

LIVING OUR CAUSE



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

The Latest News for Members, Donors & Volunteers of YMCA ARLINGTON

May 2017

3422 North 13th Street, Arlington, VA 22201

www.ymcadc.org/arlington • 703-525-5420

HELLO FROM OUR EXECUTIVE DIRECTOR!

The YMCA is one of the largest social service agencies serving the DC area. Every year we provide opportunities in child care, summer camp, youth sports, wellness, aquatics, and many other programs for hundreds of thousands of people through our 15 branches and program enters. It is the goal of the YMCA not to turn anyone away because of an inability to pay. With the help of our generous donors, for even the smallest contributions, we can provide so much. Please consider this:

\$25 allows the Y to offer one week of an after school enrichment club / program at no cost for up to 16 children.

\$50 provides a month-long membership to a senior; allowing them access to specially designed exercise classes and programs to meet the needs of older adults.

\$100 provides 8 swim lessons, a lifelong skill, to a child or adult.

\$250 provides one camper an opportunity to participate in a week-long Summer Day Camp program giving them a sense of belonging and an opportunity to make new friends.

\$300 gives 2 kids the chance to participate in Recreational Gymnastics and learn more than the fundamentals of an Olympic sport; they learn the importance of hard work, and the YMCA core values of caring, honesty, respect and responsibility.

We believe that lasting personal and social change comes about when we all work together. Let's work together to make Arlington an even better community for everyone!

ERIK VAN DE POLL
EXECUTIVE DIRECTOR

POOL SEASON

It's here! Our **OPENING DAY:**

Saturday, May 6th.

Outdoor Pool Schedule (Open Swim)

Monday-Friday: 8am-11am and 3pm-8pm

Saturday & Sunday: 9am-5pm

Please note: **Swim Lessons will begin on Monday, May 29th**, at which point the Pool Schedule will be changing.

UPCOMING EVENTS

May 1st

Arlington County Redevelopment
Town Hall Meeting (Open to Public)
6:30-9:30pm

May 5th

Friday Night Kids Club
6:30-9:30pm

May 6th

POOL OPENING DAY!

May 10th

National Foam Rolling Day
Rolling Demo with Hannah @ 6pm

May 19th

Friday Night Kids Club
6:30-9:30pm

May 20th

National Learn to Swim Day
Pool Party 11am-2pm

May 29th

MEMORIAL DAY
School Closure Camp

May 31st

National Senior Health & Fitness
Day

Catch us online for photos
and event updates!



@yarlington



@ymcaarlington



@yarlingtondc

CHILDREN'S CORNER

ICYMI: HEALTHY KIDS DAY FUN!



NOW ENROLLING:

Spaces are going fast so stop by the front desk for more info on how to register for these awesome programs today!

AFTERSCHOOL PROGRAM 2017-2018

We offer safe, supervised activities and structured daily schedules that include games, study time, snack time, family fun events, and MORE! Before school care begins at 7am and after school care ends at 6:30pm. Our programs run at three different sites across the county and serve ALL Arlington County Public Schools Students.

EARLY LEARNING PROGRAM 2017-2018

Our preschool program is a 10 month program that follows the Arlington Public School calendar, opening on September 5th, 2017. Lunch is provided for all children. Enrichment activities include Preschool Gymnastics, Preschool Swim Lessons, and Foreign Language lessons.

SUMMER CAMP UPDATE



Registration is available NOW! Register online via [Easy to Enroll](#), in

person at the YMCA Arlington branch or email your registration to arlingtonemail@ymcadc.org

The following camps are Full:

- All Star Sports Jr
Weeks 1, 4, 5, 6, 7, 8, 9
- Aquatics Camp
Sessions A, D, Week 9
- Archery
Weeks 1, 3, 5, 7
- Ballet
Week 6
- Basketball
Weeks 1, 4, 8
- Camp Kirkwood
Weeks 4, 8, 9
- Delicious Delights
Weeks 1, 3, 5, 7, 9
- Goop & Magical Solutions
Weeks 1, 4
- Gymnastics Academy
Week 10
- Horseback Riding
Weeks 2, 4, 6, 8
- Jr. Sports Festival
Weeks 6, 7
- Just Build It
Weeks 3, 6
- Little Movers
Weeks 7, 9
- Mini Aquatics
Sessions A, B, C, D
Week 9
- Pony Camp
Weeks 1, 3, 5, 7, 9
- Pushin' Paint
Week 7
- Recyclin' Art
Week 8
- Senior Travel
Week 9
- Sensational Sciences
Weeks 2, 4, 5
- Soccer
Weeks 5, 7
- Theatre Camp
Weeks 1, 4, 8



WHAT'S WHAT IN WELLNESS

FUN-TASTIC MAY EVENTS

Celebrate this May like you've never done before. Join us for these fun and spunky May holidays:

National Foam Rolling Day on May 10th – Follow our Membership Director, Hannah, in a Foam Rolling Demo from 6-6:30pm

National Learn to Swim Day on May 20th – Join us for a Pool Party 11am-2pm

Taste of Arlington on May 21st – Come visit our booth and check out the rest of Arlington's best at this awesome street fair!

National Senior Health and Fitness Day on May 31st – Join us for Osteoporosis Talk & Trivia from 1-2pm in the Multi-Purpose Room

Yoga with our New Membership Director—Join Joy Perry in Yoga Basics on Wednesday, May 3rd! Catch up with her afterwards to talk about your membership and find out more ways the Y can change your life.

Nutrition Talks— Giant Foods will be hosting TWO nutrition talks for free for all Y Members! Advance Sign up required, sign up at the front desk.

1st Session: May 17th 7am-8pm, Topic: "The Mind Diet"

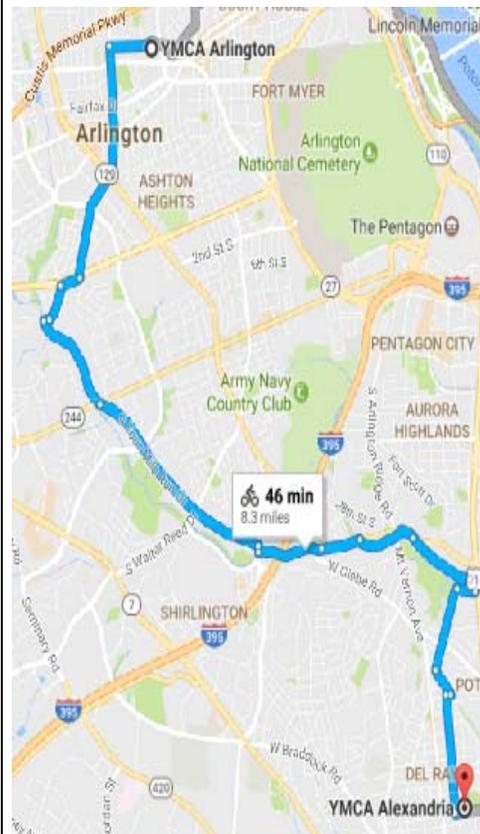
2nd Session: May 24th 1-2pm, Topic: "Mindfulness and Yoga for Wellness"

Free BP Checks— High BP is a major health risk and it is good to check regularly. Stop by the wellness center for your free BP checkup on Monday, May 22nd from 9am-10am.

Personal Training Kick Start Package—Two, one-hour sessions for \$99.00. See a Y Personal Trainer for details.



BIKE TO THE Y



Think outside of these "four" walls for your workout this month!

On Saturday May 27th we're holding our first official group outdoor bike ride. We will be leaving from the YMCA at 8:15am and biking to the Alexandria Y and back for a leisurely 15 mile ride.

Bring a friend or a family member along—no membership is required for this awesome workout.

If you are interested in participating, please sign up at the desk and reach out to Hannah with any questions!

See you there!

Participants must bring their own bike/helmet and water bottles

SPOTLIGHT ON US

Member Spotlight: Connie Potter

"There's no crying in training" –Tom Hanks/Connie/Larry/Jerod

Connie roared her way into the Y in November of 2014. She was out noodling around in her car and accidentally went to the Arlington Y Tennis Center but eventually found her way up the hill to the fitness center. Connie came and worked out by herself for a while. She liked the friendly staff and that as a new member you get a wellness consultation so you don't fiddle away your time while you're here. Finally,



Connie settled down and started training with Jerod and Larry, two of our great personal trainers. After that she never looked back! Connie describes the Y as a friendly, supportive place to get yourself in shape and add years to your life AND make you look younger! Her trainers Larry and Jerod have helped Connie stay disciplined. She's lost 13 lbs, her body fat percentage has decreased and she's lowered her BMI since starting training with them! Connie gets great moral support and encouragement from the staff here and appreciates that most people at our Y have a great sense of humor. "When you get the winter doldrums, coming to the Y always picks you up," says Connie. When asked if she has any advice for Y newbies, Connie said to sign up for the free wellness orientation and enjoy yourself! Her Y motto is "You snooze, you lose" and Connie is never snoozing.



Staff Spotlight: Joy Perry (Membership Director)

Joy comes to the Arlington Y from Indiana and is excited for this new chapter in her life. She was attracted to this area because she's close to her family and has always wanted to live on the east coast. Joy is passionate about health and wellness. She has been teaching fitness classes for 25 years. Joy is an Indiana University

alumni with a degree in organizational communications and economics. Her health and fitness certification is through the American College of Sports Medicine and she holds a 200 HR RYT. Joy enjoys instructing all types of group exercise classes. She was attracted to the Y for the community and family feeling. Seeing the impact the Y has on youth development and benefit to kids lives made The Y a desirable place to work. In her free time, Joy likes walking her dogs, biking, boating, hiking, pretty much all things outdoors. She's passionate about fine dining, loves farmers markets and cooking with fresh herbs, fruits and vegetables. Joy enjoys making healthy foods tasty foods. She likes to visit museums, learning about history and is an all around great person to have on your trivia team.

BRANCH BOARD MEMBERS

Lynda Horvath–Board Chair

Rohini Chopra

Dan Dixon

Barbara Favola

Greg Hamilton

Kenny Hewitt

Jacky Jenks

Abby Raphael

Bill Roske

Noah Simon

Terron Sims

Lisa Toews–Daugherty

Karen Vallejos–Corrales

Todd Yeatts

BRANCH LEADERSHIP TEAM

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