

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

HEALTHY LIVING FOR OUR COMMUNITY

From Janice Gavin, Program Director

Summer has finally arrived, **Yahoo!** Time for the backyard barbequing and having FUN outside with the family! When it gets really hot outside and you need a place to still have FUN and yet stay cool, the **YMCA of Cecil County** is here to help! Whether you enjoy our indoor splash park or our bounce center the kids will have a blast! While the kids are playing and having a great time, you can sign up for one of our classes or meet with one of our **PERSONAL TRAINERS** who can help you start a new routine or just help you stay motivated with your existing routine by adding a little more challenge. Keep your eyes open, because for our members we run monthly specials for Personal Training.

When it is too hot to cycle or run outside the YMCA has indoor cycling classes and great cardio/strength classes. We offer (2) 4 week sessions in the summer from June 23-July 19 and July 28-August 23. For our Members we offer a Couch to 5k for **FREE!** 4 Weeks is a great time to try something new, for instance try a **Cycling class** or other classes such as: Power Yoga, Strength and Cardio classes, Zumba, Kettlebell, these classes are designed for the beginner and/or the advanced. Classes are offered from early morning, mid-afternoon, to late in the evening. **Drop-ins are welcome!** Pick the time frame that works for you, your family and your summer schedule and stick to it! Schedule your time at the YMCA on your calendar before and after your vacations to help you stay committed.

There are many benefits for our members, free Childwatch, a Bounce Center, Splash Park for **you and your family** to enjoy and to get the quality exercise and time together during the SUMMERTIME! We offer SafeSitter® Karate and Gymnastic classes, Strength Training for the Youth in the summer as well as our specialty summer camps. **The YMCA of Cecil County is your one stop Fun Center!**

GROWING STRONGER— TOGETHER

From Janet Nelson, Aquatics Director

Summer and Water Safety - Are you enjoying your summer?

Are you spending time in the water with friends and family?

The water is a great place to stay cool—but you must be safe. Try a group swim lesson or private lessons to get started. Never swim alone and only swim when you know the environment.

Our morning group exercise classes are popular—drop in and try one, just pay the daily drop-in fee at the front desk.

Movement in the water is easy—good for you—and easy on you! Try one of our Arthritis Foundation classes, FREE to Y members. MWF 8:05am for Gentle Water Stretching and/or T/F 11am and F 10:15am for Arthritis Exercise.

From 6 months to 106— **See you at the POOL!**



Helping
You Live
Better

A newsletter for members and volunteers of the Y



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

The YMCA of Cecil County

25 YMCA Blvd
Elkton, MD 21901

Vol IX Number 3 July-September 2014 www.ymcacecil.org



Mark your calendar....
The YMCA's 12th Annual Golf Tournament
Friday, August 15th at the
Chesapeake Bay Golf Club in Rising Sun

Tee off time is 1pm shot-gun with a scramble format, dinner afterwards plus plenty of prizes.
Come as a single, or more, we will match up foursomes.

All proceeds benefit the YMCA Financial Assistance Program.
Register today to promote your company and purchase a hole sponsorship!



Special Reminders

August 15th	1pm Golf Tournament Chesapeake Bay Golf Course Rising Sun, MD
August 23rd	Saturday Hours Open til 9pm
September 1st	Labor Day, Facility Closed
September 2nd	Fall I Session Begins

LAUGH
LOVE
ENJOY

YOUTH DEVELOPMENT

From John Kampes, Associate Executive Director

The YMCA is thrilled to partner with the 16/7 Baseball & Softball Academy. For the player who is ready to compete at a higher level, The Academy will offer month-long programs to improve the skills of infielders, outfielders, pitchers and catchers for both boys and girls of all ages.

Ed Lynch and his staff provide quality instruction for all players ranging from the novice to the elite college bound scholarship athletes. It is through these programs over the years The Academy has helped over 100 boys and girls receive baseball/softball scholarships for collegiate level play. Each month the program outline for players will include:

- a well-rounded mechanics overview
- repetition of skill & drills for offense and defense
- emphasis on the monthly Camp specialty

Register at the member service desk!

16/7 Clinic will held at the YMCA beginning 11/1/14

Fall/Winter Youth Basketball League

Players are taught basketball fundamentals and given the opportunity to demonstrate their learned skills in games. All players are placed on teams within their geographic location.

League is for students 1st thru 8th grade.

REGISTRATION BEGINS SEPTEMBER 2, 2014. The Season begins after the Thanksgiving Holiday. Once all available registration slots are filled in a particular district, registration in that particular district will be closed - FIRST COME/FIRST SERVE only! No phone-in registrations are accepted!

Fundraiser Policy: All program participants are responsible for the \$10 raffle ticket fundraiser when you register. You can either sell the tickets for recuperation on your investment or turn in the ticket stubs to participate in the fundraiser. Teams practice once a week in their community and play an eight game schedule at the YMCA. Every player will receive a YMCA Basketball T-Shirt! **Fee:** \$70 per person; \$5 add'l sibling discount



Facility Hours

June 14—August 16, 2014

Monday-Friday	5:30am-10:00pm
Saturday	7:00am-7:00pm
Sunday	10:00am-7:00pm

August 17, 2014-December 31, 2014

Monday-Friday	5:30am-10:00pm
Saturday	7:00am-9:00pm
Sunday	10:00am-7:00pm

Pool closes 1/2 hour before closing time listed.

Gymnasium and Racquetball Courts close 1/2 hour before closing time listed.

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Y Closings	
• Monday 9/1/14	• Labor Day
• Thursday 11/27/14	• Thanksgiving
• Wednesday 12/24/14	• 12pm Closing
• Thursday 12/25/14	• Christmas Day
• Wednesday 12/31/14	• 12pm Closing
• Thursday 1/01/15	• New Year's Day
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BUILDING STRONG FOUNDATIONS

From Amy Sexton, Child Care Director

Pre School - Enrollment is on going for our Fall Half-Day & Full-Day Preschool program. We are also accepting registrations for our Before & After School programs. Many of the programs are already full so please contact the Preschool office if you are interested in enrolling your child(ren).

M Meet Jessica Spohn. Jessica has been a member of our YMCA for 3 years and she believes that the YMCA has played a part in her recent success in her placing 3rd out of 16 other women in her class for a NPC bikini competition. (Knowing that all the other contestants, being younger and not having had any babies made it a very stiff competition. "It was a tough group").

E It is not easy being a mother of 3 and making sure that you make time for yourself, which can be a challenge in itself. Jessica loves the fact that our YMCA has such a strong family atmosphere and is very thankful for our childwatch. Jessica felt very comfortable around all the other mothers, that could find the time to work out around their busy schedules and they encouraged her and convinced her that she had the potential to do a fitness competition. Jessica was an advent runner but after watching the others that worked out at the YMCA in the weight room, they convinced her that it was time for her to get off the treadmill and to start adding weights to her regimen.

S Jessica found real encouragement from the others and began to implement a weight workout along with her cardio. "I am a happy and healthier mommy, wife, nurse and life has been great!" Congratulations Jessica! She will be competing for her pro card in the Nationals in less than a few weeks. You go Girl!

