

# THE SCOOP



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## OHIO VALLEY YMCA

EAST LIVERPOOL YMCA • CALCUTTA YMCA PROGRAM CENTER  
TORONTO YMCA WELLNESS CENTER • GATEWAY WELLNESS CENTER  
YMCA WELLNESS CENTER AT ST. JOHN ARENA

Winter 2016

ymcanet.org

VOLUME 2 ISSUE 1

JANUARY NEWSLETTER

## KICK OFF MONDAY JANUARY 11 9-11AM & 5-7PM

**Do YOU have a plan to obtain  
your health goals in the new year?**

Trinity Health System and the YMCA Wellness Center  
at St. John Arena want you to...



6 WEEK PROGRAM  
JAN. 18, 2016 THRU FEB. 28, 2016

3 Options for a NEW start based on your level..

### "START"

Current Y Member  
– No charge  
Non Y Member  
– \$20.00

- YMCA Membership
- 2 Electives

### "STRIVE"

Current Y Member  
– \$20.00  
Non Y Member  
– \$40.00

- YMCA Membership
- P3 Membership  
(any classes they choose to attend)
- 2 Electives

### "SUCCESS"

Current Y Member  
– \$40.00  
Non Y Member  
– \$60.00

- YMCA Membership
- P3 Membership  
(any classes they choose to attend)
- 2 Electives
- 3 Personal Training visits

### PACKAGE INCLUDES:

- Membership
- Health coaching on a diet, fitness and lifestyle choices

### MUST CHOOSE 2 ELECTIVES FROM THIS LIST

- Smoking Cessation • Lifestyle coaching
- More out of your exercise program
- Healthy eating and nutrition • Financial Freedom
- Benefits of massage therapy and one 15 minute massage

## Be More Do More in 2016

Kick off and sign up • January 11, 2016  
9:00-11:00am • 5:00-7:00pm

Get more registration information online by visiting  
[www.Trinityhealth.com](http://www.Trinityhealth.com), [www.YMCAnet.org](http://www.YMCAnet.org)  
or by calling (740) 264-7183.

OHIO VALLEY YMCA

## COMING SOON!



### BENEFITS OF MASSAGE

What exactly are the benefits of receiving massage treatments? Useful for all of the conditions listed below and more, massage can:

Alleviate low-back pain and improve range of motion.

Assist with shorter, easier labor for expectant mothers and shorten maternity hospital stays.

Enhance immunity by stimulating lymph flow the body's natural defense system.

Exercise and stretch weak, tight, or atrophied muscles.

Help athletes of any level prepare for, and recover from, strenuous workouts.

Increase joint flexibility.

Relax and soften injured, tired, and overused muscles.

Release endorphins – amino acids that work as the body's natural painkiller.

Relieve migraine pain.

### GET CONNECTED

- ✓ Like us on Facebook  
Steubenville YMCA  
East Liverpool (Downtown) YMCA  
Calcutta YMCA

- ✓ Visit us at online at  
[www.ymcanet.org](http://www.ymcanet.org)

### QUESTIONS, COMMENTS, IDEAS?

Contact Aimee Livingston, Marketing  
at 740-264-7183 or  
[alivingston@ymcanet.org](mailto:alivingston@ymcanet.org)

# YOUTH DEVELOPMENT

## BASKETBALL BASKETBALL SKILLS AND DRILLS

Participants in YMCA youth basketball programs build skills, learn about teamwork, and focus on sportsmanship preparing them for key milestones on their developmental journey.

**Thursdays 6:00–7:00pm**  
**Ages 7–12**

**January 21 – March 10**

## KINDERHOOPS

**Thursdays 5:00–6:00pm**  
**Ages 5–6**

**January 21 – March 10**

## PRESCHOOL SPORTS

**Saturdays 11:15am–12:15pm**  
**Ages 3–4**

**January 16 – February 20**

## VOLLEYBALL VOLLEYBALL SKILLS AND DRILLS

The YMCA volleyball skills and drills program is for children (boys and girls) in grades 4–12. Players will learn the fundamentals of volleyball while implementing teamwork and developing friendships.

**Grades 4–6**  
**Tuesdays 6:30–7:30pm**

**Grades 7–12**  
**Tuesdays 7:30–8:30pm**  
**February 2 – March 15**

## 6TH & 8TH GRADE CO-ED VOLLEYBALL LEAGUE

The YMCA volleyball program is for children (boys and girls) in grades 6 and 8. Our goal is to introduce the game of volleyball and to teach basic skills. Everyone plays and there are no tryouts. Kids will have the opportunity to learn the basic volleyball fundamentals such as serving, setting, hitting, and digging in a non-competitive environment.

**Grades 6–8**  
**Thursdays 6:30pm**  
**February 18 – April 7**

**Fee: Members – \$10**  
**Non-members – \$20**

## INDOOR SOCCER

An instructional league that introduces young athletes to game at an early age and quickly enables them to build their skills. Older soccer players can stay fresh and sharp in the off season. We encourage fair play, positive competition, and family involvement. Soccer is an exciting sport combining team play and individual skills.

## INDOOR CO-ED FUTSAL SOCCER

The YMCA Soccer Program helps kids become better soccer players. It's a progressive program, with multiple age-specific levels. Every child gets to play and the games are safe, exciting and fun.

**Ages U6 – High School**  
**Saturdays & Sundays**

**January 17 – March 6**

**Fee:**  
**Family membership – \$35**  
**Youth membership – \$55**  
**Non-member – \$65**

## BUILD A CHAMP MEMBERSHIPS

YMCA Build A Champ memberships are intended to reward kids in need of membership opportunities. Application may be based on financial need, family hardships or improved academic/behavioral performance. Total number of scholarships may be limited. In that case, scholarships will be based on greatest need or merit. For an application contact [mwilson@ymcanet.org](mailto:mwilson@ymcanet.org).

## ADULT PICK-UP INDOOR SOCCER

Adult Pick-up Soccer will take place every Friday now through March 25 from 6:00pm to 8:00pm. Registration is required. FREE for members. \$65 for non-members.

\*Due to increased member activity during the winter months, we have temporarily placed a hold on selling any guest passes to individuals over the age of 18. Current members will still be provided with 2 guest passes per calendar year to introduce friends and family to all the Y has to offer.

## CANCER SUPPORT GROUP

THE YMCA WELLNESS CENTER &  
THE TERAMANA CANCER CENTER  
**Thursday January 21, 5 – 6 PM**

This group will meet the 3rd Thursday of every month from 5–6pm at the YMCA Wellness Center at St. John Arena.

This program is to help individuals with cancer and their loved ones understand the disease, manage their lives through treatment and recovery by finding the emotional support they need. Best of all, this program which will be facilitated by a cancer survivor is FREE.

## DID YOU KNOW?

Did you know that the YMCA can help you keep your promise to lead a healthier lifestyle in 2016?

Coming up with a lofty list of goals for 2016 was the easy part — all you had to do was think optimistically and write things down — but here's where it gets hard. January is in full swing, and you have to hold yourself accountable. To help ensure that you achieve your wellness goals, we can help by offering programs such as Be More Do More.

If you want to stick to your New Year's health and fitness resolutions build a fitness family, this is a crucial step. This year, join a program — like Be More Do More — with a group of friends to support each other. The key is to align yourself with other folks who are taking the same journey as you and, ideally, doing the same program. When the going gets tough, you'll be there to motivate and inspire each other.

Getting into a fitness rut can really stall success. You can do it on your own, but we promise it's way more fun when you do it with friends and family.