

Links

Wildwood Family YMCA

A branch of the YMCA of Greater St. Louis

What's New at Your Y

Check out the Fitness Center's **new equipment, complete with personal viewing screens!** New pieces include Precor treadmills, AMTs (Adaptive Motion Trainers) and an Elliptical Crosstrainer. We now have **large flat-screen TVs** in the cardio area as well as in the free-weight center.

Let's get healthier! So you can have a healthy snack, we've **increased our fruit supply and added granola bars** for purchase at the Service Center. We'll soon replace carbonated beverages in the **vending machines with healthier choices.**

Is the weather casting doubts on your outdoor YMCA game? Call our **new sports line** at 636-458-6636 extension 300 for the latest updates. Schedules and league information may be found at ymcastlouis.org/wildwood/sports.

Get energized with **two new summer leagues: Coed Adult Kickball** (yes, the game you loved as a kid) and **Competitive Middle School Basketball.**

Have you seen our **new facility expansion display** in the lobby? Stop by to learn about plans for **a dedicated cycling room, an active family area, an aerobics studio** and more.

The **Y-Hub's increased summer hours** of weekdays 8 a.m. to 1 p.m. begin May 27. Plus Y-Hub kids can take advantage of **Busy Bunch and Krafty Kids** activities. We'd like to bring more physical activity to the Y-Hub, so if you know where we might purchase a **Wii**, please let us know! Thanks for your help.

We congratulate two **very special people** on their recent awards and for all they do for the Wildwood Family YMCA: **Brian Mann**, our Adult Volunteer of the Year, and **Mollie Bliss**, our Youth of the Year.



Brian Mann



Mollie Bliss

What's new in the gymnasium? **Recognition banners** for YMCA Partner Campaign donors who give at Greater Needs levels. Each donor has the opportunity to state on their banner why they support the campaign.

New camps for summer include **The Great Segway Glide, Science Center Flight Academy, High School Musical, Mini Dance & Art, Water Park Fridays, The Wonder of Flight and Impact Baseball with Former Cardinal Greg Mathews.** Visit our website or call for more information.

Parents, already thinking about school fundraisers for fall? Look into our **new Kids' Night Out events - with swimming, gym sports and more - for elementary schools.** It's a great way to please the kids and raise the funds for your school while you support the Y!

our MISSION

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

our VALUES

Caring, honesty, respect and responsibility are the basis for all that we do.

Summer 2008

ymcastlouis.org/wildwood
A United Way Agency



YMCA
of Greater St. Louis





Mission Moment

Support for Healthy Changes

In the past three months, member Mike Berwin (*above*) has lost 30 pounds. He first started on his own, then joined our version of “The Biggest Loser” program as seen on TV. “This is a great program,” Mike says. “The personal trainers are donating a lot of their time, and Weight Watchers provided our materials. The Y is really doing mission work here.”

With 19 participants on teams, total weight lost after seven weeks was 220 pounds, and total circumference lost (waist, abs and hips) was 13.5 feet. We plan to run more of these programs, but if you want to make healthy changes, you don’t need to wait! We have the programs and supports you need to succeed. Just ask.

Events Calendar

May 20 *Mammographies* at Y from 4 to 7 p.m. Call Missouri Baptist Medical Center at 314-996-5170 for an appointment

May 27 New! *Spring Into Summer Camp* Begins (*week before camp officially opens*)

May 26 Memorial Day - Our Y will be closed but members may use West County Family YMCA, open 8 a.m. to noon

June 9 *7th Annual Golf Tournament/Auction* Sign up today to play! Not a golfer? Go by limo to 19th Hole Wine Tasting and enjoy the evening. Call Diane Heatley.

July 4 Facility open 8 a.m. to noon. No classes.

Get Ready: 3rd Annual YMCA 5K Run/Walk

For everyone, all ages!

Starts at Dierbergs Town Center • Sunday, July 27

Fee \$25 (includes t-shirt) per early registrant, plus a new family rate available this year

Registration forms available at Service Center and ymcastlouis.org/wildwood/5K

Sponsor names featured on t-shirts; contact Gary Hirssig
Proceeds benefit the YMCA Partner Campaign



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