

# OUR VOICE



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## WEST SUBURBAN YMCA

276 Church St, Newton, MA 02458

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[www.westsuburbanyymca.org](http://www.westsuburbanyymca.org)

A newsletter for WEST SUBURBAN YMCA members

## SUMMER CAMP UPDATES

It's cold out, so think about summer instead!



### CAMP INFORMATION NIGHT

Find out why our summer camps are so great at our Camp Information Night on Thursday, January 5th from 6:30-8 pm. We have something for every child and interest from sports to music & arts.

Can't attend this info night? We are hosting another information night on Tuesday, March 13th from 6:30-8 pm.

### CAMP REGISTRATION

Registration for new day campers begins online at 10:00 am on Tuesday, January 10th and walk-in registration begins on Thursday, January, 12th at 10:00 am. Registration for Camp Frank A. Day is ongoing.

If you have any questions regarding our camps or the registration process, please contact Camping Services at [campingservices@westsuburbanyymca.org](mailto:campingservices@westsuburbanyymca.org) or (617) 244-6050 x3008.

## NEW YEAR'S RESOLUTIONS

Let us help you stay on track!

### WINTER WEIGHT LOSS CHALLENGE

Our Winter Weight Loss Challenge is better than ever. We can help you stick with your New Year's resolutions or lose the extra pounds you gained over the festive holiday season. Reach your goal weight\* and we'll give you back your money! Sign up today for this fun competition.

Registration ends on 1/13 and the challenge begins on 1/23.

### SMALL GROUP TRAINING

Get many of the benefits of personal training at a more affordable price in one of our small group training classes. We offer a variety of classes to appeal to all levels and interests.



*\*Our personal training staff will set your goal weight, which will be a reasonable goal to lose within the 7 week program, based on your height and weight at the start of the competition. Only participants who have 20 lbs or more to lose, and who lose the weight set by the YMCA personal training staff within the 7 week program, will receive a refund.*

## WINTER Y PROGRAMS

### WINTER YBA

Winter YBA for kids ages 5-9 begins Saturday, January 8th. Join us for this 7-week program here at the Y (formerly at NCSC).

### BIRTHDAY PARTIES

We host birthday parties for all ages and interests. Just bring a cake and we'll do the rest.

- Pool Party
- Sports Party
- Dance Party
- Preschool Party



### COACHES FOR A CAUSE

We are hosting our 3rd Annual Coaches for a Cause basketball game on Friday, February 10<sup>th</sup> at 6:30 pm. Our YBA coaches raise money for our annual *Partners with Youth* campaign by competing against each other and our Y staff in a friendly basketball game in our gymnasium. Last year, we raised over \$500 with this fun family event and we were able to send a child to Camp Pikati for two weeks. To learn more about participating or sponsoring your favorite coach, contact Annemarie Cobb at (617) 244-6050 x3099.

## CALENDAR

### Winter Programs

Begin Tuesday, 1/3

### Camp Information Night

Thursday, 1/5

6:30-8:00 pm

### Blue Waves Swim Meets

Saturdays, 1/7, 1/14 & 1/21

Big pool closes at 1:00 pm

### MLK, Jr. Day

Monday, 1/16

Regular hours (5:45 am-10 pm) and

all classes running as scheduled

### Winter YBA

Begins Sunday 1/8

### Winter Weight Loss Challenge

Begins Monday, 1/23

### Camp Registration

Online new camper registration begins 1/10 at 10:00 am

Walk-in begins 1/12 at 10:00 am

### Kids' Night Out

Every Friday in January 6-10:00 pm

### Early & Late Spring Aquatics Registration

Monday, 2/6: Online for members

Wednesday, 2/8: Phone/Walk-in for members

Friday, 2/10: Open registration

### February Vacation

Live Y'ers, Sports and Music programs for February (and April) school vacation

## DON'T FORGET!

Our online registration web address changed recently. Please replace your bookmarks with our new web address:

<http://registration.westsuburbanymca.org/cgi-bin/ymweb.pl>