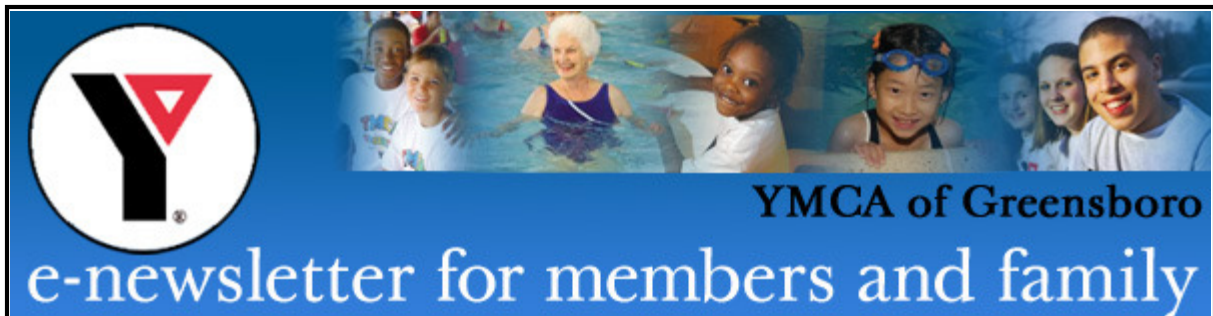


From: Bryan Family YMCA [newsletter@ymcagreensboro.org]
Sent: Monday, February 16, 2009 1:06 PM
To: elizabeth.minehart@ymcagreensboro.org
Subject: News from Bryan YMCA of Greensboro



Y Welcome

Did you know that a **donation of \$250** provides **five youth with an exciting season of sports**? But a **donation as small as \$50** can provide **swim lessons for a child**. Please visit our [website](#) to learn more about our annual We Build People campaign.

A letter for a grateful scholarship recipient: "I am very grateful for the financial assistance provided by the YMCA. My family has been positively impacted in many areas. My children have enjoyed the many opportunities for sports and recreation. I have enjoyed the benefit of the many health centered activities. Without the financial aid we could not be able to afford this."

A second letter another grateful scholarship recipient: "The Y is so wonderful! They thought me that I can swim the whole length of the pool. I like the lifeguards because they teach me to swim without a life jacket. I have Cerebral Palsy and swimming really helps my body to relax after I have had a hard day and relaxes my muscles."

So become a real life super hero to each of our members and future members! Visit our [website](#) or contact our staff for more information.

Bryan Family YMCA

501 W. Market St
Greensboro, NC 27401
www.bryanyymca.org
336.478.9622

Y Highlights

News

What's happening at the Bryan YMCA?

Boxing 101 will begin **February 10th** through February 26th Tuesdays and Thursday **6:00am** with Marshall. Space is limited, so register now at the front desk!

We are now Registering for **YMCA Lifeguard Training with CPR-PRO & AED**, perfect for summer or year-round aquatics employment! Choose from one of two classes in either March or April of 2009. Check our [website](#) for a complete listing of class times and dates!

February 18th at 10:00am we will be offering a Triple A (Active Ageless Athletes, members over 50) Schuedoodle **watercolor painting** class. It is \$11.50 a person and we provide all the materials. Please **register by February 12th** [online](#) or at the front desk!

We are **currently registering for Spring Sports!** We will be offering **Youth Soccer** for ages 3 to 12 and **Youth Flag-Football** grades K-8th. New to our spring sports is **Girls Volleyball** for grades 4th-8th. We are also currently registering for **Adult Basketball and Kick-ball**. You can register [online](#) or at the front desk. Please see our [website](#) for more details. Please contact [Jackie Robinson](#) with questions.

Upcoming Events

Turbo ZUMBA Palooza will be **March 21st**, 9:00am-11:00am. Please check the [website](#) and front desk for more information.

March 18th Lifeline Screenings will be here

First Steps classes are for those who want to learn **the basic moves** and proper form in classes such as **step, turbo kick, hi/lo, and Pilates**. See [Room 3 schedule](#) for days and times.

Last month the **GCY Makos placed 2nd in their division at the YMCA State championships**. Congratulations go out to **Isaac Klinger won** the high point award for 13-14 boys. Great job Makos!

February 18th is the first day to register for March & April Saturday Swim Classes! We are offering a full range of infant, preschool, grade school, and adult learn-to-swim programs!

February 9th Comfort Keepers will be in our lobby in the morning and evening to talk with everyone about their services to **those who care for adults**.

P.H.A.T Physical Health Activities for Tweens **is back**. Check [P.H.A.T schedule](#) for class days and times.

Do you have a teen who is **14 or 15 years old and wants to lift weights**? They will need to complete a **teen certification**. Please contact [Alicia Simpson](#) at 478-9638 to set up an appointment for a teen certification.

Did you know that [aerobic schedules](#) are available on the Bryan YMCA website? You also help us save the planet by viewing the electronic copy and not printing it.

The **SilverSneakers** class is growing and is at 8:15am & 10am in [Room 1](#).

from 8am to 5pm. Please contact Alicia [Simpson](#) for more information.

March 25th at 10am the therapists from Integrative Therapies will be here to talk to our Triple A members about Alternative **Health options** like message, acupuncture and more! Contact [Elizabeth Minehart](#) at 478-9631 for more information.

We will be doing a late **Spring T-ball league**. Check our [website](#) for more information as it becomes available.

Spirit, Mind, and Body

Mission in Action



The uncertain economy has put pressure on communities throughout the country, and many Americans face unwelcome choices as they balance conflicting financial and personal demands. YMCAs have a unique ability to help in these tough times. For 120 years, the YMCA of Greensboro has stood as a constant with purposeful, engaging programs that nurture the spirit, challenge the mind and strengthen the body.

The YMCA works hard to make its programs accessible to all, and your YMCA will make every effort to help you or your family members stay involved in Y activities. Whether its afterschool care for your child, youth sports or your membership, don't be afraid to ask your YMCA about financial assistance. Every day, Ys across the country offer financial assistance - made possible by private and public support, as well as YMCA members - to help families and individuals be part of the YMCA because we value what you bring to the Y as much as we value what the Y can do for you.

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