



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FOR IMMEDIATE RELEASE

Contact:

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TRY THE Y!

KEEPING YOU ON TRACK FOR SUCCESS

[PORT HURON, January 25, 2012] – Let the YMCA of the Blue Water Area help you keep your health, well-being and family resolutions on track for success in 2012.

Personal Nutrition Assessment

Proper nutrition with the correct proportions of carbohydrates, fiber, protein, fats, vitamins and minerals is crucial to good health and overall well-being. Let the Y's professional staff create a nutrition plan that's just for you. Make an appointment with Certified Nutrition Trainer Tom Kingsbury or Sheila Volker to assess your needs and get you on the road to eating right. Call the Y for details 810-987-6400.

Fee: Members \$75 Non Members \$85

Personal Training

Are you ready to start a workout program, but not sure where to start? Is it time to mix up a current fitness plan or take one to the next level? The Y's Certified Personal Trainers can help you safely achieve your fitness goals. Let the experts work with you to develop a plan that will keep you focused on success. Personal trainers also specialize in youth and adult sports conditioning and public safety and military conditioning plans. Private or semi-private sessions include fitness testing. Call the Y for details 810-987-6400.

Triathlon Training Program

Thinking about participating in the Y's indoor triathlon on March 24, or want to jump start your triathlon training? Each week you will receive a detailed training plan, discussion on how to improve techniques on swim, bike, run, transition and nutrition along with motivation and support with Jackie Mall, a 2 time Ironman finisher, USAT Certified triathlon coach and ACE certified personal trainer with more than 15 years experience.

Date/Time: Tuesdays, January 31 - March 20 (6:30 - 7:30 PM)

Fee: \$79

Dino Day

Get ready for a roaring good time! If your child loves Dinosaurs then they will have a Dino-Mite time at the Y's Dinosaur Day. Age appropriate games and activities encourage social skills using the fun of Dinosaurs.

Date/Time: Saturday, February 4 (10:00 - 12:00 Noon)

Age: 2 - 5 years old

Fee: Members \$10 Non-Member \$20

AOA (Active Older Adults) Port Huron Red Cross Building Tour

The Port Huron Red Cross has a long history of providing humanitarian and emergency assistance, disaster relief and education to our community. Learn more about the Red Cross and it's local impact on this informational tour. Meet at the Red Cross Building (615 Pine St.) and join us for lunch at Casey's after the tour.

Date/Time: Monday, February 6 (11:00 AM)

Fee: FREE – lunch not provided

Learn more about membership and programs at your YMCA of the Blue Water Area by calling the Y at 810-987-6400 and visiting us on line at www.bluewaterymca.com.

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YMCA of the Blue Water Area

For 125 years, the Y has been strengthening our community through youth development, healthy living and social responsibility. The Y engages men, women and children of the Blue Water Area in nurturing the potential of youth and teens, improving the area's health and well-being, and providing opportunities to give back and support our neighbors. All Y programs and services are designed to build the core character values of caring, honesty, respect and responsibility. The Y is a place for people of all faiths, races, abilities, ages and incomes. www.bluewaterymca.com.

YMCA Program Contacts:

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