



Sonoma County Family YMCA

Member Newsletter

More Ways to Move!

Our recent spring weather, with sunny days and temps in the 70's, provides us with a wonderful opportunity: **outdoor activities!**

The Y is here to support you and your family in creating and maintaining a healthy lifestyle, and we encourage you to get and stay active, whether it's within the walls of the Y or in the great outdoors.



You are invited to join us this **Saturday, May 8th** at the **Human Race**. Come out and enjoy the morning, walk or run for the Y kids, and stop by the YMCA booth to say "hi!"

And mark your calendars for **Bike to Work Day, Thursday, May 13th**. We encourage you to not only bike to work, but bike to the Y on your next visit! Our bike rack is waiting for you.

So dig out those gardening tools, air up the tires on that bike, get the kayaks loaded on the truck, and explore more ways to move during this beautiful month of May!

On the horizon...

Guns 'N Hoses Golf Tournament, benefiting the YMCA outreach program - June 7th at Fountaingrove Golf Club. Click [here](#) to register!

Save the date! 21st Annual YMCA "Kids to Camp" Golf Tournament & Auction at Windsor Golf Club, July 9th. Look for registration forms later this month

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Traveling out of the area? Search for a Y near your destination!
www.ymca.net

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Swim & Sun and Summer Camp Fun!



Summer Camp ~ Experience the "best summer ever" at YMCA camp! Whether it's a summer adventure day, sports or an exciting specialty camp, there's something for everyone! All YMCA camps are **accredited by the American Camp Association (ACA)**. **Sign-ups are going on now!** Financial assistance is available. Click [here](#) to view our Summer Camp brochure. Register online at www.scfymca.org or in person at the YMCA Program Office, 1207 College Avenue in Santa Rosa. For more information, call 544-1829. And be sure to check out "[Because of Camp](#)" on YouTube!

Cloverdate Pool Opens! ~ Ready to have some fun in the sun? Bring your hat and sunscreen and meet us at the Cloverdate Municipal Pool! **Opens Memorial Day weekend**. Join us for Family Swim 12:00 - 5:00pm, 7 days a week. Don't miss out: every Wednesday is Dollar Day!

Swim Lessons ~ Provide your children water safety and fun this summer! The next 4-week **swim lesson session** begins the week of May 17th. Registration is as follows: Facility Members/Current Participants may sign up starting Monday, May 10; Program Members = Tuesday, May 11; Non-members may enroll starting Wednesday, May 12.

Health & Well-Being Highlights



Yoga ~ The Y offers yoga for all experience levels and all ages, starting with **Yoga Bugs** for ages 3-6 and **Teen Yoga** for ages 12-14. With a variety of styles to choose from, including **Soft Flow, Yoga Tune Up** and **Vinyasa**, we are confident you will find a class that fits your needs!

Self-Defense ~ Learn to be alert and safe! Ages 12 years and up are welcome! **May 8th, 1:00-5:00pm**. Please sign up in the Member Center.

Acupressure for Pain Relief ~ Join us **May 12th at 5:30pm** and learn acupressure points that alleviate low back pain, neck and shoulder pain, headaches, sciatica, and knee pain. This lecture is **free** for Y members and is taught by Viola Huang-Beck, M.S. in Traditional Chinese Medicine. Register in the Member Center.

"Go Wild" Hike ~ Join the Y's hiking club as we head to **Lake Sonoma** on **Saturday, May 22nd** to enjoy a moderately challenging (7 out of 10 difficulty) 4 mile trek from the south shore to Island View Camp. Group meets in the lobby at 9:00am. Please register ahead of time in the Member Center or by emailing kbowman@scfymca.org Click [here](#) for more details.

Y Art Show



The upcoming art show to be displayed in our Y Gallery is a collaborative effort between the YMCA Biella Child Care site and the Network for a Healthy California, Children's Power Play program. 9-10 year olds at our Biella site have been working on a photo voice project and will be showing their creative endeavors May 14 - July 2. Be sure to check out these masterpieces!

Go Green Tip ~ Walk or ride your bike when you're able. If you need to go somewhere close, consider riding your bike or walking instead of driving your car. It's better on the environment and healthier.