



BE Y'SE February 2012



Burlington Area Community YMCA-YWCA

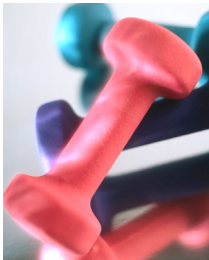
Winter I SESSION
January 2—February 18

WINTER II SESSION
February 27—April 14

ONLINE PROGRAM REGISTRATION AVAILABLE!!
www.burlingtony.org



FREE Aerobic Classes



All aerobic classes are free for Members at the Y! Try something new today!

Member Spotlight Deb Beach

Deb has been a member of the Y for 3 and a half years. She had been working out on her own until she bought a Y membership at a fundraiser and decided to give it a try, now she comes to the Y 5 time a week! She likes to participate in classes like spinning and other fitness programs offered through her membership. Deb likes the people, exercise classes, and motivational support that the Y provides. The Y has many benefits for Deb, including, weight loss, feeling stronger, healthier-mentally and physically, and making nice friends.

Deb has been married to Dave for almost 30 years. They have two kids, Brittany is 24 and a student at Rosalind Franklin University of Medicine and Science; Garrett is 21 and a student at Iowa State University. Deb enjoys biking, reading, gardening, going to the movies, cooking and traveling in her spare time.

Kid's Gym



This program is for elementary students when school is not in session due to holidays or in-service days. The kids will enjoy a variety of fun-filled activities including swimming, crafts, playing in the YMCA-YWCA youth arcade and much more! Please remember to include a sack lunch for your child.

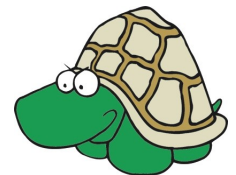
Date: February 20

No Registration Deadline!

Time: 7:00am - 5:30pm

For more information and pricing, please see the front desk or call: **753-6734, Ext. 139**

Camp McBride



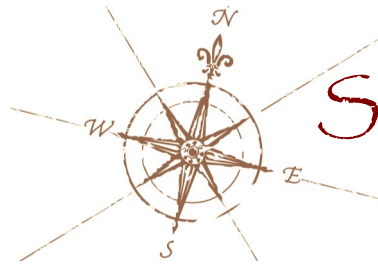
Registration for Camp McBride begins Wednesday, March 28th! For more information contact Gina Crabtree at 319-753-6734, ext. 115 or gina@burlingtony.org.

School Day Out Cheer Camp

No school? No problem! The Burlington Y will be holding a one-day cheer camp during a scheduled in-service day. Participants will learn how to stunt, cheer, chant, jump, arm technique in addition to basic tumbling and pom routines. Cheerleaders will need to bring a sack lunch and water bottles are permitted. The recommended attire is ponytail, shorts, t-shirt (not too loose) and CLEAN tennis shoes. No sandals or jeans, please. Space is limited, register soon!



Dates: Monday, February 20
Time: 9:00am—4:00pm
Grades: K-4th grade
Fee : Members-\$16 Community -\$28
Registration Deadline: February 16



Summer Quest

Safari Club



Our 10 week summer programs for youth grades 1st-7th is gearing up. This program will run from June 4th—August 10th, Mondays—Fridays from 7:00am—5:30pm **Registration begins Saturday, March 3rd at 8:00am.** Registration is on a first come first serve basis. For more information, contact Brandy at (319)753-6734, ext. 139 or brandy@burlingtony.org.

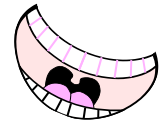


Splat Shot Doubles Racquetball Tournament

Get yourself a partner and sign up for one of the following two divisions: Open A Division & B/C Division.

Registration: Feb. 13-Mar. 16
Tournament Date: Saturday, March 24
Fees: \$30/team
Each player will receive a t-shirt. This year we will be playing in memory of our dear friend Mark Anderson.

Comedy Night 2012



A special Thank You to all who attended Comedy Night 2012 and purchased raffle basket tickets! The event was a great success and raised money for **LIVESTRONG** at the YMCA.



LIVESTRONG

LIVESTRONG at the YMCA is a twelve week, small group program designed to help cancer survivors regain their strength, flexibility, balance, and social interaction during and after treatment through organized events, programs, and activities. For more information contact the Project Manager, Dawn Pulford at (319)753-6734, ext. 138 or dawn@burlingtony.org.

Report equipment maintenance issues to the front desk so they can be addressed immediately. Thank you!

It's a busy time of year at the Y! Please clean off all cardio and strength training equipment after each use.