



## Member Wellness Calendar April 2015

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Mon	Tue	Wed	Thurs	Fri	Sat	Sun
<p><b>Sign- ups start March 23rd!!!</b></p> <p><b>CYCLE-A-THON</b> GREATER HOLYOKE YMCA</p>	<p><b>Event: May 2nd</b></p> <p><b>CYCLE-A-THON</b> GREATER HOLYOKE YMCA</p>	<p>1</p> <p><b>April fools Day</b></p>	<p>2</p>	<p>3</p> <p><b>Good Friday</b> Hours: 7AM-NOON</p> <p><b>2 Hour Fitness Marathon 9AM-11AM</b></p>	<p>4</p> <p><b>Y OPEN</b> Hours: 7AM-5PM</p> <p><b>READING ALIVE!</b> Bringing reading to life through theater with <b>Enchanted Circle Theater</b> Details at Front Desk.</p>	<p>5</p> <p><b>Happy Easter Y Closed</b></p>
<p>6</p> <p><b>BOYS LOCKER ROOM</b> Closed for renovation</p>	<p>7</p> <p><b>SHARE OUR STRENGTH'S COOKING MATTERS</b> NO KID HUNGRY 10AM-11:30AM</p>	<p>8</p> <p><b>KIDS STAY DAY</b></p>	<p>9</p>	<p>10</p>	<p>11</p> <p><b>KA-CHOW</b></p> <p><b>Kids Night Out 5PM-9PM</b> See back for details</p>	<p>12</p>
<p>13</p> <p><b>A Moverse Holyoke</b> Let's Move Holyoke</p>	<p>14</p>	<p>15</p> <p>Treat working out like an appointment. Commit to yourself and your goals.</p>	<p>16</p>	<p>17</p> <p>Lift weights. Gorgeous tone means strong muscles.</p>	<p>18</p>	<p>19</p> <p>Include veggies in each meal.</p>
<p>20</p> <p><b>Learn to Swim</b> Kids Stay Day Safe Sitter Baby Sitter Course</p>	<p>21</p> <p><b>Learn to Swim</b></p>	<p>22</p> <p><b>Learn to Swim</b></p> <p><b>EARTH DAY</b></p>	<p>23</p> <p><b>Learn to Swim</b></p>	<p>24</p>	<p>25</p> <p><b>Healthy Kids Day &amp; Bike Sale</b> <b>Heritage State Park</b> 12PM-3PM</p>	<p>26 (Sunday)</p> <p>27 (Monday)</p> <p>28 (Tuesday)</p> <p>29 (Wednesday)</p> <p>30 (Thursday)</p>



Your Y believes healthy families lead to a healthy community. That's why the Greater Holyoke YMCA is part of a community-wide effort to promote healthy weight and physical activity called "Let's move/A Moverse Holyoke 5210." This effort is designed to reach children and families where they live, study, work and play. Let's Move Holyoke is centered on the easy-to-remember message of 5210: **5+ fruits and vegetables, 2 hours or less recreational screen time, 1+hour of physical activity and 0 sweetened drinks, more water & low-fat milk.**



**KACHOW! Cars Theme Kids Night Out:** Need some me time? No problem, we've got you covered. And by you, we mean your kids. April's Kids' Night Out is scheduled for Saturday, April 11th. We'll keep your little ones occupied with swimming, our bounce house, gym games, movies, and more while you enjoy a night to yourself. This month's theme is: CARS. You can drop your kids off from 5:00 PM – 8:00 PM, from 6:00 PM – 9:00 PM, OR from 5:00 PM – 9:00 PM for an additional \$5/child. Please make sure you register by Friday, April 10 at noon. Member cost: \$10 for first child, \$5 for each additional child. Program Member cost: \$15 for first child, \$8 for each additional child.



**Kids Stay Day:** 6 months – 6 years. Register in the Childwatch or at the Member Service Desk.



**SAFE SITTER BABYSITTER COURSE:** The Greater Holyoke YMCA will offer Safe Sitter® classes for girls and boys age 11 to 14. The class is fun and engaging activities. You will learn the skills to work with a variety of age groups of kids, as well as how to run a successful babysitting business. Infant/Child choking included. Register @ the member service desk by April 19<sup>th</sup>. For more information contact Jennifer Gilburg 413-534-5631 x102 or by email [jgilburg@holyokeymca.org](mailto:jgilburg@holyokeymca.org)



**Learn to Swim:** The Greater Holyoke YMCA offers Learn to Swim Week to allow children the chance to learn basic swim skills and basic water safety. This is a very effective program that teaches key skills throughout the entire week Monday thru Thursday. **Contact** Call Kerry Cordis, Aquatics Director for further information 413 534 5631 (X103). **Full Member, Program Members & Non-Members** \$10/ the whole week (Monday-Thursday). **Additional Info:** Sign-up at the front desk beginning Sunday April 19, 2015 or if you are a member at the Y you can sign-up online at [www.holyokeymca.org](http://www.holyokeymca.org).



Join this **FREE** Healthy Shopping Workshop at the Stop n Shop Lincoln St, Holyoke. Learn skills for buying healthier foods on a budget, save \$ at the store, learn about healthy foods, get new recipes, learn about feeding your family healthy foods, buy fruits and veggies on a budget and read and compare food labels and unit prices. After this 60-min workshop you will receive \$10 gift card to a local supermarket, a book full of healthy recipes and shipping tips and a free reusable shopping bag! **You must sign up at the Member Service Desk.** Please contact Jennifer Gilburg with any questions 413-534-5631 x102.



**Healthy Kids Day & Spring Bike Sale:** Saturday, April 25<sup>th</sup> 12PM-3PM at Heritage State Park in Holyoke. This is a **FREE** community event promoting health and well being for the whole family. There will be games and activities for all ages. Rain date: Sunday, April 26<sup>th</sup>.



**2 Hour Fitness Marathon:** Friday, April 3<sup>rd</sup>, 9AM-11AM. At this event we will draw the winner of our WWC – grand prize a 3-month membership! Bring a friend and a box of low sugar breakfast cereal and/or breakfast/snack bars. Your donation benefits the Holyoke Public School backpack program, which provides food for homeless children.