virginia - Jamerson Lynchburg, VA	600

Congrats to Team Espresso for their 67th consecutive win!

Who's ready for #68? Complete Stormy Hollow by closing on Saturday to earn our YMCA 100 points in this worldwide competition. Keep up with our progress at <https://expresso.com/Challenge/Teams/2023ROTW11>

New rider? No problem! Ask a Wellness Center Attendant to help set up your Rider ID and Password.

MEDITATION WORKSHOP

STAUNTON-AUGUSTA FAMILY YMCA

March 20th, 27th, & April 3rd

6:30 - 8:00 PM

Mind/Body Studio



We are pleased to offer a Beginner Meditation Workshop taught by Barbara Martin who has been meditating for 20 years and has a Master's Degree in Holistic Healing Arts. The workshop is suitable for anyone who is interested in meditation or anyone who has tried it before and maybe was frustrated with it. It is non-denominational and mindfulness-based, offering relaxation as well as meditation techniques. Meditation can be a healthy way to relax and de-stress, thereby promoting a positive frame of mind and enabling one to gain insights on life's challenges.

Cost: \$75 Members / \$90 Non-members
(for all 3 dates)

Register at the SAYMCA Front Desk
(deadline is March 16th)

What to bring to class: a yoga mat for lying on the floor. A pillow and blanket are welcome for additional comfort and support.



Tuesday / Thursday Group Swim Lesson Registration Open Until March 16!

Make a splash in our upcoming group swim lessons by registering at the SAYMCA front desk through March 16 for a session running March 21 through April 13



Mark your calendars! Registrations for the **Meditation Workshop** and **Tues/Thurs Swim Lessons** are open until **March 16**.

The wait is over!

Tennis sessions and Homeschool P.E. and will be starting this week!

EARLY HITTERS

Will teach the basics of tennis for ages 5-8. Must pre-register at the front desk.

Session Dates and Times:
Tuesdays, 5:30 - 6:30 PM
March 14 - April 4

OR

Thursdays, 5:30 - 6:30 PM
March 16 - April 6

Fees:
\$60 Members per session
\$75 Non-members per session

PRE-TEEN TENNIS

Will teach your pre-teen(s) (ages 9-13) intermediate tennis skills. Must pre-register at the front desk.

Session Dates and Times:
Wednesdays, 5:30 - 6:30 PM
March 15 - April 5

Fees:
\$60 Members per session
\$75 Non-members per session

HIGH SCHOOL TENNIS

This will get your high schooler (ages 14-19) prepared for high school tennis. Must pre-register at the front desk.

Session Dates and Times:
Wednesdays, 6:30 - 8:00 PM
March 15 - April 5

Fees:
\$70 Members per session
\$85 Non-members per session

WOMEN'S INTERMEDIATE

For adult women (18+) wanting drills and competition in singles and doubles.

Session Dates and Times:
This class will resume in the fall!

Fees:
\$80 Members per session
\$95 Non-members per session

Private Lessons

1 HR:
\$49 Members
\$64 Non-members

30 MIN:
\$25 Members
\$40 Non-members

Semi-Private Lessons

Per person
\$35 Members
\$50 Non-Members
*If siblings, second person receives 10% off

PLAY THE PRO:

1 HR: \$40
30 MIN: \$20
Available to members only.
Test your skills and Play the Pro!
Hitting sessions with Chris Stambaugh.

RACKET AND STRINGING REPAIR:

General re-string and re-grip starts at \$25 per racket. If interested, contact Chris at 252-396-1691 or clstambaugh@marybaldwin.edu

For more information about the program, contact Chris Stambaugh at 252-396-1691 or email clstambaugh@marybaldwin.edu



HOMESCHOOL P.E.

STAUNTON-AUGUSTA FAMILY YMCA



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:
March 22 - April 26
Wednesdays, 10:00 - 11:30 AM

Ages 9-12:
March 13 - April 24
Mondays, 11:00 AM - 12:30 PM
***No class April 10** in observance of Easter

Fees: \$50 Members / \$65 Non-Members
***10% additional discount available for families enrolling multiple children**

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

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Take a look below at the many positions we have to offer for employment at the YMCA! In interested, begin the application process at saymca.org/job-opportunities/

WE'RE HIRING!



Swim Instructors

Got questions? Contact Beth Valentine via email at beth@saymca.org



Certified Personal Trainers

****must currently be ACE, AFAA, or ACSM certified to apply****
Got questions? Contact Krystal Clark via email at krystal@saymca.org



Playroom Staff

****must be flexible for morning & evening shifts****
Got questions? Contact Dee Valentine via email at dee@saymca.org



Summer Lifeguards

Got questions? Contact Beth Valentine via email at beth@saymca.org



Summer Day Camp Janitor

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

To apply, complete a general application at the SAYMCA front desk or online at saymca.org/job-opportunities/

WE'RE HIRING!



YOUTH DEVELOPMENT



Lead Counselor

Afterschool Adventure Club - must be age 18+
Got questions? Contact Andrea Ryder via email at andrea@saymca.org



Junior Counselor

Afterschool Adventure Club - must be age 16+
Got questions? Contact Andrea Ryder via email at andrea@saymca.org



Lead & Junior Counselor - Clymore

Counselor positions for Afterschool Adventure Club at Clymore Elementary - see age requirements above
Got questions? Contact Sam Breeden via email at sbreeden@saymca.org



Youth Development Aide

Afterschool Adventure Club - must be age 16+
Got questions? Contact Andrea Ryder via email at andrea@saymca.org



Teen Center Counselor

Must be age 18+
Got questions? Contact Eddie Santiago via email at esantiago@saymca.org



Summer Day Camp Bus Driver

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

To apply, go to saymca.org/job-opportunities/ and complete the Youth Development Counselor/Aide application. This is an online application.



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MEN'S BASKETBALL LEAGUE

STAUNTON-AUGUSTA FAMILY YMCA

1 League, 2 Divisions:

- Competitive
- Non-competitive

Six teams max per division
Ten players max per team

One team per division is reserved
for individual sign-ups

Fees:

\$80 Members

\$100 Non-members

*Fees due upon the time of
registration, no exceptions

Registration open

Feb. 24 - March 27

Register at the front desk.

Location:

STAUNTON-AUGUSTA FAMILY YMCA
708 N Coalter St
Staunton, VA 24401

Competitive games

run Thursdays, April 27 - June 15
3 games per week: 5:30, 6:30, 7:30

Non-competitive games

run Tuesdays, April 25 - June 13
3 games per week: 5:30, 6:30, 7:30

*Schedule is subject to change at the discretion of
the director based on number of participants

Eight games for the season (no bye weeks)

Best record wins (in case of tie, a one game
championship will be held)

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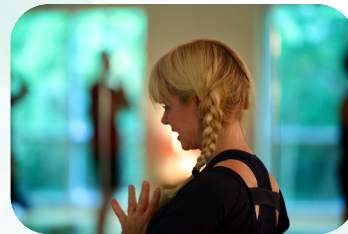
Got questions? Contact Eddie Santiago via email
at esantiago@saymca.org

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 April.



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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.

