



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WE'RE HERE FOR YOU

February 2012 Newsletter  
PENINSULA FAMILY YMCA



## Seafood Cioppino Dinner

There's still time to get your tickets for the 3rd Annual Seafood Cioppino Dinner! Come enjoy food, fun and fellowship at the Y! Purchase your tickets at the Membership Services Desk. All proceeds benefit youth programs at the Peninsula Family YMCA.

### Event Information

Date: Saturday, February 11, 2012  
Time: 6:00 - 9:00pm  
Location: Peninsula Family YMCA - Gym

### Event Cost

\$35/ticket  
\$325/table sponsor for 10 (includes advertising and recognition)

### Ticket price includes:

Crab cioppino, salad, bread, pasta & dessert. Wine, beer & soda will be for sale.

Dinner graciously provided by the Fish Market. Special thanks to Simon Johnson!

For more information, please contact Michael Streby, Senior Director of Healthy Living, at [mstreby@ymcasf.org](mailto:mstreby@ymcasf.org) or call 650 294 2638.

## Y for Youth Luncheon

VIP Reception: 11:00am  
Luncheon Program: 12:00 - 1:30pm  
AT&T Park, 24 Willie Mays Plaza, San Francisco, CA 94107

Join Bill Neukom, Chairman Emeritus of the Giants, and more than 400 corporate and philanthropic leaders for an inspiring luncheon in the celebrated corridors and club level of the city's World Champion home team!

The Y For Youth Luncheon is aimed at raising the profile of the Y's youth development work and at raising at least \$250,000 to support each of our branches' youth programming. Thanks to this event, more of our young people than ever will have access to the support they need to lead healthy, productive lives.

For more information, please contact Rachel Del Monte, Branch Manager, at [rdelmonte@ymcasf.org](mailto:rdelmonte@ymcasf.org) or call 650 294 2602.

## Meltdown Program

This 8-week competition is designed to jump start weight loss with creative workout plans, inspiring tips from our registered dietitian, and sweat-filled workouts with a personal trainer!

The winner will receive a 3-month FREE membership to the Peninsula Family YMCA! Participants will be meeting with a trainer for a half-hour twice a week to compete for total body fat loss. You will be given body assessments at the start and completion of the program to measure your achievements.

For more information, please contact Yelitza Pena, Director of Family & Fitness Programs, at [ypena@ymcasf.org](mailto:ypena@ymcasf.org) or call 650 294 2612.

## Full Day Program

When school is out, give your kids the gift of discovery with the Peninsula Family YMCA. Full day programs will run on the following school holidays from 7:30am - 6:30pm. Sign up today!

February 17 - Pump It Up  
February 20 - Malibu Grand Prix

Facility Member: \$40/day  
Program Member: \$48/day  
(Available for children in grades K-5.)

Help your neighbors in need. With your gift, the Y will be able to send more kids to Full Day Program! Give a gift today!

For more information, please contact Richard McDaniel, Sports & Recreation Director, at [rmcdaniel@ymcasf.org](mailto:rmcdaniel@ymcasf.org) or call 650 294 2604.

## Dance Class

**All the Single Ladies:** Join us to learn Beyoncé's Grammy award winning dance!

Date: Monday, February 13th  
Time: 6:00 - 7:00pm

For more information, please contact Michael Streby, Senior Director of Healthy Living, at [mstreby@ymcasf.org](mailto:mstreby@ymcasf.org) or call 650 294 2638.

## Aquatic News

Are you prepared to help save a life? Get certified in Adult/Child/Infant CPR and First Aid by the American Heart Association. Register today!

For more information, please contact Jon Iiyama, Aquatics Director, at [jiiyama@ymcasf.org](mailto:jiiyama@ymcasf.org) or call 650 294 2620.

## AOA Trips

**Valentine's Day Luncheon:** Join us for our Annual AOA Valentine's Day Luncheon! Come and enjoy an afternoon with Y friends!

Date: Tuesday, February 14, 2011  
Time: 11:00am - 1:00pm  
Location: Poplar Creek Grill - Please meet us at the restaurant.

Facility Member: \$20/person  
Program Member: \$25/person  
Price is non-refundable and includes entree, beverage and dessert.

**LUNCH OPTIONS:** Please select 1 of the following entrées.

Salmon Salad  
Chicken Penne Pasta  
Grilled Steak Tacos  
Vegetarian Penne Pasta

**Stanford Cantor Art Center:** Come join us for a visit to Stanford's Cantor Arts Center as they spotlight six millennia of African art! Sign up at the Membership Services Desk today. (Maximum number of participants: 25)

Date: Thursday, February 23, 2012  
Time: 10:15am - 2:15pm  
Location: Please meet at the Y.

Facility Member: \$25/person  
Program Member: \$30/person  
Price includes transportation and ticket entry. Lunch is not included.

For more information, please contact Paulette Schmidt, AOA Coordinator, at 650 286 9622.

## FOR MORE INFORMATION:

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