



# On the Way.

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On Your Side.**

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WCC BOOKSTORE is located on the top floor of Thompson Hall.

We are open to serve our students Monday-Thursday, 8:45am-6:00pm and Friday, 8:45am-3:00pm.

Our refund policy allows students to return items within the first two weeks of each term.

At the end of each term, we buy back selected textbooks.

Spring Semester 2002 buy back dates are May 8,9,&10.

## The New YMCA

By: Deidre Childress

The new "Y" is located right off of 268 West, approximately one minute from WCC, at 1801 YMCA Boulevard. The new facility has an indoor swimming pool, therapy pool, gym with two basketball courts, fitness center complete with Nautilus resistance equipment, free weights, treadmills, stair climbers, elliptical trainers, and exercise bikes. As well, the plan includes an indoor running track, two regulation racquetball courts, an aerobics studio, a nursery, steam rooms, and youth and adult locker rooms. Many new programs were installed in aerobics, fitness, seniors, youth, and aquatics. Some of the new aerobics classes include Boot Camp, Cardio Blast, Hip-Hop Jam, Kickboxing, Fitness Yoga, and Water Aerobics. Boot Camp is a class that uses sport specific exercises to develop muscular power, endurance, and body awareness. The program uses high repetitions, controlled speed, and mental focus. Cardio Blast is a low impact, high intensity workout sure to make you sweat. Hip-Hop Jam includes funk, fitness, and fun. It's a great combination of cardio/aerobic movement with hot music. Kickboxing is a new popular twist that incorporates strength, speed, boxing, and flexibility. Fitness Yoga is a class on modern yoga based on flexibility, strength, and alignment. It is a total body non-impact workout with a non-religious base. New fitness programs will include Ready to Get Fit, which is a special program developed for both men and women who want to start a fitness program, but aren't sure how. Participants will receive individual instruction and coaching on the safe, proper way to exercise. Fitness evaluations and body compositions will be available, as well as personal training. Also, there is a novice fencing class, which will teach the ancient art of fencing. Fencing quickens reflexes, develops coordination, and improves agility. New seniors programs includes water aerobics, a bridge class, the Tory Oak Twirlers Square Dance Club, and the Y's Men's Club. Youth programs will include after school child care, Saturday Nite Live, youth basketball league, micro indoor soccer, and a nursery. Aquatics programs include adult swim lessons, lifeguard training, WSY swim team, gym/swim for 3- 5 year olds, private swim lessons, adult lap swimming, and scuba class which is a two hour program designed to give you a taste of what a thrill and adventure learning to scuba dive can be. Other aquatic programs offered are scuba diving certification (SSI & NAUI open water certification), snorkel class, which incorporates the use of the mask, fins, snorkel, and snorkel vest, and the regular recreational swim that is scheduled daily. For more information, pick up a brochure in the Student Resource Center or contact the YMCA services at (336) 838-3991 or fax at (336) 838-0979. YMCA: "Helping people reach their God given potential in Spirit, Mind, and Body."