



12



16



18



20



24



28

ONSITEfitness

Fitness & Aquatics For Nonprofits

CONTENTS

Feb/Mar 2012

VOL. 7 NO. 1

“Innovations in Programming”



30



34

C O L U M N S & F E A T U R E S

12 DISCOVER CATCH AT THE JCCS

The Coordinated Approach to Child Health Programs
By Amy Scanlin, MS

16 CROSSFIT AT THE STROUM JCC

Mercer Island CrossFit Collaborates with the J

18 WHEELCHAIR TENNIS AT THE BARSHOP JCC

3rd Annual “Run and Roll Tennis Tournament”

20 FITNESS PROGRAMMING FOR LOW INCOME POPULATIONS

Teaming Up with Local Partners to Enhance Health & Fitness

By Elizabeth Kover, MA and Josh Crites, MA

24 PACE AT THE MERIDEN YMCA

Creating a Healthy Living Program with Exergaming

28 SWEAT FOR A VET 2011

Project VisAbility’s 2nd Annual Fundraiser

30 STRENGTH INDEX

Redefining High-Intensity Strength Training
By Wayne Westcott, PhD, CSCS

34 INDUSTRY NEWS: CONCEPT2

12th Annual Holiday Challenge to Support Disaster Relief

Departments

3 Publisher’s Note

6 Editorial Board

8 Branch & Center News

11 Preferred Vendors

ONSITE FITNESS (ISSN 1932-8788) is published bimonthly (6X) in Feb/Mar, April/May, June/July, Aug/Sept, Oct/Nov and Dec/Jan by Virtual Productions LLC, 40101 Monterey Avenue, Ste B-1 #328, Rancho Mirage, CA 92270, (760) 610-6770, www.onsite-fitness.com.

SUBSCRIPTIONS: Distributed without charge to qualified YMCA, YWCA and JCC staff members in the United States. International subscription rate is \$65 for 6 issues. Send subscription requests and address changes (please include old mailing label) to OnSite Fitness, 40101 Monterey Avenue, Ste B-1 #328, Rancho Mirage, CA 92270. For faster service visit us online at www.onsite-fitness.com.

BACK ISSUES: \$10.00 each. **POSTMASTER:** Send address changes to: OnSite Fitness, 40101 Monterey Avenue, Ste B-1 #328, Rancho Mirage, CA 92270. Copyright © Virtual Productions, LLC, 2012. All Rights Reserved. Reproduction in whole or in part without permission is prohibited. OnSite Fitness™ is a trademark of Virtual Productions LLC.