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FOR HEALTHY LIVING
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YOUTH & SPORTS NEWSLETTER

Lakewood-Trumbull YMCA

20 Trefoil Drive, Trumbull CT 06611

Fall 2012

www.lakewoodtrumbullymca.org

YOUTH & SPORT NEWSLETTER FEATURING GYMNASTICS, YOUTH SPORTS, AND DANCE PROGRAMS AT THE LAKEWOOD-TRUMBULL YMCA

LONDON TRIUMPHS INSPIRE ATHLETES

It was an exciting and memorable summer for the sport of gymnastics as many young gymnasts watched in anticipation as the U.S. Women and Men’s Gymnastics Teams performed at arguably the most prestigious sporting event of all – the Olympic Games. It was amazing to see our YMCA gymnasts’ faces light up as we asked them throughout the summer, “Who watched the Olympics?” This question sparked many different conversations regarding both victory and struggle, but the impact that the Olympics had on these young athletes is clear – the performances of the Olympic gymnasts inspired our gymnasts to practice hard and be the best gymnasts they can be.



One of the most exciting moments in gymnastics at the games was the Women’s Team finals. Nicknamed the “Fab Five,” the U.S. women took gold for the

first time since the “Magnificent Seven” in Atlanta in 1996. All five of the gymnasts had solid performances, but probably the most notable performance was McKayla Maroney’s explosive vault, which earned her an incredibly high score of 16.233. On the men’s side; Danell Leyva triumphed in the individual all around finals, earning a bronze medal for his country.

The love of sports continuously causes humans to push their abilities to new limits, and every four years we have the privilege of watching so many talented athletes make their dreams a reality at the Olympic Games. At the YMCA, our number one priority is to help our gymnasts achieve their goals so that they too can feel that wonderful feeling of success and accomplishment. Looking forward to seeing everyone in the gym!

Hayley Foster – Gymnastics Recreation Coordinator

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ENJOY THIS ISSUE?

Feel free to share this newsletter with anyone who you think may find it interesting.

QUESTIONS, COMMENTS, IDEAS?

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WORK TOGETHER, LIVING BETTER

As all the Olympic excitement and activity is still fresh in our minds, our country faces an epidemic of obesity and related chronic disease. In fact, more than one-third of American adults—over 60 million people—are obese. And obesity rates for young people have more than tripled.

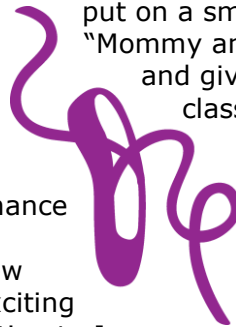
In communities across the country, the Y is a leading voice on healthy living. The Y brings families together, encourages good health, and fosters connections through fitness, sports, fun, and shared interests. As a result, millions of youth, adults, and families receive the support and resources they need to achieve greater health and well-being.

In New Haven and Southeastern Fairfield Counties, the Central Connecticut Coast YMCA is on the forefront of preventing chronic disease through the YMCA's Diabetes Prevention Program. The Y's Diabetes Prevention Program helps those at high risk of developing type 2 diabetes adopt and maintain healthy lifestyles in order to reduce their chances of developing the disease. For more information about this healthy lifestyle intervention, please look for our *Working Together, Living Better* brochures when you visit the Y.
Kelly Vaughan – Y Diabetes Prevention Coordinator

DANCE CRAZE

Our fall non-performing dance classes give students the opportunity to try dance whether starting ballet and tap as or taking a beginner hip hop class. If never graced the big stage before, this is a perfect way to get used to performing in front of our loved ones as we end of the session. Our creative movement to transition into the classroom with other 2 year olds.

The 2012-2013 performance dance season is gearing up to begin September 4th. We have added two cool new classes to add to our repertoire of fun and exciting program. Jazz for 5-6 year olds is an introduction to Jazz dance which runs on Saturday mornings for thirty minutes, after the 5-6 ballet and tap combo class. The Modern dance class on Wednesdays will focus on beginners and introduce wide range of movement which, like ballet is best described as fluid and graceful. Give it a try and see yourself transform from pedestrian to breathtaking. – *Kristen McAfee – Dance Coordinator*



GO FOR THE GOLD!

USA Women's Gymnastics Takes Gold! Gabby Douglas wins all-around!

Welcome new gymnasts and returning gymnasts. I hope everyone had an enjoyable summer and watched some of the Olympics. Gymnastics, of course, was my favorite. The floor tumbling runs were amazing, the bar releases were over the top, the flips and twist on the beam were outstanding, the vaults were sky high, and the rings and pommel horse were just pure strength. It makes you realize the benefits of gymnastics.

Gymnastics is the all-around sport! Kids can gain tremendous fitness by participating in a gymnastics program which increases muscle strength, cardiovascular endurance, balance, flexibility, body awareness and agility.



Gymnastics also helps children overcome fears. While it's true that certain gymnastics events, like the balance beam, bars and

flipping, can be scary for children, gymnastics classes help kids deal with and overcome fear through careful training and spotting, a gradual progression of skills, with a supportive environment.

Gymnastics is a great confidence builder. As children learn and master new skills, they gain more confidence and more determination to build on those accomplishments. A determined gymnast will learn to master even the most difficult skill. Even better, gymnastics is a sport that can help kids feel good about themselves in all aspects of their lives, including school and family life. These fitness perks not only help kids stay healthy, but they can be applied to other sports as well.

*Jennifer Arnone – Gymnastics
Preschool Coordinator*

USA REPRESENTS, YMCA PROVIDES

Youth Sports at the Lakewood-Trumbull YMCA is about to begin! We are now offering more than the typical sport this fall. We offer a workout in the form of Flag



Football, Floor Hockey, and Nerf Attack! Prepare your child to work those leg muscles in

soccer, arm muscles in baseball, and hand-eye coordination in tennis.

The US Women's soccer team has won gold for the fourth time. You can fine tune your soccer skills like the US Women's soccer team does by enrolling in one of the Lakewood-Trumbull YMCA's soccer programs. This program is great if you are learning soccer for the first time or looking to improve your soccer skills.

Mitch Morton – Sport Coordinator

PROGRAM MAKE-UPS

The Lakewood-Trumbull Y Gymnastics, Sports, and Dance programs allow make-ups for missed classes due to a participant being ill, on vacation, or having a prior engagement. You may make-up with the same program on a different day and time. Y programs allow for one week of make-ups due to weather related cancellation. If there are additional weather related cancellations, we ask that you utilize this make-up policy. There will not be any credit or refund for any additional weather related cancellations.

BIRTHDAY PARTY @ THE Y

Experience a party at the Y! Have your child celebrate through a Gymnastics, Dance, or Sport and Fitness party to make their day special. Preschool ages are now included.

Book now to secure spots in 2012! If you would like to book a Gymnastics Birthday Party please contact Jennifer Arnone at jarnone@cccymca.org. Dance and Sport Parties can be booked through Amy Arnone at aarnone@cccymca.org



GYMNASTICS OPEN GYM

This is the best value to our gymnastics or Parkour participants at the Y! You can come to a class for 45 minutes to an hour and then come *back* to work on those skills you learned, during supervised free time. No fees for current session participant's ages 12 months and up.

Preschool Open-Gym occurs on Wednesday 10:15-11:00am Thursday 12:30-1:15pm Friday 11:30am-12:15pm

School Age Open Gym for children occurs on Friday evening from 8:00-9:00pm.

