

# COOL FACTS



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## YMCA of the Sandhills

## JANUARY 2018

### **HAPPY NEW YEAR!**

We'll help keep that New Year's FITNESS resolution: Group Exercise class, a personal trainer & more!

### **Fayetteville Branch POOL- Grand-RE-OPENING**

Get Ready to make a splash with our new look as the Aquatics Department announces the POOL's Grand Re-opening on JANUARY 2<sup>nd</sup>. We're betting you're as excited as we are TO RE-OPEN on schedule and get back to your Aqua Aerobics, Lap Swimming and Group/Private Lessons. Congrats to our Aquatics Team and THANKS, to all our dedicated members who love the pool and patiently adjusted for December.

### **ACE Challenge: Congratulations!!**

We're so proud of YOU! DEC 31<sup>st</sup> closed your 2017 90-day challenge to visit and exercise with the Y for at least 30 days during OCT-NOV-DEC. 2017 is a great victory to DOUBLE the number of winners we had last year. YMCA Members Rock the ACE Challenge T-shirts. If you conquered the challenge by scanning in 30 times, pick up shirt at your home branch at our Challenge Party at 10:00am WED JAN 3<sup>rd</sup>, or 7:00pm MON Jan 8<sup>th</sup> or check in with the front desk when you come in for your regular visit or workout.

### **January Special: New Members Pay the Date: All branches**

This January Special, from the 1<sup>st</sup> to the 15<sup>th</sup>, lets you "PAY the DATE," by paying the number of the date! On January 2, pay \$2 and so on. NO JOINING Fee. Already a member? Great! Bring a friend who stays for 3 months and you BOTH get a FREE MONTH with our REFER a FRIEND incentive.

### **Training/Hiring for SUMMER Lifeguards and Camp Counselors**

Join the Movement; Join the Y as summer staff in a rewarding job that will provide personal and professional development. We'll train and prepare you for a summer of success. Training dates: Jan-June.

### **Weightloss Challenge at Hope Mills: January 8-February 18, \$59**

Bonding with others and checking in with a fitness accountability coach has proven results! Sign up now!

### **Class Schedules: Published on the Website: [YMCAoftheSandhills.org](http://YMCAoftheSandhills.org)**

Check out the NEW 2018 Group Exercise classes on the wellness tab & Aquatics schedule for fitness fun

### **Fayetteville Branch Renovations**

New Year's Renovations are coming to the Fayetteville Branch in January! Different areas of building will undergo new paint, flooring, showers, counters, walls and more, while we WILL remain open to serve.

### **Tiny Tots Sports for 3-4 year olds: Hope Mills Branch**

The Tiny Tots soccer program is designed to teach the fundamentals of soccer. Every child receives game time and instructional skill development. Registration through January 15, 2018. Members \$34. Non-Members \$49.

### **KIDS NIGHT OUT-Parents' Night Off: Fayetteville Branch**

January 20<sup>th</sup> and EVERY 3<sup>rd</sup> Saturday, 6:00-10:00pm, enjoy a night out while the kids (ages 5-13) enjoy a night of pizza, games and fun. Member cost \$9.00, Non-Member cost \$14.00.