



September 2016

New Y Staff: Meaghan Harris



Let's welcome our new Front Desk staff Meaghan Harris! Meaghan's Y story began in 2012 when the Gravenhurst YMCA opened its doors. She had joined the Y as a member with her daughter. Life took her away for a few years, but both Meaghan and her daughter re-joined our YMCA in 2015 after she spent a year devoting herself to fitness and vegan nutrition.

Meaghan grew up in Dunchurch, Ont. with a natural interest in exploring everything that involved outdoor and fitness activities. As she grew up, these interests stayed with her and guided her to the YMCA. When Meaghan heard there were opportunities available within the Membership Sales and Service Department, she couldn't resist and applied.

"I love being an active member of the YMCA family because my job requires me to be the first face people see when they are coming into the facility. I have the wonderful opportunity to make a positive impact on each of these person's day! I can create happiness, inclusiveness and kindness while promoting a healthy lifestyle," said Meaghan. Welcome to our Y family Meaghan!

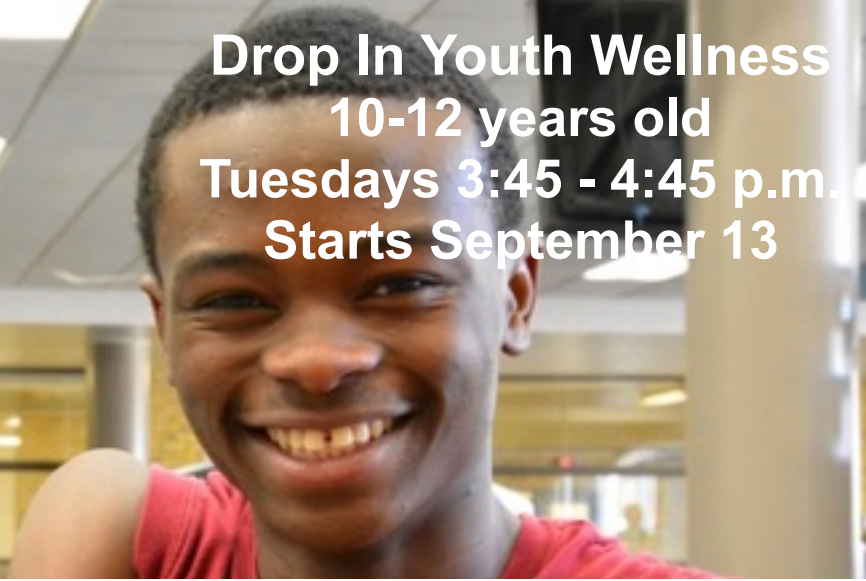
Join the Y in September/October: \$0 Join Fees!

Join our YMCA family as a member during the months of September and October and save on the Join Fees! At the Y, families ties are strengthened, energy and confidence are developed, healthy lifestyles are being introduced and knowledge is gained. All of this is accomplished in an inclusive, caring, honest and friendly environment. WhY not give it a try?





Drop In Youth Wellness 10-12 years old Tuesdays 3:45 - 4:45 p.m. Starts September 13



Take Advantage of our Personal Trainers



One our our personal trainers
Stephanie Mantha with a personal
training client.

Do you wish to challenge yourself and to learn about proper fitness? Our personal trainers are professionals and fully certified to accompany you in your fitness journey. They are goal-setters, experts in their field, focused on your goals, motivators and educators. Invest in YOU!

We offer 30- and 60-minute sessions! Speak with one of our Front Desk staff to learn more and/or to book an appointment.

New Policy for Swimming Lessons

Starting September 12, 2016, parents/guardians of any child under 10 years old are required to sign their child/children in and out of swimming lessons. The following procedures are to be followed by the parents/guardians:

- Parents/guardians arrive with their child at the beginning of the program.
- Instructors wait at their meeting spots for the children to arrive.
- Instructor will welcome parents and children, and indicate on the Sign In sheet that the children are under the care of the instructor with the parent's initials.
- The children remain under the care of the same instructor for the duration of the lesson.
- Two minutes before the end of the lesson instructors will return to their meeting spots to begin Sign Out.
- Parents initial the sheet to confirm they have signed out their children.
- The same parent/guardian who drops off the child must also pick them up, unless pre-arranged at the time of the drop off with the swim instructor.

Some of our Fall Classes

Global Grooves/Zumba

**Mondays 5:30-6:15 p.m.
until Oct. 31**

Group Core

**Mondays 1:00 - 1:30 p.m. &
6:30-7:00 p.m. Start Oct. 17**

**Wednesdays 7:30-8:00 am
Start Oct. 19**

**Thursdays 12:15-12:45
p.m. Start Oct. 20**

Boot Camp Blast

**Mondays 6:00-6:30 p.m.
until Oct. 10**

Yoga for Sport

Tuesdays 12:10-12:50 p.m.

Gravity/Core

**Wednesdays 6:45-7:30
p.m.**

Blast Classes

Thursdays 8:00-8:30 a.m.

Instructor's Choice

Saturdays 10:15-11:15 a.m.



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