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FOR HEALTHY LIVING
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SANDUSKY COUNTY YMCA - FREMONT, OH - P 419.332.9622 - www.ATtheY.org

WINTER NEWS Members, Volunteers, Staff and Friends of the Sandusky County YMCA

SOMETHING NEW

Introducing our new venture, Lifetime Learning at the Y

In collaboration with the YACA (Youth and Adult Community Association) and their new Lifetime Learning Coordinator, Don Stull, the Y will be offering a wide array of programs and excursions to promote a lifetime of learning and adventure. Stull will be organizing informative and useful topic workshops and luncheons to solidify the junction between the two organizations. Our new venture will give our community the opportunity to not only exercise their body, but their minds as well.



For more information and to view upcoming events, sign up for our FREE email newsletter at www.ATtheY.org or contact Don Stull at lifetimelearningatY@outlook.com.

MEET OUR PERSONAL TRAINERS

With over 30+ years of combined experience, our trainers are here to help!

At the Y, your trainer is a coach, motivator, and an educator. Your trainer will help you determine your goals and design a specific program to meet ALL of your needs. Stop by at our Open House, Sun Jan 5th and meet our trainers with your questions! For a full bio on our trainers, visit our webpage www.ATtheY.org.



DAVE TEAL - With over 8 years experience in the industry including Olympic-style weightlifting events, Dave has successfully trained clients of all ages.



JORDAN GARZA - For over 16 years, Jordan has worked at many levels in the fitness industry, holding both a national and international accreditation.



LINDI CAHILL - With extensive athletic and coaching background, Lindi is very knowledgeable and experienced with many forms of specific sports training.



ANGELA GOODIN - With over 8 years experience in the industry, Angela has experience including competing in many fitness competitions.

BENEFITS OF PERSONAL TRAINING

- One-on-One supervised workouts
- Programs specifically designed with YOUR goals in mind
- Learn safe and effective way to work out and get results
- Stay motivated while improving your mood, energy, stamina and strength - Great stress reducer!
- Sport-specific training and nutritional advice
- IT'S FOR EVERYONE!

► SOMETHING NEW

SUPERBOWL INDOOR 10K!

Sun, February 2, 2014. In conjunction with the Fremont Elite Runners Club, the Y will host their first Indoor 10K & youth 10 lap event. Register early! Field will be limited to the first 100 entries with NO race day registration! Seeded heat assignments TBA, and youth 10 lap event will be between each heat. For more information, contact Lindi Cahill at LCahill@frymca.org.



► NEWS TO NOTE

FAMILY FUN NIGHTS RETURN!

Friday, Jan 24, 2014. The Y is pleased to welcome back our themed Family Fun Nights! Come enjoy an *Evening beneath the Sea* from 6:00-8:30pm filled with good, quality family-time! We will provide snacks and activities the whole family will enjoy. Advance registration is required, register now so you don't miss out!





ALL THINGS ACTIVE!

Open House scheduled for Sunday, January 5th from Noon to 4pm.



Do you have a friend, relative or coworker thinking about adding the Y to their lives? Why not bring them to our Open House? On Sunday, January 5th, everyone is invited to come and use the facilities, enjoy free snacks, experience activities and demonstrations for both kids and adults, and take advantage of one-day-only membership promotions. Kick off your new year's resolution with a free fitness class too! We will also have many "Friends of the Y" here offering services as well! Check out the schedule below or view a full schedule of events on our website at www.ATtheY.org!

Fitness Classes

- ◆ CYCLING 12:30 - 1:30 PM
- ◆ BOOT CAMP 2:00 - 3:00 PM
- ◆ CARDIO DRUMS 12:00 - 12:30 PM
- ◆ ZUMBA 1:00 - 2:00 PM
- ◆ WOMEN ON WEIGHTS 12:00 - 2:00 PM

Aquatics

- ◆ ARTHRITIS 12:15 - 1:00 PM
- ◆ AQUA X 1:00 - 1:30 PM
- ◆ ***NEW*** DEEP WATER JOG 1:30 - 2:00 PM
- ◆ H₂O TAE KWON DO 2:00 - 2:30 PM
- ◆ OPEN SWIM/SWIM LESSON ASSESSMENT 2:30 - 4:00 PM

Stop by to see our "Friends of the Y"! Americare, Beyond Basics Health Coaching, YACA, SilverSneakers, YMCA Personal Trainers, Youth for Christ, Valley View Care, Eye Center of NW Ohio, and the Fremont Elite Runners Club will be on hand with their services too!

FOR MORE DETAILS, PLEASE CHECK OUR WEBSITE AT www.ATtheY.org

NEW WEDNESDAY AFTERNOON FUN!

1st & 3rd Wednesday of each month - BINGO!

The Y is now holding afternoon BINGO the 1st & 3rd Wednesday of each month in our Don Miller Room. Play for as little as \$13! Lots of instant prizes (even non-bingo players are welcome), Jackpots, Plinko and More! Lunch concessions offered. Doors open at Noon, games begin at 2pm. Call 419-332-9622 for more info.

ASK OUR EXPERT NIGHTS

Check out the YMCA Facebook page in January for our next ASK OUR EXPERT NIGHT. Each month we will feature one of our experts to answer all of your questions LIVE! A wide array of topics will be covered from Aquatics to Fitness, Childcare to Sports, even Personal Training! Like our Facebook page at www.facebook.com/YMCAFremont and join in the conversation! Your questions can be submitted ahead of time to info@frymca.org or twitter [@FremontYMCA](https://twitter.com/FremontYMCA) #askourexpert.

SHARE YOUR STORY

We want to know, how has the Y helped you? Has your child learned new skills and made new friends at the Y? Did you run a half marathon after training at the Y? What have you gained (or lost!) by coming to the Y? Your story has the potential to motivate others and we'd love to share it! Please see Ruth or email ruth@frymca.org and you could be in our next newsletter!

» STAY CONNECTED.

SIGN UP FOR OUR FREE NEWSLETTER!

Stay connected. Stop by our webpage or our facebook page and sign up for our free newsletter. We will keep you up-to-date on all of our Y happenings like registration, new classes and have exclusive newsletter offers!

» NEWS TO NOTE

HOLIDAY HOURS!

Christmas Eve
Closing @ 3pm

Christmas Day Closed

New Year's Eve
Closing @ 3pm

New Year's Day Closed*

*New Year's Day Bingo!
Doors open @ 2:30pm
Games begin @ 5:00pm

» STAY ACTIVE

KEEP ACTIVE ALL WINTER LONG!

WINTER I SESSION
Member Registration
December 9 - Jan 5
Non-member Registration
December 11 - Jan 5
SESSION RUNS
January 5 - February 15

WINTER II SESSION
Member Registration
February 10 - February 23
Non-Member Registration
February 12 - February 23
SESSION RUNS
February 23 - April 5