

Stonestown Family YMCA Member Newsletter

OCTOBER 2010



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Halloween Carnival 2010



Upcoming Dates and Events

Family Swim Nights

Friday, October 1st
6:30PM - 8:00PM

Friday, October 15th
6:30PM - 8:00PM

Date Night

Friday, October 8th
6:00PM - 11:00PM

Movie Night

Friday, October 22nd
6:00PM - 8:00PM

Halloween Carnival 2010

Sunday, October 31st
11:30 AM - 2:30 PM

Annual Giving Campaign 2010

Don't miss the ultimate Halloween experience at the Stonestown Family YMCA! All children are invited to enjoy a variety of spooktacular activities including:

- Inflatable Haunted Houses
- Ghoulish Games and Prizes
- Disgusting Delights
- Creepy Crafts
- Face Painting
- Trick or Treat Scavenger Hunt
- Pumpkin Decorating
- Other Spooky Surprises

Date: Sunday, October 31st

Time: 11:30 AM - 2:30 PM

Location: Stonestown Family YMCA

Cost: \$5.00 per child. Parents and children under 2 are free.

For more information, please contact Danielle Elizondo, Director of Family and Senior Programs, at delizondo@ymcasf.org or call (415) 242-7115.

The Annual Giving Campaign is now in full swing! You may have noticed that the facility has been decorated with numerous posters, banners and Y-stories in celebration of the event.

Each year, the Y works with dedicated volunteers to help raise funds for our After School, Summer Camp and Y-Adult programs. Please join us in our cause by making a donation, volunteering your time or telling us your Y-story!

The Y uses your gift to make a meaningful, enduring impact right in your own neighborhood!

For more information, please contact Erin Reedy at ereedy@ymcasf.org or call (415) 242-7130.

Welcome Elizabeth Bachrad

We are excited to announce that Elizabeth (Emmerich) Bachrad has joined the Stonestown Family YMCA team as the Senior Director of Health and Wellness! Elizabeth first got involved with the YMCA interning in Oakland as a Sports and Exercise Psychology Consultant.

She developed a passion for health and fitness and now has a decade of experience under her belt. She is a nationally Certified Personal Trainer and is also certified in Group Exercise, Cycling and YMCA Healthy Lifestyles.

Elizabeth is determined to enhance the total quality experience for Stonestown Family YMCA members. She believes health and fitness are lifetime commitments and is dedicated to expanding awareness of the fitness world.

Don't hesitate to stop by her office, located on the 2nd floor next to the Personal Fitness Center. She is willing to address any questions/concerns and would always appreciate a hello!

Please contact Elizabeth Bachrad at ebachrad@ymcasf.org or call (415) 242-7112.

