

The YMCA of Cecil County
 For Social Responsibility For Youth Development For Healthy Living

HEALTHY LIVING FOR OUR COMMUNITY

From Janice Gavin, Program Director

Mark your calendars for May 21st for our **HEALTHY KIDS DAY EVENT!** This event is FREE to the Community of Cecil County. It is a day of FUN and learning of Healthy ideas for your kids and family. The YMCA will have their Dance and Gymnastics recital which will give you an opportunity to see how much the kids learn and the fun the kids have in class. There will be outside vendors that will give out information for your children on healthy ideas and FUN facts for you to take home.

Hopefully everyone has had an opportunity to try out our NEW Precor and Hammer Strength exercise equipment that we recently purchased and if you haven't and would like to, please see one of our Personal Trainers/Fitness Coordinators to help you learn how to use the equipment properly and safely. Don't forget about our Spring New York City Bus trip on May 21st, seats are limited so sign up today! Check out our website for more details. www.ymcacecil.org.

Spring is the time when we can't wait to go outside for- planting/cycling/walking and activities we do with our kids. Be prepared and ready by taking a class, whether land or aquatics, or personal training, they can help you gain stamina and strength that you need to keep up with your activities and protect you from injury. Don't try to be that weekend warrior but do something every day here at the YMCA of Cecil County, with all of our activities our Certified Instructors and Personal Trainers that are ready to help **you** stay motivated and keep **you** on track of your goals. Look for our monthly specials for "Members only" on our Personal Training brochure.

Fitness can be FUN. Exercise is as important as good nutrition for your health. Try to get a least 30 minutes of exercise a day. There are so many ways to be active and the YMCA of Cecil County is a one stop shopping experience for FUN and FITNESS!

The YMCA of Cecil County Summer Camp

Day Camp	Beads & Sparkles	Model Railroad
Basketball Camp	Let's Cook Camp	Dance Camp
Aqua Camp	Football Camp	Softball Camp
Volleyball Camp	Sports Smorgasbord Camp	Gymnastics Camp
Hip Hop Camp	Soccer Camp	Claying Around Camp
Arts & Crafts Camp	Rocket Rampage Camp	Jewelry Making Camp
Cheerleading Camp	Let's Make Music	
Baseball Camp	Outdoor Adventure Camp	

Camp Fun Begins 6/13/16

The Y is THE place to be—see you this summer!
Register Now-Limited Space—Don't miss the fun!!

Have you been thinking about moving more, getting healthier? Not sure where to start?

We are here to help you! Sign up in the fitness center for a fitness orientation or stop by the Aquatic Director's office to schedule an appointment on your first steps in the pool to a healthier you. In the water or on land, the Y is here for you!

You can do it! Take the first step and call us 410-392-9622 or email jnelson@ymcacecil.org, or stop by. We have folks of all ages and abilities. You start where you are and move forward.

Just get moving!

Helping You Live Better



**FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY**

The YMCA of Cecil County

25 YMCA Blvd
 Elkton, MD 21901

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A newsletter for members and volunteers of the Y

May 21, 2016—OPENING DAY!

(tentative date)

Ready for summer fun?



The outdoor pool is just about ready to open. Join us this summer for fun in the sun. Try our splashy buckets, a rain umbrella, spouting whale, ride the dolphin and don't forget the 2-story water slide!

Hours of Operation:

May 21-June 12 Monday-Friday 4:00pm-8:00pm
 Saturday and Sunday 10am-8pm

June 13th Open Daily 10:00am-8:00pm

Holiday Hours: Memorial Day 10am-4pm
 4th of July 10am-4pm

The Y is Determined:

We are passionate about our quest to help others, and we devote our full strength and concentrated attention to our cause.

REGISTER TODAY!

SUMMER CAMP FUN!

LIMITED SPACE AVAILABLE

The Y is Committed:

Through December 2015 The YMCA of Cecil County, Inc has returned over \$235,000 to the community in financial assistance.

Special Reminders

- April 18th Splash Week
- April 25th Swim Team
Spring Conditioning Begins
- May 2nd Healthy Kids Day 9am-1pm
- May 25th Memorial Day, Open 10-4pm
- June 13th Summer Camp Begins
- July 4th Open 10-4pm

For inclement weather facility closings please check our FB page, our website home page, or call to hear the updated recorded voicemail message. All decisions are made by the Executive Director.

AQUATICS

From Janet Nelson, Aquatic Director

Splash Week is April 18-20, 2016

Through a generous donation from Y member Art Mayer and the Elkton Kiwanis Club the Y is offering free "Begin to Swim" sessions for non-swimmers ages 3 to adult.

During the 3-day event non-swimmers will be introduced to pool rules, water safety, pool games and beginning instruction. With a low ratio of 1 instructor to 5 students and a 25-minute class—great learning, fun times and new friends are sure to be had. Splash Week is designed for people who are afraid of the water and can not swim but would like to learn more.

Register at the front desk for a time slot that is convenient for you. Attendance is required all three days. Space is limited, so do not delay.

Throw back to Splash Week 2012—3 non swimmers, new to the Y: Fast Forward 2015—same 3 on the swim team, improving times, winning events and swimming hard— Chris is now a Y lifeguard! Congratulations to the Vu Family all of their success!!

BUILDING STRONG FOUNDATIONS

From Liz Pumpaly, Child Care Director

Enroll in Summer Camp Today!

Summer Camp registration has begun!!!! Sign up early to secure your child's spot for the summer. If you are enrolling in the Preschool Half Day Camp and Kindergarten Camp you must see Ms. Liz or Ms. Carissa before you register. Those who have children entering Kindergarten in the Fall of 2016 can sign up for our day-long Kindergarten Camp.

This year we have added a number of specialty camps along with our traditional Camp Chesapeake. Let the Fun Begin!!!!

School Year 2016-2017

It is open enrollment for all Before & After School Programs, Half -Day Preschool and Full-Day Pre-school for next school year. Register for our programs now and watch your children thrive at the Y.

YOUTH DEVELOPMENT

From John Kampes, Associate Executive Director

FRIDAY NIGHT LIGHTS "

FOOTBALL IS BACK!!! Youth Flag Football—NFL sponsored program here at the YMCA football complex. Registration will begin in June program will begin in August.....more detailed program info will be posted soon.....A safer way to play.

SPRING PROGRAMS

Youth Spring basketball is under way again offering a great opportunity for High School age kids to continue to work on their skills. We offer this program to boys and girls in Middle School and High School throughout the county.

SUMMER SPORTS CAMPS---Volleyball-Soccer-Basketball-Baseball-Softball-Football-Cheerleading These camps will provide an opportunity to learn the game, improve your skill set, swim every day and have fun all while playing the sport you Love!
SUMMER CAMP

Get off the couch-YMCA summer camp is here! Our traditional Camp Chesapeake is very popular and is now open for registration. We will once again offer over 25 specialty camps! There is a variety of camps for children ages 6 through 12 who want to have an exciting time while interacting in a fun atmosphere. There is a camp for everyone!

Members on the MOVE!

Rita and Narce Zionkowski



Rita and Narce Zionkowski have been by Y members since the Y was located on Route 40 when the Candy Carousel was running and John Kampes was teaching group exercise classes.

Rita and Narce were very involved in fundraising for this building. They worked the Carnival and other fund raising events with friends and family. They are proud of their 6 children, 13 grand-kids and 14 great-grandkids. They enjoy spending time with them and visiting. On a January 2016 trip to family in California they visited the Newport-Mesa Y. They do enjoy traveling but always love coming back to this Y.

They come to the Y almost every day to exercise and visit friends.

Rita - "I wouldn't be walking without the Y. I swim and I feel better. The Y has so much to offer if people would learn to take advantage of it. We make new and have many friends here. It keeps your body moving and you meet lots of people."

Narce - "Swimming is the greatest exercise and I would like to see an outdoor lap pool. I have been to many other YMCAs and this one is very nice."

Members on the Move! (Have you been to another Y recently?)
Send us your picture to: jnelson@ymcacecil.org

Dolphin Swim Team Ages 5-18 5:30pm Monday-Friday

Spring Conditioning April 18-May 13th
Summer Team May 16-July 30th
Winter Team September 19th-March 2017

www.ymcacecil.org
for more information

Must be able to swim one length free style and one length backstroke. Try it for one week FREE!