

Y News Quarterly

Newsletter for the YMCA of Cecil County

Volume II Number 7 Holiday Edition



We build strong kids, strong families, strong communities.

A Holiday Message from our Executive Director...

I would like to take this opportunity to thank everyone who donated food, mittens, and coats to our annual harvest tree drive. The items were delivered to the Cecil County Help Center. I am always amazed by the support of our community; we collected approximately 150 coats, and several large boxes of food, mittens, and miscellaneous items.

This year we have placed a "Scholarship Tree" in our lobby area. The donations from this tree will go directly to a child who is currently participating in our YMCA scholarship program, or to the scholarship fund. I am proud to say, the scholarships for 2009 has surpassed \$100,000.

With the holidays already upon us, please make sure to take note of our holiday closings (listed on back page).

Inevitably, with the winter season comes inclement weather. In the event we must close our facility, we will announce our closings on the following radio stations: WJBR 99.5 FM, WXCX 103.7 FM, WSTW 97.3 FM and WDEL 1150 AM. If the weather is ever questionable, please tune in to the above stations or call us at (410)398-2333. You may also go on our web page www.ymcacecil.org for updated information. Although we make every effort to ensure our facility remains accessible, we highly value the safety of all of our members and guests, as well as our staff.

Wishing You and Yours a Happy and Healthy Holiday Season!

George C. Patchell
Executive Director

The new Aerobics Brochure will be on the counter December 4th. Register now for classes that begin after the New Year!

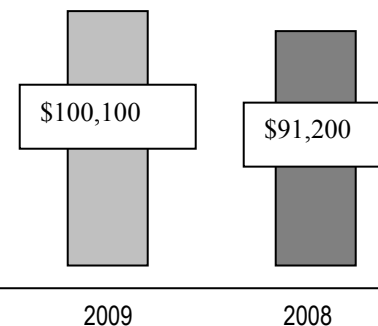
General Information...

As many of you may already know, the YMCA believes everyone should have the opportunity to become members, participate in programs, and enjoy the YMCA experience regardless of one's socio-economic background. Therefore, financial scholarships play an integral part in the YMCA mission. This year we will award over \$100,000 in scholarships for programs such as preschool, before & after care, youth sports, and memberships. The scholarship fund is privately funded; however, we provide scholarships well beyond the donations received for the year. In order to maintain our mission, and provide financial scholarships, a scholarship "Tree" has been placed in the lobby area. Anyone wishing to provide a toy for a child on scholarship, or make a monetary donation may do so by removing a star or angel from the tree. Any donation would be most appreciated.



**Wishing you
a Happy,
Safe & Joyous
Holiday
Season**

YMCA of Cecil County Annual Scholarship Awards



In the Swim of Things...

Matt Wilson, Aquatics Director

The water aerobics classes will have a special X-MAS mini-session. These classes will start 12/7 and run till 12/23. Get all the specifics from the winter program guide or the web site.

Due to the large number of swimmers on the swim team, we have expanded practice times. This will take place Tuesday and Friday nights, Wednesday and Saturday afternoons. The team will only use two lanes anytime outside of 5:30pm – 7:30pm, Monday thru Friday. Times are posted on the Pool Bulletin Board.

The aquatics area will be closed Saturday, January 30th. It will close at 12pm and open once the meet is finished. This will not affect swim lessons. Any questions or concerns please see Matt Wilson, Aquatics Director.

From the front Desk...

Sherry Dempsey, Office Manager

Beginning December 1st, we will once again be offering our College Winter Break Membership Special. During the months of December and January only, provide a college ID at registration, and you can be a member for just \$30.00! (Please note, all memberships will expire on 1/31/10, regardless of registration date.) To take advantage of this special offer, please see front desk staff for details.

Looking for a unique gift for that special someone this holiday season? Look no further. Visit our main lobby showcase to find assorted YMCA apparel and other merchandise for men, women and children, for sale at reasonable prices! Please see our friendly front desk staff for assistance! Gift certificates may also be purchased in any denomination.

From the Program Department John Kampes

The YMCA is ready for yet another youth basketball season. We will once again provide the opportunity for over 700 children throughout the county to participate in basketball. All practices will be held at local schools while the games will be at the YMCA, starting in December.

Youth Tennis Program

Now available at the YMCA, My Serve, Inc. proudly presents "Quick Start" tennis for children. This USTA endorsed program enables children to grasp the fundamentals while having fun playing the game. Registrations begin in December, stop by and register or call John Kampes for more information ext. 19.

FIRST COME FIRST SERVE!

Fitness Fun...

Janice Gavin, Fitness Director

Here are a few Holiday Fitness Tips: Don't put your Fitness goals off until the New Year. A great Christmas gift for you or a loved one purchase a Personal training. Before the holidays sneak up on you, create a plan for incorporating fitness and good nutrition into your daily routine. Ask one of our certified fitness staff to share some new goals or ideas for a nutritious holiday recipe. Do not skip meals or miss that aerobic class that you signed up for. Take Yoga for Relaxation during the stressful days of the holiday or do an extra 15 minutes on the treadmill. Sign up for a class that you have never taken to help you focus on something else besides the holiday busyness. Remember one of the great things about the holidays is spending time with friends and family. Lots of family activities are taking place at the YMCA. Gymnastics, Dance, Karate (for all ages) Community wellness talks, that are free to the community, and much more. Merry Christmas and enjoy your holidays! From all the Fitness staff.

PreSchool News:

Amy Sexton – Child Care & Youth Development Director

This fall has been a busy one with Pictures, Book Fair and the Martin Fundraiser. All activities were very successful. The children are busy getting ready for the Holiday Season. We currently have spaces in our full day 3/4 year old program and our 4/5 year old program. Our Leeds Before/After program has only a few spaces available. Please contact Amy or Liz if you are interested in any of these programs.

December Events:

School's Out - 23, 28, 29 & 30

January Events:

School's Out - 18, 22 & 25

This holiday season
give the gift of
Health...

**YMCA Memberships
make a GREAT
Holiday Gift!**

**Gift Certificates are
available at our
friendly and helpful
Front Desk!**

DECEMBER 2009

		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

4= Aerobics Brochure for 1/1/09 available
11=Parents Night Out
30-4=Racquetball Ct#1 Closed
7-11=Racquetball Ct#2 Closed
14= Beginning of youth basketball games
23, 28, 29 & 30 = School's Out Program Day
24 = Christmas Eve = closes at 12:00pm
25 = Christmas Day/YMCA Closed!
31 = New Year's Eve = closes at 12:00pm

JANUARY 2009

				1	2	
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

1=New Year's-Closed
18,22,& 25=Schools' Out Program
30=Swim meet pool closed

**United
Way**

