



E-NEWS for members & family

July 2010

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Greetings from the Bryan Family YMCA!

Membership

In an effort to help collect book bags for our Bright Beginnings back to school shopping we will be **waiving the joining fee for all new members who join between July 15th to August 15th who donate a new book bag.** All the book bags will go towards kids who participate in the Bright Beginnings back to school shopping.

In an effort to provide the **best experience for our members** during the summer, **starting June 14th, we will no longer be selling guest passes to non-members after 3 p.m. Monday through Friday.** Before 3 p.m. non-members are welcome to enter the facility at a rate of \$5 for those under 18 years old or \$10 for those 18 and up. All visitors 16 and up must provide a photo ID. There will be no change to the weekend guest pass policy.

Youth Summer Punch Cards are back! This summer, the Bryan YMCA will once again be offering a **10 visit punch card for \$30 for our Youth and Teen non-members who would like to visit us this summer.** Cards are available for purchase at the front desk and good only for the summer.

College students who are home for summer can still take advantage of the **Summer College membership.** With an out of area college ID, students can **purchase 1 or 2 month memberships at a rate of \$30 each month** to be paid up front.

July 19th - 25th we will be offering a special silent auction in the lobby with gift certificates and items from local businesses. **All the money from the auction will go towards Bright Beginnings.**

Please contact [Julie Brannon](#), [Sarah Collins](#), [Heather Whitsett](#) or the front desk at 478-9622 with membership specific questions.

Triple A's

The Brown Bag Lunch Series continues with **The Senior Advantage.** Join us Wednesday, **July 21st from noon until 1:00 p.m.** to learn about how to gain the real estate and financial advantage when you are over

the age of 55. We will have a 30 minute presentation and then a Q&A session with the real estate and financial experts. **Please register at the front desk by July 16th.**

Please contact Elizabeth Minehart at 478-9631 with questions about our Triple A's programs.

Aquatics

Summer Swim Lessons are here! On July 28th, we will begin registering for our August Swim Lessons. The classes will run August 2nd to August 19th. Cost is \$33 for members and \$55 for non-members. Check out the [schedule](#) on our website.

Please contact [James Wright](#) at 478-9634 for questions about aquatics.

Swim Team

GCY Swim Team participated in the 55th Annual Eastern Invitational this past weekend, June 25 - 27. The meet was held at Lindley Pool in Greensboro. **GCY swimmers placed in the top 10 in over 20 events.** Kudos to the swim team! The boys aged 13-14 200 meter breaststroke was won by Stuart Moffitt and Isaac Klinger set a new meet record in the 13-14 boys 200 meter butterfly.

Please contact [Coach David Teel](#) at 478-9635 for questions about GCY Swim Team.

Fitness

Join the new fitness craze that will help you burn fat and calories, release stress, and sculpt a KICKIN' body! Class will consist of heavy bag and speed bag drills, jump rope drills, and Plyometrics exercises. Inspired for the Fitness Enthusiast! **Boxing 101** will run **July 27th - August 19th Tuesday/Thursday from 7-8pm.** The cost is \$55 members/\$70 non-members

July 19th to 23rd Cheer and Dance camp is back! Join us as your child will learn chants, cheers and fun dance routines. Camp will run from 8 a.m. to noon. Cost is \$60 for members and \$85 for non-members.

Please contact [Alicia Simpson](#) at 478-9238 with fitness questions.

Sports

Youth Soccer Camp is still available for July 26th to 30th. Join us as Greensboro College Head Women's Soccer Coach Ian Spooner takes your child through the fundamentals of soccer. For all levels **ages 5 to 13.** \$80 for members and \$100 for non-members. Camp will run from 9 a.m. to noon at the Pride Field at Greensboro College.

Registration for Kiddie Kickers Fall Soccer and Fall Flag Football is now underway. Fall sports will be \$55 for members and \$80 for non-members per child per sport. **Kiddie Kickers will be for ages 3 to 10 years old and Flag Football will be for ages 5 to 14 years old.** Please register by August 1 for Kiddie Kickers and August 6th for Flag Football to avoid the \$15 late fee.

Please contact [Jackie Robinson](#) at 478-9624 with sports questions.

Bright Beginnings

Give A "Bright Beginning" for the New School Year

Bright Beginnings helps over 500 kids to start the new school year with confidence. **Volunteer opportunities include shopping with children for new school clothes, making a donation to support the shopping trips, and donations of basic school supplies and new book bags.**

Individuals or companies that wish to collect basic school supplies or book bags are asked to deliver them by August 1. A donation of \$150 provides a child with new clothes among other school related items. Any amount is graciously accepted.

For more information on volunteering for Bright Beginnings, please click [Bright Beginnings 2010 Information Sheet](#) or to volunteer please fill out and return the [Volunteer Application](#) by August 1st.



July 19th - 25th: We will be offering a special silent auction in the lobby with gift certificates and items from local businesses. **All the money from the auction will go towards Bright Beginnings.**

Now, you can follow us on Twitter and Facebook!



We look forward to seeing you all this month, and love having you in our facilities.

As always thanks for your support.

Sincerely,

Bryan Family YMCA

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