



Member Newsletter

VOLUME 1, ISSUE 1

SEPTEMBER 2006

**ATTLEBORO
YMCA**

**CHECK OUT THE
NEW FALL
EXERCISE
SCHEDULE!**

**More classes, more
class locations and
more opportunities
for GREAT results!
Group Schedule
includes classes at
our Activity Center.**

**Powertone, Core
and Pilates are
now FREE for all
YMCA teen and
adult members
however, class
sizes are limited
so pre-registration
is necessary.**

Fall Programs Start September 10th!

Sign up for Fall Programs now! This fall we have added some exciting new programs. In Vinyasa Style Yoga you will learn to step up the heat with this more vigorous breath movement system. Vinyasa Yoga also improves flexibility and increases circulation in the body. Please note that we have added a class on Tuesday nights, in addition to our Thursday night class. Add an extra class for \$10 more!



Not ready to try a Yoga pose yet? Sign up for our Basketball programs instead. We have leagues to suit almost any player, including Relics, Men's Leagues, Women's League, as well as Youth Basketball programs.

In addition to our wellness options, we are offering some enrichment courses this fall. Learn how to speak Spanish in Beginner Spanish. Basic language skills, conversation, and games using various tools will keep it fun. Already know a little Spanish? Focus on verb tense, expand your vocabulary and converse with others in Intermediate Spanish. You will also learn a little Spanish culture!

Have a fear of speaking in front of large groups? In Public Speaking, which meets on Tuesdays at 7:30pm, you can conquer your fears while learning about your pitch, tone, and breathing patterns. You'll also become more confident at work or in your personal life.

Finally, we have several exciting programs for preschool age children. There is Bitty Soccer, Itsy Bitsy Yoga, Bitty Sports, and Bitty Flag Football. Pick one or all and your child will develop plenty of great skills and have a fun time.

Looking for more programs? Check out our FALL & WINTER PROGRAM GUIDE, available at our Front Desk.



America On the Move Week at the YMCA ★ September 23-30, 2006

Get moving America! This September the Attleboro YMCA will participate in America on the Move Week. We will host activities that inspire YOU and your FAMILY to take small steps to get active.



There will be a Fun Run at Bal-four Riverwalk Park for both children and adults, led by Jaguars Track Coach Bill Estey.

During the week will also be the kick off for the Walking School bus Program at Thatcher Elementary School in Attleboro. The program will encourage students to walk to school. Also, Coach Ed and Coach Bill Estey will lead a one mile walk/run.

The America on the Move Foundation initiates and maintains meaningful and measurable individual, social, and environmental behavior changes that support healthy eating and active living habits in our society.

Check the calendar for specific dates & times. For more information about the nationwide program, visit www.americaonthemove.org

September 2006



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 CLOSED FOR LABOR DAY
3 CLOSED FOR LABOR DAY	4 CLOSED FOR LABOR DAY	5 DON'T FORGET TO REGISTER FOR FALL PROGRAMS!	6 After School Program Starts	7	8 Kids Night Out GO Night	9 NETA Fitness Instructor Training
10 Parent/Child Golf Tournament Fall I Programs Start!	11	12 Tsunami swim discount ends Youth Basketball Registration Night	13	14	15	16 Youth Triathlon
17 Red Sox vs. Yankees Day trip	18 Teen dance tickets on sale Rotary/YMCA Charity Golf @ TPC	19 Youth Basketball Registration Night	20	21	22 Kids Night Out	23 Canoe Trip <i>Bike Trail Opening at Haywood Field America on the Move Begins</i>
24	25 <i>Step Competition Begins (tentative)</i>	26 <i>One mile Fun Run at Balfour River walk Park @4:30pm</i>	27 <i>Walking School Bus Starts Women's B-ball Draft Night</i>	28 <i>One mile walk/run with Coach Ed @5:00pm</i>	29 Youth X Country Race Relics 4X4 Draft TEEN DANCE	30 Registration for FALL II starts Oct. 5th!

events in italics are part of America on the Move

Support A Soldier Program

The Attleboro YMCA is "adopting" Troop A I-182 CAV, National Guard Unit out of Middleboro. The unit was activated on August 7, 2006 and will be stationed in Kosovo for an 18 month deployment as part of the Task Force Patriot.

Everyone can participate in Support A Soldier. You simply need to come down to either the YMCA Activity Center, Attleboro YMCA, or the Norton YMCA Program Center and fill out an application. By the end of September you'll receive a profile that was completed by your soldier.

The profile will include a brief letter from your soldier, information about them and their family in addition to helpful hints for what you may want to send in a care package.

Need some ideas for your soldier? We suggest sending care packages to the soldier and/or their family. Or, you can write letters and emails. Sometimes its nice to send pictures, newspapers, or magazines. You can also help out the soldiers children by sending them a birthday gift or including them in your holiday celebrations.

Participation in this program furthers our efforts to build strong kids, strong families and strong communities. The YMCA values the sacrifice the soldiers and their families make for our country. We would love to hear more ideas from you for what else the YMCA can do to provide additional support or activities to the families left behind. Stop by one of our branches today to fill out a form so you can Support A Soldier!



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We build strong kids, strong families, strong communities