



# THE Y NEWS



YMCA OF GREATER NEW YORK

Where there's a Y, there's a way.

## The latest happenings at the South Shore YMCA January 2020

### › \$0 Joiner's Fee

#### Thru February 3rd

Where there's a Y, there's a way to achieve your New Year's resolutions! Find your fit at the South Shore YMCA by joining with a \$0 Joiner's Fee now thru February 3rd! Visit [ymcanyc.org/join](http://ymcanyc.org/join) to download a **FREE** guest pass and try the Y today!

### › Winter Program Session

#### Begins January 2nd

If your New Year's resolution is to try something new in 2020, get started at the Y! We offer fitness programs for adults, after school enrichment programs for children ages 5-17, and swim lessons for the whole family. Registration for the Winter Program Session is open to Y Members and Community Members, so stop by the Member Service Desk today and start the New Year off right!

### › Open House

#### January 11th & 25th 11AM-3PM

Learn all about the South Shore Y during these open houses, where you can try out a class, take a tour and experience what our Y has to offer. For more information, visit the Member Services Desk.

### › YMCA Weight Loss Program

#### Beginning January 14th 12:30-1:30PM

Achieve your 2020 health goals with the Y's **FREE** Weight Loss Program! Beginning Tuesday, January 14th, groups will meet once a week for a 12-week session. This program is **FREE** for Y members. Registration for the January session is now open. Space is limited, so hurry in and register at the Member Service Desk today!

### › Parent's Night Out

#### January 18th 5:00-9:00PM

Calling all parents! Enjoy some adult time and be assured that your children will have a blast in a safe, caring, fun environment with Parent's Night Out at the South Shore Y! Best of all - dinner is on us! Pre-registration the Friday before the program is required. For more information, please contact Heather Lananna at 718-227-3200 or [hlananna@ymcanyc.org](mailto:hlananna@ymcanyc.org).

### › School's Out Activities

#### January 20th 8:00AM-5:00PM

When school's out, the Y is in! We will be running School's Out Activities on Monday, Jan. 20th. Children are required to bring a peanut/tree nut-free lunch. A snack will be provided. For more information, please contact Shaina Smith at 718-227-3200 or [shsmith@ymcanyc.org](mailto:shsmith@ymcanyc.org).

### › YMCA Camp Reunion

#### Saturday, January 25th

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 Meghan Sinback at 718-227-3200 or [msinback@ymcanyc.org](mailto:msinback@ymcanyc.org).

## MARK YOUR CALENDAR

Thru Feb. 3rd	\$0 Joiner's Fee
Begins Jan. 2nd	Winter Program Session
Jan. 11th/25th	Open House
Begins Jan. 14th	YMCA Weight Loss Program
Jan. 18th	Parent's Night Out
Jan. 20th	School's Out Activities
Jan. 25th	Camp Reunion