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YOUTH & SPORTS NEWSLETTER

Lakewood-Trumbull YMCA

20 Trefoil Drive, Trumbull CT 06611

Winter 2013

www.lakewoodtrumbullymca.org

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



Karen Dauk, Playtime Pals and Stepping Stones Instructor

BRING ON WINTER

With the continuous media buzz concerning our youth and their health, it is hard to ignore that children nowadays need activity! More importantly, they need programs that focus on a healthy lifestyle. The Lakewood-Trumbull YMCA is responding in its own right to be a part of any solution that will increase activity in children, while decreasing the risks of obesity and diabetes.

The Y is lending assistance by moving to 8 week program sessions rather than the traditional 11 week program sessions typically seen in the winter and spring months.

You may ask, "So what?"

By following an 8 week session schedule the Y can provide more healthy alternatives to sitting on the couch and watching television. Programs are now readily available for participants without them having to come to the couch for a rest. Soccer to basketball, basketball to gymnastics, gymnastics to dance; we can wait for all the fun!

For a full list of programs visit the Lakewood-Trumbull YMCA's website at www.lakewoodtrumbullymca.org. Member registration begins December 10th, Non Member Registration begins December 17th *Andrew Campbell – Youth & Sport Director*

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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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SPORTS

With the holiday season upon us, everyone is running around and getting the house and the family ready to spend time with their friends and families. The question that everyone has is, "What is the family going to do when the holidays are done?" Come to the Y! There are lots of things to do for the whole family.

There are many youth sports programs being offered starting in January, ranging from basketball to tennis. There is something for everyone. Be sure to mark December 10th, if you are a YMCA member, and December



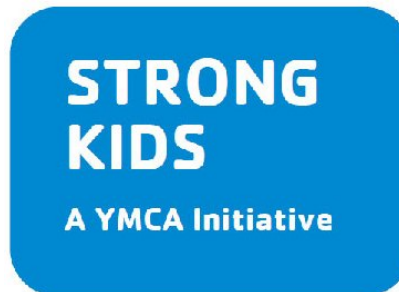
17th, if you are not a YMCA member on your calendar! These are the registration dates for all Youth Sports programs. All programs will run eight weeks.

The Y is a great place to come and relieve the stress from the holidays! Work out some of that extra energy and have some fun!

If you have any questions about Youth Sports programs that are being offered, please contact Mitch Morton, mmorton@cccymca.org. *Mitch Morton – Sport Coordinator*

FLYING HIGH AT THE Y

At the Lakewood-Trumbull YMCA, gymnastics is a staple program for its facility and community members with over 500 participants receiving an experience in our preschool, school-aged, competitive team, Parkour, and special needs programs.



One such participant received an incredible experience flipping and twisting last spring; this participant also received a gift from the Y in the form of financial assistance. Sebastian, now 8 years old and in 3rd grade, learned to cartwheel, roll, swing, and vault in a Boys Level I Advanced class with Coach Andrew.

Sebastian showed up every Wednesday at 5:25 pm for an hour to stretch, learn forward and backward rolls, bounce safely on the trampoline and TumbleTrak, and dismount on rings and the pommel horse. "I love everything about gymnastics...everything! I loved when Coach Andrew showed us his front and back flips on the trampoline."

Coach Andrew Campbell, Lakewood-Trumbull Y Youth and Sports Director, remembered Sebastian and that class. "Sebastian is a boy who was enthusiastic about what he was doing and very appreciative for his chance to do gymnastics. I always encourage my gymnasts to thank their parents at the end of class, and I know Sebastian often did. He was very good with the other boys in class, and showed leadership at his age."

Sebastian's father was happy to bring him to gymnastics, often bringing his younger brother to watch, because Sebastian enjoyed it so much. "Sebastian loved to do gymnastics and worked hard at it."

Sebastian was one of 23 participants in gymnastics at the Lakewood-Trumbull Y who received financial aid to experience a sport and discipline they might not otherwise have. Donors who helped provide an experience to Sebastian and the other 22 participants can feel proud that their gifts changed the life of a child.

Learn more about the Central Connecticut Coast Y Strong Kids Campaign at: <http://www.cccymca.org/make-a-difference/give/>

PROGRAM MAKE-UPS

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

WARM YOUR HEARTS WITH DANCE

Our dance program is still warming hearts as we continue with our winter session. Come by the dance room and you will see tiny dancers learning, playing and full of joy! How exciting to see our students enter the dance room in September with curiosity and come out in December with self-assurance.

Come support our talented performance students that dance year-round! They will be giving presentations in their classes for friends and family during observation week, December 17th-22nd. Ballet, Tap, Hip Hop, Jazz and Modern classes are eager to start working on their dances for the recital after the first of the year.

Save the date! The annual show will be held on June 16th, at the Klein Memorial Theater.
Kristen McAfee – Dance Coordinator



PRESCHOOL GYMNASTICS

Young children who participate in one of our preschool gymnastics programs gain numerous developmental benefits. From balance, spatial orientation, depth perception, hand eye coordination, neck strength and core strength, just to name a few. We offer a variety of classes for children from ages 12 months – 6 years.

Our full parent participation toddler classes are designed to help children build self-confidence. Toddlers are eager to explore and work on many skills such as walking, talking, jumping and figuring out how things work. They will venture out and make lots of new discoveries all while feeling secure knowing their parent/guardian is there for them as a “safe base.”

Our preschool classes focus on not only gymnastics, but rather, the development of strong motor skills to increase coordination, body awareness and brain development. The children are introduced to all Olympic events in addition to trampoline and floor obstacle courses. Preschool classes also concentrate on increasing attention span, following directions, lining up, taking turns and social skills that are necessary as the students get older. Listening and following directions starts the process of thinking before acting. Preschool gymnastics activities create situations where listening, learning and following directions can be practiced.

The benefit of gymnastics goes far beyond forward rolls and cartwheels; it is an excellent springboard for developing skills and attitudes that will enable them to be more successful in all endeavors. Preschool gymnastics helps children become physically, psychologically and emotionally developed. Give your child a priceless gift by enrolling him or her in preschool gymnastics. *Jennifer Arnone – Gymnastics Preschool Coordinator*

Y PARTY

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 2013! 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



KICKING OFF COMPETITION

With the inspiring performances of this summer's Women's Olympic Gymnastics Team still in the back of everyone's minds, the Lakewood-Trumbull YMCA Girls Gymnastics Team had an extremely fun and successful first meet of the season. Each year, Lakewood-Trumbull hosts the "Harvest Invitational" where YMCAs from as far as Newport, Rhode Island come to compete against other teams in the area.

The fusion of talent between returning team members and the addition of new ones allowed the girls to excel in the team competition. Level 4 and 7 both took third, while Level 5 took first. The combined efforts of our Prep Op Novice, Intermediate, and Advanced gymnasts earned them a second place team trophy. The girls received many individual awards as well, placing high on the separate events and in the all-around. Girls, your coaches are very proud of you! The coaches wish to thank all of the parents who volunteered their time to make this meet possible. The day would not have been as magnificent and successful if it were not for your continued help and support. We thank you so much for being such a large part of this wonderful YMCA family!

*Hayley Foster – Gymnastics
Recreation Coordinator*

DIABETES PREVENTION

Winter is sometimes a season when we become less active, especially as adults. But daily physical activity is an important part of being healthy and preventing chronic disease, such as type 2 diabetes.

November was Diabetes Awareness Month, with numerous organizations working to support those at risk. As winter progresses it is important to continue being active and it can also be a time for those who are sedentary to *begin* new activities. The YMCA's Diabetes Prevention Program helps those who are prediabetic or at risk for type 2 diabetes adopt a moderately active lifestyle and make healthier food choices.

As winter ends, March 26th will mark Diabetes Alert Day, a day to call attention to type 2 diabetes and urge everyone to take the risk test. You can be "early" and take the risk test now on the Central Connecticut Coast website and see if you could benefit from our program. Classes are beginning in January at several locations.

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 look for our *Change Today for a Healthier Future* brochures when you visit the Y or call 203 375 5844 ext 32. *Kelly Vaughan Y Diabetes Prevention Program Coordinator*

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

Wednesday 10:15-
11:00am Thursday
12:30-1:15pm
Friday 11:30am-
12:15pm

School Age Open Gym

Friday 8:00-9:00pm

