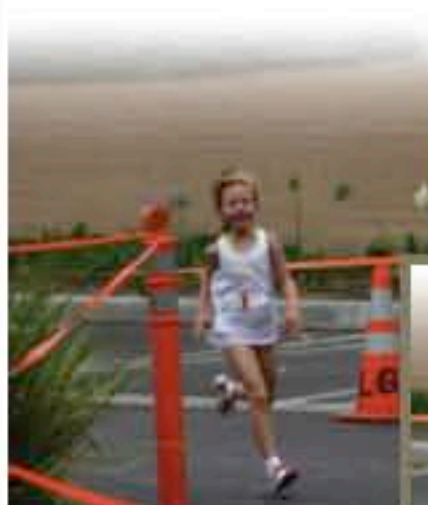


**ALPERT
JCC YOUTH
TRIATHLON**

Over 50 kids in Long Beach, CA competed in the first annual Alpert JCC Youth Triathlon. With two divisions, ages 5-8 and 9-13, the event was held on the Alpert JCC property and each child received a goodie bag and a swim cap. Kids ages 5-8 swam 50 yards, biked 1.5 miles and ran 1/2 a mile and kids ages 9-13 swam

100 yards, biked 2.5 miles and ran 1 mile. It was a great introduction to the sport of triathlon for many of the children and everyone looks forward to next year's event! **OSF**



**WELLNESS CENTER AT THE
LOWER BUCKS FAMILY YMCA**

Baby Boomers take note! The Women's Only Center is open for business. The Wellness Center is for women of all ages, but baby boomers in particular have taken a liking to this smaller, more personal site. "We did a market study in 2006," says Jennifer Ritorto, Membership and Marketing Director, "to find out what the needs of the community were. We found that a women's only facility would be a great niche. We focused the center on what we call 'health seekers,' those who are not hard core but are looking to manage their weight and improve their health. It's exciting what is going on over there!"

The women are forming groups of friends, taking trips together, bringing healthy bread and tea in the morning for a little socializing. They work out on Strive circuit equipment and a variety of cardiovascular equipment. "We also have a fitness room with group fitness classes," says Ritorto. Included in the group fitness schedule is a class called Team Survivor specifically for cancer survivors. The Wellness Center has about 500 members presently with the anticipation of adding a few hundred more in the next year! **OSF**

