

January 6, 2010  
YMCA of Scottsville & Allen County  
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### **HAPPY NEW YEAR 2010!**

The YMCA of Scottsville and Allen County would like to wish everyone in Allen County a blessed and happy new year! We Pray 2010 will be the best year ever! Let the Y help you build your spirit, mind and body; come in and see what we can do for you.

### **BOOT CAMP!**

Beginning January 11 we will start our new year's boot camp -- Reso(boot)tion is a not-for-the-timid or the weak. This camp is a high intensity circuit-style training lasting four weeks. If you feel you can hang or if you just want to try – **BRING IT!** Cool t-shirts will be provided. (Members-only and free)

Winter BASKETBALL: Registration begins December 1 for the next basketball season for boys and girls ages 4 through 4<sup>th</sup> grade. Games begin January 23 with first practice right after the first of the New Year. Coaches make this program happen. Your best ability is your dependability: you don't have to "know it all" concerning Basketball skills to be a wonderful caring coach. Check your child's book bag for the registration form. Members are FREE and non-member cost is \$40 per child (\$5.00 2<sup>nd</sup> child/same family) discount. Late registration begins Jan 3<sup>rd</sup> with a \$5 fee applied.

### **FUN COMPANY REGISTRATION**

Are you in need of licensed before, after and school day out child care? The YMCA is the answer to your childcare needs for children enrolled in Head Start or pre-school up to 12 years of age. Since this is a licensed program, state-funded childcare assistance is accepted. Play centers, weekly swimming, healthy snacks and other fun activities are offered daily! Space is limited so sign up now! Call the Welcome Center for more information.

## **YOUTH STRENGTH TRAINING**

All 10-13 year olds must take our Youth Strength Training class prior to utilizing the Wellness Center. Our next class is Saturday, January 30 from 9 – noon. Fees are \$20 per participant (members only).

## **ON GOING PROGRAMS OFFERED AT ALL TIMES:**

(call for more details 237-5704)

Aerobic classes (water and land)

Licensed Massage Therapy

Cycling (extreme cycling)

MicroFit (wellness testing)

Fun Company with before and after school care (ages 5-12)

Yoga

## **YMCA FACILITY TOURS**

We are happy to show you our beautiful Y at anytime. Please feel free to drop in for a personal tour. No appointments necessary!!

Our Mission: A worldwide charitable fellowship united by a common loyalty to Jesus Christ for the purpose of helping people grow in spirit, mind, and body.

For more information on these and other YMCA opportunities, call us at (270) 237-5704. You belong at the YMCA!



