



BE Y'SE September 2010



Burlington Area Community YMCA-YWCA

Fall I SESSION
August 30—October 16

Fall II SESSION
October 25—December 18

ONLINE PROGRAM REGISTRATION AVAILABLE!!
www.burlingtony.org

Fall Aerobics Sneak Peak...

Zumba Mon. 12-12:45pm
Wed. 5:15-6:00pm

Zumba Sculpt Thur. 4:15-5pm

Bootcamp Mon, Wed, Fri 5:15am

Check our website for full aerobic schedule...over 50 classes to choose from each week.

Youth Mighty-Mite Basketball

A fun opportunity for children in 1st & 2nd grade to learn to play basketball as a team. Games will be played on Saturdays at the Burlington Y. Score will not be kept. Each player will receive a t-shirt.

Registration: August 9 - September 24

Late Registration: Sept. 25 - Oct. 1

League Dates: November 6 - December 11

Fee: Members \$15 Community \$35



Youth Boys Basketball

Boys in grades 3-6 play on Saturdays. Teams compete against others of the same age. Basket heights adjusted to each grade level. Goals of this program include: learning basic basketball skills, build self-esteem, fair play, and team & individual fun. Each player will receive a t-shirt.

Registration: August 9 - September 24

Late Registration: Sept. 25 - Oct. 1

League Dates: November 6 - December 11

Fee: Members \$15 Community \$35

\$10 late fee added to basketball fees during late registration.

New Employee Spotlight



Brandy Helt

Brandy was born and raised in Fort Madison, Iowa and graduated from Fort Madison High School in 2004. She went to Iowa State University in Ames and graduated with a Bachelor's Degree in Elementary Education with specializations in Math and Social Studies. Brandy worked at a childcare facility in central Iowa called the Nevada Community Resource Center (NCRC), throughout college. When she graduated, she substitute taught in the Des Moines area until becoming the Director for the NCRC. Brandy was there for seven months before coming to the Burlington Y.

In her spare time, Brandy loves to spend time with her family and friends, cook, play sports, read, and travel. Her parents lived in England for two years, so she had many opportunities to travel. She has been to Italy, Spain, England, Ireland, Holland, Mexico, and Puerto Rico.

Brandy shared, "I am very excited to be at the Burlington Y. I have many happy memories of going to the Y in my childhood to various camps, so I hope to bring that same happiness to this community!"

Jump into Fall with FitStart

A 12-week fitness program designed to help you get started and stay motivated. This comprehensive lifestyle program utilizes a personal fitness coach who will guide you through structured exercise components including cardiovascular exercise and strength training workouts. Guidance in nutrition and weight management can be included in your consultations. This program is free to members. Sign up at the Front Desk.



Mark your calendar for Kid's Gym!
Wednesday, November 24th
Visit www.burlingtony.org for
more details.

Youth Racquetball

If your child is in grades 3 – 6, they can join the Burlington Y Youth Racquetball Club. The program meets on the first and third Saturday of each month from November through February. The program meets for an hour (Boys 1-2pm and Girls 2 – 3 pm). Participants receive individual and group instruction and play against those of equal ability. Racquets are available at the Y. Each player will receive a t-shirt.

Registration: September 6 - November 5
League begins: November 6
Fee: Members \$15 Community \$35



Please be advised that effective October 1, 2010 all Youth membership payments will need to be bankdraft or full pay. Please Stop by or call our front desk to update your Youth Membership payment method.

CREATIVE KIDS

Fun for children ages 3-5! Creative Kids is a routine program incorporating activities to meet your preschoolers needs. Participants enjoy arts and crafts, story time and large motor skill activities. Snacks and supplies are provided. Great for a child's first group experience or as an alternative or addition to preschool. Children must be potty trained

Session 3: Oct. 11- Nov. 19

Session 4: Nov. 22- Dec. 17

Days and Time: Mon, Wed, & Fri,
9:30—11:30am

Fee Per Week:

Members—\$12.50

Non-Members—\$14.25

5 children minimum to run program.



Please clean off all strength and cardio machines after each use.

Junior Wrestling

The Burlington YMCA-YWCA Junior Wrestling Program is for boys and girls in grades K-8. Goals include learning basic wrestling skills, fair play, improving self-esteem, self-motivation, and having fun.

Registration: September 6 - November 5

Dates: mid-Nov. 2010 - March 2011

Fee: Members \$15 Community \$35

\$10 late fee added during late registration



Youth Indoor Soccer

Sign up your team for this youth recreational soccer league. The league is open to Junior High (grades 6-8)

and High School (grades 9-12) teams. The league will be held on Sunday evenings. Open to the first 8 teams in both leagues.

Registration: September 6 - October 22

League Dates: November 7 - December 12

Fee: \$200 per team