

LIVING OUR CAUSE



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

The Latest News for Members, Donors & Volunteers of YMCA ARLINGTON

March 2017

3422 North 13th Street, Arlington, VA 22201

www.ymcadc.org/arlington • 703-525-5420

HELLO FROM OUR EXECUTIVE DIRECTOR!

Every month hundreds of new and familiar faces come through our doors, each one with their own personal motivation for joining the Y. But how often do we step outside of our interests? Did you think you were simply joining a gym when you joined? How much do you know about other programs at the Arlington Y?

When you join any Y, you are committing to more than simply becoming healthier. You're supporting the values and programs that strengthen your community.

Here in Arlington, **you** are supporting a child's afterschool enrichment program at a Title 1 School. **You** are sponsoring a senior's stroke survivor exercise class. **You** are supporting a teen's trip to

Richmond for the culmination of the Model General Assembly Program. **You** are supporting an adult at risk for Diabetes turning their life around. **You** are supporting a preschooler whose family can't afford to send them to school every day. **You** are supporting



someone learning the vital skill of swimming. **You** are supporting an aspiring gymnast, scientist, artist, athlete, engineer, entertainer, health coach, teacher, and dreamer. **You** are opening doors.

You are here for more than a workout. **You are here to build more than muscle.** You are here for a better us and we want to thank you for taking the first step towards making our community a better place!

ERIK VAN DE POLL
EXECUTIVE DIRECTOR

Upcoming Events

YMCA Arlington Branch Activity Calendar

March 3rd
NO SCHOOL (APS)
Camp Day

March 4th
Teeny Taps & Pre-Ballet Class Starts!

March 5th
Women's Counter Assault Workshop @ 1-5pm

March 7th
Better Balance Series begins @ 1:30pm

March 14th
Kettlebell Basics Series begins @ 7pm

March 15th
Talk to a Camp Expert @ 5-8pm

March 26th
Spring into Health (Health Coaching) begins @ 10:30am

Catch us online for photos and event updates!

@yarlinton

@ymcaarlington

@yarlintondc

CHILDREN'S CORNER

Healthy Kids Day!

SAVE THE DATES! Throughout the week of April 24th- April 29th, we will be celebrating HEALTHY KIDS DAY with a culminating HEALTHY KIDS DAY on Saturday the 29th.

HEALTHY KIDS DAY is a national event celebrating healthy choices and active kids! Free for all, HKD is a great time to advertise your local business or organization. Interested in sponsorship? Contact Christine.rumpf@ymcadc.org for more information!

Keep an eye out for more info on this HUGE event!



Lend a hand: Summer Readiness Drive

As we all know, summer can be a large financial drain on families. Just covering the basic necessity of care can almost exhaust a family's income. In addition to care, there are many additional costs associated with summer—from bathing suits, to sunscreen, to lunches, the list goes on! Help us help our families take care of these items. Donate summer readiness items to the front desk at any time throughout March-April.

Thank you in advance for your generosity! You may just make a child's summer.

Looking for QUALITY in your Afterschool Program?

Look no further! Our Before & Afterschool programs servicing all Arlington County Public Schools is officially open for registration for FULL/ASSOCIATION MEMBERS.

This structured program includes dedicated time for creative arts, hands-on STEM, physical activity (disguised as really awesome group games!), and teambuilding/character development.

As if you needed more reasons to join the program, for students attending select schools, we are conveniently located IN YOUR GYM and we are the latest running program in the county with a closing time of 6:30pm!

Spaces do fill up so email Christine.rumpf@ymcadc.org for more information on how to register today!

Summer Camp Update



Registration is available NOW & Registering is easy!

Register online via [Easy to Enroll](#), in person at the YMCA Arlington branch or email your registration to arlingtonemail@ymcadc.org

WAITLIST CHECK-IN

The following camps are Full:

- Camp Kirkwood (5-8) – Week 2
- Camp Kirkwood (5-8) – Week 4
- Camp Kirkwood (5-8) – Week 6
- Camp Kirkwood (5-8) – Week 8
- Camp Kirkwood – Week 10
- Theatre Camp – Week 8
- Goop & Magical Solutions – Week 1
- Goop & Magical Solutions – Week 4
- Sensational Sciences – Week 2
- Sensational Sciences – Week 5
- Just Build It – Week 3
- Just Build It – Week 6
- Delicious Delights – Week 1
- Delicious Delights – Week 3
- Delicious Delights – Week 5
- Delicious Delights – Week 7
- Delicious Delights – Week 9
- Little Movers – Week 8
- Mini Aquatics – Session A
- Mini Aquatics – Session B
- Mini Aquatics – Session C
- Mini Aquatics – Session D
- Mini Aquatics – Week 9
- Aquatics – Session A
- Aquatics – Session B
- Aquatics – Session C
- Aquatics – Session D
- Aquatics – Week 9
- All Star Sports Jr – Week 6
- Pony – Week 1
- Horseback – Wk 2
- Pony – Week 3
- Horseback – Wk 4
- Pony – Week 5
- Horseback – Wk 6
- Pony – Week 7
- Horseback – Wk 8
- Pony – Week 9



WHAT'S WHAT IN WELLNESS

HEADLINING: Women's Counter Attack Workshop

WHEN: Sunday March 5th 1-5pm

WHAT: A hands on experience in practical counter assault training where real-life scenarios will be addressed. No prior martial arts training is necessary.

FEES: \$25 Association Members & \$30 Program/Non Members

Class Updates

Barre is Back! Starting 3/12, Sundays @ 1:15pm.

Join A Melody for an incredible Barre workout. This class is designed for a wide range of fitness levels, ages and bodies, complete with progressions so those new to fitness feel successful and seasoned Barre enthusiasts will feel challenged.

Rise & GRIT! Earlier start time—catch us on Tuesdays at 6:15am *Les Mills signature high intensity training class with Katie. Start your day right! This class series runs through cardio, plyo, and strength focused classes.*

CSI and get to work on time! New class format for Naomi's Thursday 6:15am class:

The regular hour long class will be structured differently so those who need to leave earlier will have completed a full workout by 6:45am and those that can stay until 7:15 will enjoy a full hour of physical activity.

Workshops

Better Balance

4-week series on Tuesdays & Thursdays at 1:30pm beginning 3/7
This low impact class covers flexibility, mobility, strength, and agility as it relates to improving balance.

Kettlebell Basics

6-week series on Tuesdays at 7pm beginning 3/14
This training course is fun and safe! Covering strength training, metabolic conditioning, joint mobility, bodyweight exercises, and a whole lot of core strengthening--you're sure to get an intense workout out of this class!

Spring into Health (health coaching workshop)

4-week series on Saturdays at 10:30am beginning 3/26
Learn about mindful eating, "whole foods", meal planning and preparation and healthy choices from our certified Health Coach, Amy!

REGISTER FOR ANY OF THESE WORKSHOPS (INCLUDING THE WOMEN'S COUNTER ATTACK WORKSHOP) AT THE FRONT DESK OR ONLINE AT YMCADC.ORG.

New Child Watch Hours

With all these exciting classes going on, we wouldn't leave you without quality childcare! Our Child Watch services offers a fun and safe place for your children to play while you get your workout in (so no more excuses!) and is now running longer hours so you can make it to even more classes.

Child Watch hours have been extended to cover the following times:

M-Th: 8am-1pm, 5pm-8pm

F: 8am-1pm

Sat: 8am-12pm

Sun: 9am-2:15pm

***Please note: Two hour limit for Child Watch is still in effect. Thank you!*

Note from the Wellness Director

Thank you to everyone who came out to our ZUMBA mash-up event last month!



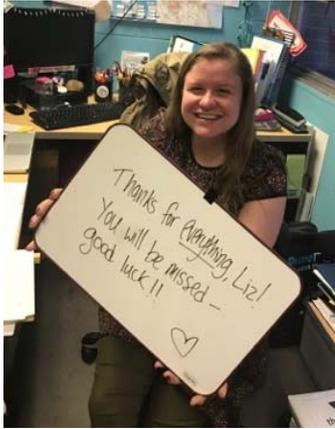
Not only did we have a great time (and an awesome workout!) but thanks to your generous donations, we were able to raise over \$200 to support our youth-in-government Model General Assembly Program on their annual trip to Richmond. That's enough to feed the group for a whole day! Thanks for believing in your community and working to build more than muscle.

-Hannah Hutton

SPOTLIGHT ON US

LIZ NASON

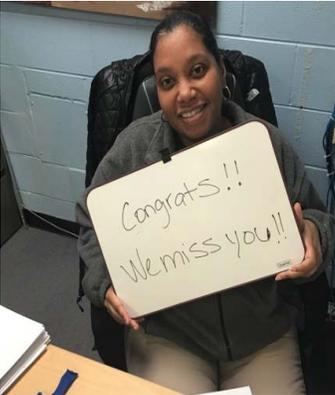
This month we are dedicating our Member and Staff Spotlights to our much beloved



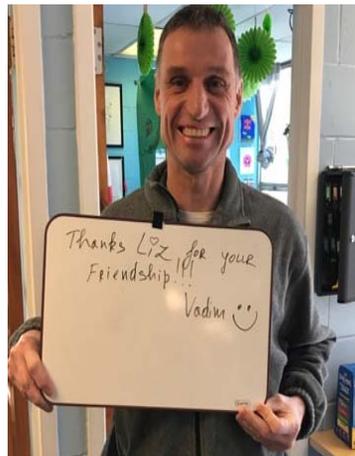
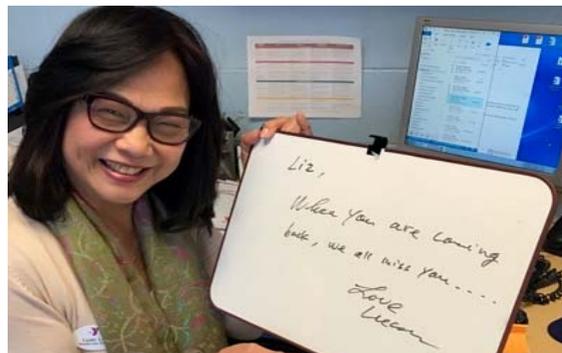
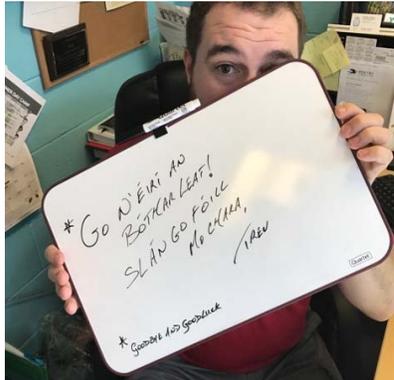
Associate Executive Director, Liz Nason.

Liz has dedicated the last 16 years of her life to the Y & this community but is now moving to New Jersey to work with the

Girl Scouts of America and we are so excited for her on this exciting, new journey!



A true embodiment of our core values, Liz has touched the lives of hundreds of thousands of us--children & families, adults, staff, and everyone else that has had the pleasure of knowing her. Liz is remembered as the heart of the YMCA Arlington for her kindness, big dreams and plans, nurturing spirit, and extraordinary ability to solve literally any and every problem. Congrats Liz, we couldn't be more proud to call you Y family!



Branch Board Members

Lynda Horvath-Board Chair

Rohini Chopra

Dan Dixon

Barbara Favola

Greg Hamilton

Kenny Hewitt

Jacky Jenks

Abby Raphael

Bill Roske

Noah Simon

Terron Sims

Lisa Toews-Daugherty

Karen Vallejos-Corrales

Todd Yeatts

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