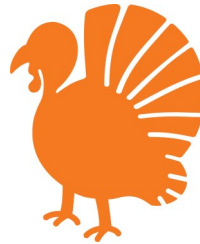




# THE Y NEWS



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

The latest happenings at the South Shore Y

## November 2017

### › \$0 Joiner's Fee

#### Transformation Tuesdays in November

Make Tuesday Transformational! Stop by the South Shore YMCA on any Tuesday in November and work out for **FREE**. Join the Y and we'll waive the Joiner's Fee. Learn more about this special at the Member Services Desk today.

### › Adventures in Holiday Camp

#### Tuesday, November 7th

When school's out, the Y is in. Sign up for our fun and exciting themed holiday camp. Camp runs from 8am-5pm and cost \$40 per day for members, or \$50 per day for non-members. For more information, contact Arielle Fiorica at [afiorica@ymcanyc.org](mailto:afiorica@ymcanyc.org).

### › Honoring Veterans

#### Friday, November 10th

Join us as we honor all Veterans who served the United States. Show your American pride on Friday, November 10<sup>th</sup> by wearing your favorite patriotic gear and participate in this special, themed day!

### › Y Fat Blast

#### SPECIAL PRE-HOLIDAY WEIGHT LOSS SEMINAR

#### Thursday, November 16th at 9:30am

Pre-holiday dinners, office parties and sweet treats! Does pre-holiday weight gain get you down? Join us for a special Y-Fat Blast Weight Loss seminar. Participants will learn how to prevent weight gain during the holiday season by targeting and controlling fat and caloric intake.

### › YMCA Annual Campaign

#### Ongoing

During the season of giving, we ask you to remember the Staten Island YMCA, a local nonprofit that serves people of all ages and helps local youth and families by providing scholarship assistance and **FREE** programs. For more information on our giving campaign, visit [ymcanyc.org/give](http://ymcanyc.org/give).

### › Thanksgiving

#### Thursday, November 24th

Get in a workout before your Thanksgiving feast. We will be open from 5am-3pm on Thanksgiving. Wishing you and yours, a happy and healthy holiday season.

### › New Program Guides

#### Later this month

Pick up your Program Guide for the Winter and Spring 1 2018 sessions later this month at the Member Services Desk. Registration can be done at the branch or you can go online to: [www.ymcanyc.org/southshore](http://www.ymcanyc.org/southshore).

## MARK YOUR CALENDAR

Tuesdays	\$0 Joiner's Fee
Nov. 7th	Holiday Camp
Nov. 10th	Honoring Veterans Day
Nov. 16th	Y Fat Blast
Ongoing	YMCA Annual Campaign
Nov. 24th	Thanksgiving
Later this month	New Program Guides

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