



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Oct 11, 2011 **The Whitehouse YMCA** **Volume 1, Issue 2**

YMCA Member Testimony

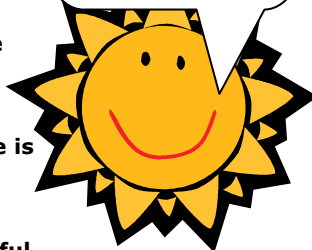
I have been blessed to work at the Whitehouse YMCA for 4 years. Love every minute of it and have made many life-long friends. After going through a difficult time in my life and having hormone issues, I packed on 30 pounds. 1 1/2 years ago one of our Y trainers, Jelaine Smith, gave me a schedule to start running. She said getting your heart rate up and keeping it up with good Cardio was the ticket. It was a walk/run routine that I gradually started. After a month I ran my first 2 miles and have been hooked ever since. I now run 3 miles every morning and am 35 pounds lighter. Never did I believe I could get down to less than my goal weight. Within the first 3 months I had dropped 30 of those

Pounds. By last Christmas I was down an extra 5 more. Since then I have kept the weight off and never intend to put it back on again. My Y family have been great encouragers for me. I feel so much better & have mounds of energy. Like with any weight loss, eating right is so important. I cut out sugar and bad carbs and combined with the running and working out at the Y have turned my life around for the better. I have 2 beautiful grandchildren and I hope to be around for a long, long time to watch them grow up. "Exercise should be regarded as a tribute to the heart".

The greatest gift we have is the gift of life. We understand that. That comes from our Creator. We're given these beautiful bodies, so take care of them!



Check us out on Facebook/ Whitehouse Community YMCA. Just click the "Like" button to



Helpful Reminders

- Dance sign ups end -October12
- Volleyball reg. Sept. 19-Oct. 15
- Football Reg. – Sept. 19- Oct. 15
- Karate – Ongoing
- Y-Teen Spook Trail Prep. Oct. 22 10am
- Halloween Carnival at the Y- Oct. 22
- Parents night out – November 18th
- October 21 MPR Closed for Halloween Preparation
- October 21 Evening & 22-Gymnasium is closed for Halloween preparation
- October 21- BODYPUMP, Zumba Gold and Yoga will be outdoors. Cancelled only due to rain.

*If you would like to receive future newsletter via email please inquire to

Halloween at the YMCA



Halloween at the Y
Free Admission
Family Fun
Saturday, October 22
From 6-8pm
Join us for games, face painting, Spook Trail and more!



Pictured above is our 2011 Halloween Planning Committee

Y-Teens visit Six Flags

The Whitehouse YMCA Y-Teens take their annual trip to Six Flags. The trip to Freight Fest helps prepare our teens for new ideas for our Y - Spook Trail. This is part of our volunteer/rewards program. The Y-Teens volunteer hours throughout the year and earn reward points. The YMCA treats the teens to a trip annually as a 'Thank You' for their dedication and hard Work.



Parents Night Out

Holidays are coming up fast. Mark your calendars for the next two opportunities to get ahead of the shopping season. Register your children for our Parents Night out and Shop til you Drop program. Our wonderful childcare staff will give your children a good time while you are out having a date night or venture out to the Mall.

Make Note: December 3rd Santa will stop by the Y during our Polar Express Shop til you drop program.

See the front desk for registration details.

New Y-Programs

Wednesdays are Dance Day at the Whitehouse YMCA

Tumble and Dance Class for Ages 3-5 at 11-11:45am

After school Dance class for Ages 5-11 at 3:45-4:15pm

Coming Soon.....

- **Weight Loss Challenge**
- **YMCA Raffle**
Giving away a Cruise to Cozumel, Jewelry, membership and much, much, more. A Great Stocking Stuffer!!!



Corporate Rates are Available

Corporate Rates are available at the Whitehouse and Tyler YMCAs Please Contact Renee Quackenbush at 903-839-9622 if you are interested in a corporate rate.



Whitehouse 2011 Annual Support Campaign

The Whitehouse YMCA 2011 Annual Support Campaign is underway.

Please pick up a pledge form at the Whitehouse YMCA front desk or call Renee Quackenbush at 903 839-9622 if you would like to support our Whitehouse YMCA. Your donation will benefit our Scholarship programs.

Fit Start Free for All Members

Take advantage with Fit Start. Fit Start is designed for the new or returning member offering guidance, motivation and structure in order to start and stick with an exercise routine. The Fit Start program includes four FREE individual appointments with a YMCA Personal Fitness Plan Coach for a period of four weeks. A fitness plan will be created based on each individual need.

To start your FREE Fit Start program, please see our front desk for more information.

WISD Employees
Reminder: Mention that you are a WISD Employee and flash your badge to get your corporate rate.
FYI – Local Teachers
Discounted rates on Y-Afterschool program for WISD and TISD Teachers.

Upcoming Sports



Flag Football and Volleyball at the Whitehouse and Tyler YMCA season begins on Nov, 19, 2011.

Registration begins on Sept 19-Oct. 15, 2011

Tumble & Dance Class begins Oct 12

After school Dance class begins Oct 12

Please contact Whitehouse or Tyler YMCA for more information.

903-839-9622

903 593-7327

www.whitehouseymca.org



Looking to Lose Weight?

Do you know that 80% of your fitness success is the result of eating healthy? That's why we're proud to offer you ActivTrax, an exercise, nutrition and weight loss tool.

Free to all YMCA Members.

VOLUNTEERS NEEDED!!!

For the Halloween at the Y Event

Oct. 22nd from 6-9pm

Help run kid games & give out prizes. Sign up at the front desk or call Renee for more information. 903 839-9622