



THE Y NEWS



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

The latest happenings at the South Shore YMCA

January 2018

› \$0 Joiner's Fee

Thru January 31st

This January, Find Your Fit at the South Shore YMCA! When you join, we'll offer a \$0 Joiner's fee. Come for our gym, stay for our community. Let us help you reach your goals for the new year.

› Find Your Fit- Special Classes

• January 4th at 10 AM

New Year, New Lifestyle with Theresa. Learn the tools needed to charge the body's fuel source and energize your metabolism.

• January 10th at 12:30 PM

Less Stress in the New Year with Sandra. Breathing techniques and stretch poses to refresh your body and mind.

• January 16th from 8 AM - 10 AM

Are you at risk? Blood Pressure Screening with Sam.

• January 22nd at 12:30 PM

Low Impact Cardio Dance with Val. Get your Heart Pumping with moves that will make you sweat.

• January 31st at 12:30 PM

Sit and Fit with Sandra. No need to get out of the chair.

› Preschool Registration

January 27th from 10AM-2PM

Registration for the 2018-2019 school year will take place from 10 AM - 2 PM on January 27th. To learn more about our Pre-K for All, 3-K for All and Nursery School programs, contact Bonnie Schiuma at 718-227-3200 or bschiuma@ymcanyc.org.

› Summer Camp Special Offer

Thru January 28th

Summer Camp Special! It's cold outside now, but the warmer weather is fast approaching and Summer Camp is just a few months away. Sign up by January 28th and lock in last year's rate. Act Fast! This limited time offer is available only at the Staten Island South Shore YMCA. For more information, contact Arielle Fiorica at 718-227-3200 or afiorica@ymcanyc.org.

› YMCA Camp Reunion

January 28th from 2PM-4PM

Please join us for our Camp Reunion at the South Shore YMCA, which is open to past campers and those interested in joining one of our great summer camps. There will be music, games, a bounce house, arts and crafts, old friends and tons of fun. For more information, contact Arielle Fiorica at 718-227-3200 or afiorica@ymcanyc.org.

› Dine 'N Dance

Save the Date - March 9th

It's time to kick up your heels for Staten Island kids and families. All proceeds from our Dine 'N Dance event, held Friday, March 9th, benefit our Annual Campaign, ensuring no one is turned away from our services due to the inability to pay. For more information, contact Tracy Bilotto at tbilotto@ymcanyc.org or 718-907-6069.

MARK YOUR CALENDAR

Thru January	Find Your Fit-Special Classes
Jan. 27th	Preschool Registration
Jan. 28th	Summer Camp Special Offer
Jan. 28th	Camp Reunion
Thru Jan. 31st	\$0 Joiner's Fee
Save the Date	Dine 'N Dance - March 9th

YMCA OF GREATER NEW YORK

South Shore YMCA

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New York City's YMCA | WE'RE HERE FOR GOOD.®

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