

WEEKLY NEWS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STAUNTON-AUGUSTA FAMILY YMCA

Week of May 22, 2023

What's new?



Thanks to all who came to
Karaoke for a Cause! Your
attendance will help people in
our community!

The Staunton-Augusta Family YMCA will be hosting the "Run for a Better Us" 5K Fun Run/Walk on June 3, 2023 at Gypsy Hill Park in Staunton, VA. This family-friendly, community-inspired event will take place with a start time of 8:30 AM in front of the entrance to the pool and end at the Gazebo. All proceeds from the event will benefit the Staunton-Augusta Family YMCA Annual Giving Campaign, which provides life-changing programs to those in our community who need them the most.

Registration by May 5:
\$15 Individual
\$10 Children under 12

Registration after May 5:
\$20 Individual/Children

All participants will be entered in a prize drawing. Additional tickets will be available for purchase the day of the event toward door prizes. You must be present in order to claim your prize.

Run for a Better Us
5K
Fun Run/Walk



Don't forget to get registered
for the Run for a Better Us 5k!
Sign up online or at the front
desk for \$20.

Happening now:



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



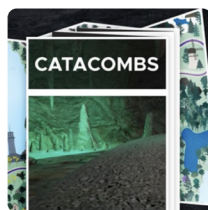
Have some fun in the sun by signing up for a **Club at Ironwood Pool Membership** at the SAYMCA front desk!



It's **Annual Giving Campaign** season! Keep a lookout to see what fun events will be taking place and how you can contribute!



EXPRESSO RIDE OF THE WEEK



CATACOMBS 3.7 miles

Feast your eyes on mystical glowing gems, massive lava filled caverns, fearsome subterranean beasts and wave hello to the industrious Goblins who have built cities deep underground.

Last week we had 19 riders complete Monkey Pass to win first place out of 476 facilities in the Ride of the Week competition! This was our **77th** win in a row!

LAST WEEK'S RESULTS: THANK YOU!

Rank	Team	Stage Race
1	YMCA - Staunton - Augusta Staunton, VA	1,900
2	YMCA - Chambersburg Chambersburg, PA	1,500
3	YMCA - Calgary - Shawnessy Calgary, AB, Canada	800
3	YMCA - Central Stark County - North Canton Community Building North Canton, OH	800
5	Keep Cool - St. Julien les Metz St. Julien les Metz, France	700

Way to go, Team Espresso, on earning your 77th consecutive win! What a feat!

This week's ROTW is Catacombs. Complete by closing on Saturday to earn your 100 points! Keep up with our progress at <https://expresso.com/Challenge/Teams/2023ROTW21>

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

GIRO D'EXPRESSO




7TH ANNUAL
MAY 6–28, 2023

Pick a Level and Complete all the Stages!

RULES

The stage race is divided into three difficulty levels. Choose the level(s) you want to ride and complete all the designated stages. You must click **JOIN** for the level(s) you plan to ride before you begin, or your stages will not be recorded. Riders who complete all the stages in their corresponding level(s) will receive their **challenge badge(s)**.

LEVELS

-  Join the **Mini Giro** and complete **stages 1-9**
-  Join the **Giro** and complete **stages 1-15**
-  Join the **Grand Giro** and complete **stages 1-21**

Riders **MUST** have a MyExpresso account by creating a rider ID, password & additional information on [Expresso.com](https://www.expresso.com). 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 crashes, flat tires, missed workouts, heavy crosswinds, or any other down time.

EXPRESSO.COM/CHALLENGE

1	Alpine Splash	2.9 Mi
2	Stormy Hollow	7.4 Mi
3	Apple Grinder	7 Mi
4	Rabbit Run	2.3 Mi
5	Wicked Workout	7.8 Mi
6	Evening Bliss	2.3 Mi
7	Rolling Thunder	1 Mi
8	Bent Spoke	4 Mi
9	Dragon Fire	5 Mi
10	Gut Buster	11 Mi
11	Moody Ambush	5.4 Mi
12	Lucky Streak	10.6 Mi
13	Outlaw Rock	10 Mi
14	Fruitdale	4.4 Mi
15	City Express	4.5 Mi
16	Catacombs	3.7 Mi
17	Ocean Plunge	11.8 Mi
18	Redwood Dash	1.5 Mi
19	Coastal Run	3.3 Mi
20	Falcon Flight	8.3 Mi
21	Quicksilver	6.3 Mi

MINI GIRO
40 MILES

GIRO
85 MILES

GRAND GIRO
120 MILES

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SWIM CLINIC

STAUNTON-AUGUSTA FAMILY YMCA



June 13 - July 27
Tuesdays and Thursdays
9:45 - 10:45 AM
*No practice July 4 and 6

Clinics offered to ages 4 - 18.
Swimmers must be able to swim the
length of the pool enthusiastically.
Max: 50 Swimmers

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

Location:
The Club at Ironwood Pool

Registration opens
April 19 at 5:00 PM.

Rates:
Member: \$75
Non-member: \$90

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Swim Clinic at Ironwood Pool
registration is open! Join Coach
Antonella Zullo this summer!



Re:Designing Nutrition

Unsure about what to eat or if you should try the latest fad diet?
Wondering if you should be tracking macros or counting calories?

**Join us Thursday, June 22 from 6-7 PM in the
SAYMCA Multi-Purpose Room**
***Sign-up sheet at the SAYMCA front desk**

We'll start to unpack the basics of good nutrition, talk about why
eating well is so important, identify some healthier food choices,
and get started on the journey to good health.

Maria D. Maroney, MS holds a Masters Degree in Clinical
Nutrition & Integrative Health from Maryland University of
Integrative Health, and brings 20+ years of experience working
in the Natural Products Industry.



Sign-ups are open for Maria
Maroney's nutrition seminar! Ask
for the sign-up sheet at the front
desk.

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



Certified Group Fitness Instructors

Got questions? Contact Wendy Shetty via email at wendy@saymca.org



Front Desk

****requires evenings and weekends****
Got questions? Contact Alice Bosserman via email at alice@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

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 Breden via email at sbreden@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



Child Care Afterschool Coordinator

See job posting at saymca.org for qualifications
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.

Take a look below at the many positions we have available for **employment at the YMCA!** We are immediately hiring a summer camp counselor, personal trainers, and swim instructors. If interested, begin the application process at
saymca.org/job-opportunities/

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.

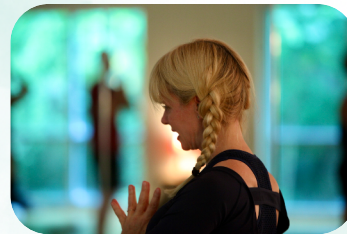


Oncology Yoga

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 Shutty at wendy@saymca.org to join the list for May.



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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.



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All participants will be entered in a prize drawing. Additional tickets will be available for purchase the day of the event toward door prizes. You must be present in order to claim your prize.

FAQs:

Is this a timed event?

This is an untimed, FUN run/walk. All ages and levels are welcome!

Can I bring my child(ren)/pet?

Children in strollers and well-behaved, leashed pets are invited. Owners of pets are responsible for any pet waste and its proper disposal.

What if it rains on the day of the event?

Event will be held rain or shine!

Will there be refreshments?

Post run/walk drinks and snacks will be available to participants.

Will I receive an event T-shirt?

T-shirts will be guaranteed to those who register ON or BEFORE May 5, 2023. Any registration after May 5 will not be guaranteed a T-shirt.



Run for a Better Us 5K Fun Run/Walk





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Maria D. Maroney, MS holds a Masters Degree in Clinical
Nutrition & Integrative Health from Maryland University
of Integrative Health, and brings 20+ years of
experience working in the Natural Products Industry.

