

# OUR VOICE



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

YMCA of Tyler, Inc.

225 S Vine Ave, Tyler, TX 75702

903-593-7327 \* tylerymca.org

**NOVEMBER 2011**

**FEEL BETTER**

**YMCA FAT PANTS FIT CLUB**

**FAT PANTS  
LOSE WEIGHT  
DONATE PANTS**

LEARN MORE >



The YMCA of Tyler and Whitehouse will host the Drop Your Fat Pants campaign beginning November 1, 2011 and finishing November 30, 2011.

Each new member in the month of November will be given the option of joining the Fit Club that will begin training during the first week of December. This training period will last for 10 weeks and will culminate with the donation of each participant's "Fat Pants." Members will also be able to join the Fit Club at a reduced rate.

The training will be set up in a group style workout, consisting of two, one hour long, workouts per week. Trainers will also hand out an additional three workouts to be completed each week outside of trainer-led workouts.

Members of the Fit Club will receive a fitness consultation, fitness assessment, the workouts, and the Activtrax nutritional planning.

## **WINTER BASKETBALL NOW REGISTERING**

Register now for Winter Basketball. Ages 3-8 register through November 19. Practices will start the week after Thanksgiving, and games will start after Christmas Break. The cost is \$47 for members and \$57 for nonmembers.



## **REINDEER RUN APPROACHES**

Every year, the Tyler YMCA hosts its annual Reindeer Run 5k to raise funds that support our Scholarship Program. This year, the race will be held December 3, with the 5k starting at 9:30am. There will also be a family fun run at 9am. The first 150 runners will receive a t-shirt.

Registration begins November 15 and goes up to the day of the race. The cost is \$15 per runner, and \$10 for students.

## **FOOTBALL AND VOLLEYBALL IN LATE REGISTRATION**

Don't worry, you haven't missed it yet. But hurry, time is running out. Just a few spots remain open in each age group. Contact the Y or visit our website for more information.

**ALL TOGETHER BETTER**

**CEO's Corner**



The second National YMCA area of focus is Healthy Living, with the goal of improving the nation's health and well-being. In communities across the nation, the Y is a leading voice on

health and well-being. With a mission centered on balance, the Y brings families closer together, encourages good health and fosters connections through fitness, sports, fun and shared interests.

As a result, millions of youth, adults, and families are receiving the support, guidance and resources needed to achieve greater health and well-being for their spirit, mind, and body.

Be up for the challenge in 2012 to really focus on the concept of Healthy Living and how it could be incorporated into your life.

Stuart Gilpin, CEO



"Like" us on facebook to keep updated on the latest Y news, fitness tips, and special offers.

Email [membership@tylerymca.org](mailto:membership@tylerymca.org) to receive these newsletter through email.



**YOUR GPS FOR SUCCESS**



- Customized workouts
- Nutrition Journals
- Online progress tracking

**FREE SUBSCRIPTION FOR ALL YMCA MEMBERS**

Contact a membership services representative today to get registered!



**ENSURE A BRIGHTER FUTURE**

**YMCA AFTERSCHOOL CARE**

Sign your child up today for our Afterschool Program that operates at various sites in TISD, WISD, and CHISD. The program runs from 3-6pm and features homework assistance, free play, and an afternoon snack, all supervised by qualified adults under the direction of Texas State Licensing. Call today to secure you spot, but hurry, space is limited.

**INDOOR HEATED POOL PROVIDES YEAR-ROUND AQUATIC SERVICE**

Whether you're training for a triathlon, interested in water aerobics, looking for swim lessons for your kids, or just looking for some plain old fun, come join us in our heated pool that is open year round. Classes are currently forming, and a new schedule has been set for the Fall. Call us today.

**THIS IS Y.**

Support the YMCA Strong Kids Campaign



Donate today so that NO CHILD or family is turned away due to the inability to pay.