

YMCA WEST LONDON Y ACTIVE

Newsletter
Easter 2017

YMCA

► Gymnastics Focus

Y Active welcomes hundreds of children through our doors every day. One of our most popular classes by far is gymnastics.

Boys and girls alike have boundless energy to burn and the excitement of finding out just what their bodies are capable of is great fun! It has been proven that signing your child up for gym class has many health and well-being benefits which are not only physical. Besides strength, endurance and flexibility, children also learn character-building skills such as discipline, determination and self-confidence. Cognitive Benefits are also evident such as healthy brain function helping kids to focus better in school. Socially children learn respect, motivation and also build trusting relationships.



Our coach Chantelle shares with us some top tips about supporting your child with gymnastics:

- 1- Buy a good mat to practice at home
- 2- Make sure he/she warms up to avoid injury
- 3- Focus on own achievements not what their friends are doing
- 4- Reassure that with

practice they will achieve challenging skills
5- Have high expectation to improve self-esteem

6- Practice low risk skills in a safe environment

7- Stay committed even when challenged

8- Set goals you would like to meet

9- Participate in an awards system like badge testing

10- Encourage your child by joining in where safe to do so.

► Staff update

SCHOOL of ROCK THE MUSICAL

We are very excited that one of our Y Active children is currently performing in Andrew Lloyd Webber's School of Rock, the musical in the West End! She is the daughter of our very own coach, Samantha. A must see show for all the family. Does your child love playing music or singing? Auditions open now. Please visit uk.schoolofrockthemusical.com



Our lovely coach Charlotte gave birth to a beautiful baby girl Rosemary. Charlotte is loving being a mummy and is enjoying her time on maternity leave. Watch out you might see her at one of our baby classes!



Our talented coach Jess recently performed with her dance company, Dillon Dance, at the prestigious festival 'Resolution'. 'We stand alone together' is a highly physical and technically challenging dance piece - well done Jess! Watch this space for her next performance.

Our top gymnastics coach Chantelle is continuing her gymnastic coaching skills with the British Gymnastics Association. We are very proud of all her hard work and look forward to new and exciting sessions coming soon.

Easter egg chocolate muffins recipe



Ingredients:

- 275g (10oz) plain flour
- 100g (4oz) caster sugar
- 50g (2oz) cocoa powder
- 10ml (2tsp) baking powder
- 100g (4oz) butter, melted
- 300ml (1/2pt) milk
- 2 large eggs, beaten
- 5ml (1tsp) vanilla essence

For the icing:

- 225g/8oz icing sugar, sifted
- 100g/4oz butter, softened
- 30ml/2tbsp cocoa powder
- 30ml/2tbsp hot water

To decorate:

- Mini Easter eggs

Method:

Preheat oven to 200°C/400°F/gas 6.

Line a 12 hole muffin tin with paper muffin cases. Sift the flour, sugar, cocoa and baking powder into a large bowl.

Mix the butter, milk, eggs and vanilla together and stir into the flour mixture. Beat until the mixture is just smooth.

Spoon the mixture into the paper cases and bake for 20 - 25 mins or until risen and firm to the touch.

Cool.

To decorate, beat the icing sugar and butter together. Blend the cocoa and water to a smooth paste and beat into the butter mix. Spread over the top of the muffins and decorate with Easter eggs.

Diary dates

This Easter holiday we are not running holiday clubs because we're using the opportunity to refurbish some of our sites.

Please look out for the new timetable at www.ymcawestlondon.org.

- ▶ 18th April – Y Active Summer term
- ▶ April - National Autism Awareness Month
- ▶ Easter Sunday – 16th April
- ▶ Easter Monday – 17th April
- ▶ Half term – 26th May
- ▶ Term starts back – 5th June
- ▶ Summer term ends – 26th July



"As for me, I know that my Redeemer lives, and at the last He will take His stand on the earth."

(Job 19:25)

From all of us here at Y Active, we wish you and your loved ones a very a happy Easter. We thank you for your continued support and we look forward to seeing you again in the summer term.

Sam, Jess, and Chantelle.

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YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.

SUPPORT & ADVICE

ACCOMMODATION

FAMILY WORK

HEALTH & WELLBEING

TRAINING & EDUCATION