

Spring 2010

Glade St. YWCA will
open 8a-5p on
Memorial Day (5/31)



Volume 2, Number 9

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**American Senior
Fitness Association**

YWCA of America

Fitness Magazine

Glade Street Information:

Fitness Schedule

Aquatics Classes

**Upcoming Events at
the YWCA**

April is Bring-A-Friend Month



Do you know someone who is looking for a great place to workout and form lasting friendships? Ask them to tag along with you one day this month to try out the Glade Street YWCA. **Bring a Friend passes** will be available throughout the month of April. Just sign your friend in our front desk log when they arrive. There's a great perk in this for members and friends. If your friend or family member joins by April 30, both of your names will be entered into a drawing for great prizes!

For more information contact **member services** at 722-5138 X 220 or 221.

May Super Saturday Special



Spread the word! Beginning Saturday, May 1st, the general public is welcome to swim at the Glade St. YWCA from 2p-4p every Saturday for FREE. When its hot outside, stop by our facility and take a dip in our indoor pools. Children under 14 years old must be accompanied by an adult to participate in this offer.

Reservations are not needed. May is also a great time to sign up for swim lessons so make sure to check out our swim lesson schedule before you

Contact Us:

1201 Glade St.
Winston-Salem, NC
27101
(P) 722-5138 X 220
(F) 722-5569

Hours of Operation:

M-F 5:45am-8pm
Sat 7am-5pm
Sun Closed

Website:

www.ywcaws.org

Want to join the
Glade Street YWCA?
Sign up today!

Click here to view
membership fee
information and
download an application.



Member's Corner:

Do you have a story
idea that you would
like to share? **Click
here** or call 722-5138.

leave. See you at the pool!

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Glade St. YWCA 2nd Annual Silent Auction



Carnival Glass

The Glade St. YWCA will host its 2nd Annual Silent Auction on Monday, May 24th through Wednesday, May 26th. The auction will run 8am to 6pm each day ending on 5/26 at 6pm. Items to be auctioned off include antiques, furniture, a piano, signed art work, autographed books, bed and breakfast gift packages, massage sessions, and many more items. All donations support the Glade St. YWCA.

Last year we raised \$3000 from silent auction sales. If you **have items of value** that you would like to donate, please drop them off at the Glade St. YWCA during our regular operating hours.

Donations to the silent auction are tax deductible.

For more information contact the YWCA **member services** at 722-5138 X 220 or 221.

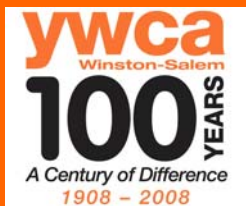
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Summer Empowerment Camp for Middle School Girls



Do you know a middle school girl looking for a fun, safe way to spend her summer and make tons of new friends? The YWCA Empowerment Camp helps middle school girls enhance their team building skills, increase self-esteem, and develop leadership skills. The camp runs weekly 6/14- the week of 8/16. Camp sessions include:

- **Project Recycle Runway:** —Enjoy creating a fashion show using old clothing and materials.
- **Lights, Camera, Action!:** – Watch out Spielberg! Create your own movie!
- **Choreography for Fun**—Have fun creating and teaching routines to



other girls.

- **Debating Divas**— Learn the art of debating by researching topics important to teen girls.
- **Creative Writing** — Improve your writing through journaling, reporting, and more!
- **Recycle Art** —Create art projects

We need your help! There will be girls who will not be able to afford the cost of this camp. Any financial contribution you can make will help send a girl to camp:

\$25- covers the cost for 5 girls to participate in a creative writing session

\$75- covers the cost of craft materials and supplies for every camper for 1 camp session

\$100- covers the cost of a daily nutritious snack for 50 girls for 2 camp sessions

All donations are tax deductible. Please make checks to the Glade St. YWCA (memo: Summer Camp)

[For more information about signing up for the camp please click this link.](#)

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NEW CLASSES!!- Saturday Yoga and Chair Yoga



Stretch into Spring! We now offer a new Saturday Yoga class and Chair Yoga class at the Glade St. branch. The Saturday Yoga class starts at 9:15am in the Dance Studio. Individuals with limited mobility will enjoy our new Chair Yoga class offered Tuesdays at 10:00am in the Pine Room. Both classes are free to members and \$5 to the general public.

For more information contact Julie Haymore at 722-5138 or email julieh@ywcaws.org

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