

Back to School



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Titusville YMCA Family Center

2400 Harrison St. Titusville, FL 32780

AUGUST 2015 NEWSLETTER

321-267-8924

BUILDING BRAINS & HEALTHY BODIES

This "Back to School" season is the perfect time to reconnect with the Y as we feature new YMCA classes, sports, and events designed to build healthy brains and bodies. Now is the time to meet with one of our wellness coaches for a complimentary "Coach Approach" session. They will help you build a plan that's just right for you. Meet our



new Group Exercise instructors and try our newest class, "Upper Cuts", on Wednesdays at 6:30am. Entry-level tennis and racquetball programs from beginners to the most experienced players are available at our newly renovated YMCA Tennis & Racquet Center. Sign up now for our free Triathlon Training program to prepare for our 11th Annual Titusville Family Triathlon on October 3rd. Read all about our new programs and events in this newsletter.



**JOIN THE FUN, TRY
NEW THINGS, EARN
REWARDS, IT'S FREE!**

Continue your journey to a healthier lifestyle with our YMCA Summer Challenge, which lasts through September 4th. Track your progress through an array of 24 different activities in wellness, group ex, sports, and aquatics. Introduce yourself to new exercise methods which help you meet your goals. Sign up at the Membership Desk to earn rewards such as workout towels and tee-shirts for completing 9, 15 and 24 activities.

This month, bring in school supplies for our partner Apollo Elementary, and earn a free Summer Challenge sticker for any activity you've yet to complete.

Celebrate your Summer Challenge success at our Labor Day Grill & Chill Pool Party on Monday, September 7th, from 11am-2pm. This event is free and open to the community.

FIT KIDS!

**WEDNESDAYS AT
5:30PM
BEGINNING
AUGUST 26**

Bring your kids to join Elizabeth, our newest Group Exercise Instructor, as she teaches kids to strengthen muscles, build endurance and release energy through directed games, partner work and active play. Using her vast dance experience, Elizabeth incorporates rhythm, creativity and movement skills into this half-hour class designed for kids ages 5-9. This class promotes teamwork and cooperation as kids are encouraged to take turns and lead while developing a healthy body along the way.





YMCA TENNIS & RACQUET CENTER NEWS:

On June 27th we cut the ribbon on our newly renovated YMCA Tennis & Racquet Center. Now is the perfect time to dust off those racquets and report to the center for some fitness, fellowship and fun. Below are the programs available for every skill level so YMCA members and community participants can get in the game:



YOUTH TENNIS

LESSONS: Tuesdays & Thursdays, 5:30-6:30pm, beginning September 1st. Registration is open now. Monthly fees apply based on skill levels.

ADULT BEGINNER TENNIS CLINIC:

FREE 60-minute clinic for members wanting to learn to play tennis. Participants

learn the basics. Mondays 6pm-7pm.

TENNIS CLINICS:

Cardio Tennis: Mondays 7pm-8pm

Doubles Clinic: Wednesdays 6pm-7pm

Shot of the Week: Fridays 9:30am-10:30am

Clinics are \$10 per session (member price)

FRIDAY NIGHT DOUBLES TENNIS:

Every Friday Night at 6:30pm, no need to make a reservation, just show up and play!

ADULT RACQUETBALL:

Singles & Doubles Challenge Court every Tuesday and Thursday night 5:30-8pm.

For more information about tennis and racquetball programs, please contact the tennis center at 321-269-3763 or Coordinator Laura Geyer at lgeyer@cfymca.org.

Sign Up NOW

Sat, Oct 3rd

Training Begins

Aug 24



11th ANNUAL TITUSVILLE FAMILY TRIATHLON

Mark your calendar for our 11th Annual Titusville Family Triathlon on

Saturday, Oct. 3rd at 7am. Our family triathlon is for all ages and consists of 100 yard swim (4 laps), 4 mile bike ride, and 1.75 mile run. You can also split up the individual events to form a family relay. Register before Sept. 15th for \$30 per person, and after Sept 15th prices increase to \$40 per person.

NEW THIS YEAR: Let us train you to become a triathlete! Join us for a free, 6-week, bi-weekly training program on Mondays & Fridays at 5:30pm. Practice the events and transitions before the event.

BACK TO SCHOOL YOUTH SPORTS

REGISTER BEFORE AUGUST 17TH FOR DISCOUNT

Whether your child is new to sports or a competitive player, YMCA team sports and activities build character and teach lifelong values, in addition to being lots of fun. If you are looking for an opportunity to give back to your community and enjoy working with youth, perhaps you might consider serving as a YMCA Youth Sports Coach or volunteering in other ways. Register at the YMCA Members Desk for this season of youth sports which is open now:

FLAG FOOTBALL: for grades 1st-8th

VOLLEYBALL: for grades 1st-8th

BASKETBALL: for grades K-10th

CHEERLEADING: for grades K-10th

Program fees begin at \$50 for members, \$100 for community participants. Equipment and uniforms are included. Games begin on August 29th for a six-week season.



For a schedule of practices, games, coaches, etc.

www.quickscores.com/titusville