



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HEALTH AND HOOPS

BEAVERTON HOOP YMCA AND WESTSIDE YOUTH SPORTS NEWSLETTER

JANUARY 2016

Beaverton Hoop YMCA

hoopymca

beavertonhoopymca

ymcacw.org

## PICKLEBALL @ THE HOOP

**Welcome pickleball to the Hoop!** Games are played indoors (or outdoors) on courts 20 feet wide and 40 feet long. Currently, we have 4 pickleball courts (the orange lines on the basketball courts) for use during the week. Players use large wooden paddles and the ball is similar to a wiffleball. The rules are comparable to tennis and games are only played to 11 points. This is an excellent activity for Active Older Adults!

### Open Pickleball times:

Monday and Wednesday 9:00 AM — 3:00 PM

Tuesday: 12:00 — 3:00 PM

Playing pickleball is **free to members** of our facility. If you have never played before and are are interested in learning how to play, please sign up at the Front Desk.

**86 MILLION HAVE PREDIABETES**

**ONLY 9 MILLION ARE ABOUT AWARE OF IT**

Source: Centers for Disease Control and Prevention (2014)  
ymca.net/diabetes

## YMCA'S DIABETES PREVENTION PROGRAM

The YMCA of the Columbia-Willamette is excited to launch the **YMCA's Diabetes Prevention Program** in 2016!

This is a year-long community-based lifestyle improvement program for adults with prediabetes. Its purpose is to empower adults in making gradual, lasting lifestyle changes that will improve their overall health and reduce their chance of developing type 2 diabetes.

Participants gather in a relaxed classroom setting and work together in small groups to learn how to incorporate healthier eating and moderate physical activity into their daily lives.

To see if you qualify or you would like more information about the program contact: Lynda Vinson at [prevention@ymcacw.org](mailto:prevention@ymcacw.org)

## CALENDAR

### Friday, January 1

Open 7:00 AM — 1:00 PM

Modified Group Exercise Schedule

### Saturday & Sunday, January 9 & 10

Winter Shootout Tournament

*Parking Lot Congested*

### Saturday & Sunday, January 16 & 17

Soul to Sole

Hoop League Games

*Parking Lot Congested*

### Saturday & Sunday, January 23 & 24

Hoop League Games

*Parking Lot Congested*

### Saturday & Sunday, January 30 & 31

Hoop League Games

*Parking Lot Congested*

### Upcoming Events

#### Saturday, February 13

President's Day Basketball Tournament

*Parking Lot Congested*

#### Sunday, February 14

President's Day Basketball Tournament

*Parking Lot Congested*

#### Monday, February 15

President's Day Basketball Tournament

**Modified Group Exercise Schedule & Parking Lot Congested**

# 3RD ANNUAL SOUL TO SOLE

JANUARY 16-17, 2016

**DONATE TODAY!**



It is not too late to help out **SOUL to SOLE**. Our 3rd Annual fundraiser event is January 16 & 17 in our lobby. Donations will be accepted through Friday, January 15. Please donate or gently used name brand basketball shoes to the Beaverton Hoop YMCA (tax receipt available upon request). OR, consider volunteering your time to impact the youth in our facility. If you are interested in helping the day of the sale, sign up for a shift here:

<http://www.signupgenius.com/go/20f0e49ada623aaf85-3rdannual>

We appreciate everyone's support and help in making this event successful. Thank you!

Questions? Email: [mevans@ymcacw.org](mailto:mevans@ymcacw.org)

## Getting to Know You....

### Juma Whatley—Hoop Elite Coach

**What was your favorite food when you were a child?**

Hamburgers & Pizza

**What's the #1 most played song on your iPod?**

A Little Bit Extra by Jum Blaq & Mistah Fab

**What is one of your favorite quotes?**

"That's Good Money."

**What's your favorite indoor/outdoor activity?**

Basketball/Football

**What chore do you absolutely hate doing?**

Cleaning out the bathroom



**What is your favorite form of exercise?**

Weightlifting

**What is your favorite time of day/day of the week/month of the year?**

10 PM—Studio Time; Sunday's — Family Time; March—Birthday

**What is your favorite video game?**

NBA 2K

**What book are currently reading or just finished?**

The Maze Runner

**What do you like about working at the Hoop?**

Teaching kids the game of basketball and seeing them develop.

## January Fitness Programming

The Winter Group exercise schedule begins on Monday, January 4 and runs through Thursday, March 31. A copy of the schedule can be found on the Health & Wellness Wall.

Also, beginning in January we will be offering a variety of Specialty Group Exercise and Health Coaching classes. A full listing of classes can be found on the Health & Wellness Wall.

**Do you need advice about your current workout plan, a new exercise or nutrition tips?** Annie will be leading 30 minute Health Coaching Session for just \$15. These will take place on the second, third and fourth Monday's of each month or by appointment. Please sign up at the Front Desk.

## Opening Hours Changing

The Beaverton Hoop YMCA is working to best meet the needs of our members and program participants. In order to do this we find it necessary to modify our opening hours Monday through Friday.

Effective **Monday, February 1**, our opening hours will be changing from 5:15 AM to **6:00 AM**. Saturday hours will remain the same.

## Increasing Knowledge

A regular exercise program for those between the ages of 55-75 can help maintain and even build bone density and muscle mass, while trying to lose weight by dieting often leads to a loss of bone density.

*(Source: Johns Hopkins University Study, 2005)*