

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

## HEALTHY LIVING FOR OUR COMMUNITY

From Janice Gavin, Program Director

With the holiday season upon us, here are some suggestions that might help you take control and finish this YEAR strong! If you feel that you aren't seeing the results you are looking for but working really hard at the gym, here are a few tweaks that might be what you need.

\*Space your protein intake out during the day to ensure that you are maximizing your body's utilization of amino acids you will enjoy the variety of flavors offered at the FITNESS FUEL STOP!

\*Aim to drink at least half of your body weight in fluid ounces and add 30 ounces for every hour you exercise. WATER, WATER, WATER.

\*Adjust your calorie goals by reevaluating your nutritional goals with your workouts and weight loss by using our Full Body Sensor to measure your FITNESS level easily and accurately.

\*Step out of your regular routine. Our bodies are like machines and will quickly adapt to our workouts. Hire a Personal Trainer to evaluate your workout routine and see where you could make some small tweaks or adjust your weights - something that you can't see but they can. Try taking a class, YOGA/Body Blast/Zumba the Y offers a wide variety of classes and sometimes just by adding one class a week could change everything!

\*Don't forget to get into the pool. Even though it is cold outside our indoor pool offers lap lanes and terrific aquatic classes.

For the kids the Y offers a variety of activities to help them keep their energy focused in the right direction. Karate/Dance/Gymnastics/Basketball/Strength Trainings and more. Watch for our flyers for more exciting events coming up this Christmas! Check out our website at [www.ymcacecil.org](http://www.ymcacecil.org) or like us on Facebook!



"Today you are You,  
that is truer than true.  
There is no one alive  
who is Youer than  
You." - Dr. Seuss

## GROWING STRONGER—TOGETHER

From Janet Nelson, Aquatics Director

Construction to Classes—the pool is the place to be. Swim Team is growing, classes are jumping and so many are learning to swim. Get your swim suit ON! Come to the pool, this could be the splash you need!

Outdoor Pool Construction September 2015

Deep Water Works w/Courtney MWF 9:15am



# Helping You Live Better



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

The YMCA of Cecil County

25 YMCA Blvd  
Elkton, MD 21921

Vol X Number 4 October—December 2015  
[www.ymcacecil.org](http://www.ymcacecil.org)

A newsletter for members and volunteers of the Y

Annual Giving

The YMCA of Cecil County is a center of community. We are blessed with many wonderful members, staff and friends of the Y. Our goal as a center of community is to be of service to others.

In our service to others we are proud to be a collection site for community needs. We work with other direct service non-profit agencies to deliver your donations to those in need. See the Giving Tree in the lobby and please give if you are able—it makes a difference. If you need help let us know.

### The Giving Tree

October  
Coats, Scarves, Hats, Mittens

November  
Canned Foods & Toiletries

December  
Holiday Gifts for Families in Need

January & February  
Financial Gifts for the YMCA Scholarship Fund

Please drop your gift off in the box located next to The Giving Tree, any monetary gifts please give to the front desk or visit our website for a direct paypal payment.

On behalf of the community of Cecil County, thank you.

George C. Patchell  
Executive Director



# PLAY! SPLASH! GIVE!

## YOU BELONG AT THE Y

### “Refer-A-Friend”

Did you know that the Y just brought back the Member “Refer-A-Friend” Program! This means when you tell your friends and family about the Y and they join, you get a FREE month of membership as long as they mention your name at the time they join. You will also receive a free YMCA t-shirt.

The more friends you refer, the more FREE months of membership you get! So stop by the front desk to pick up your “Member Referral Cards” and start spreading the news! Your friends get connected and you get paid! (Some rules apply and a membership upgrade does not qualify for the program.)

## BUILDING STRONG FOUNDATIONS

From Liz Pumpaly Child Care Director

Our upcoming Fall fundraisers...

- Claire’s Gourmet-month of October
  - Scholastic Book Fair-Nov. 30-Dec. 4
- Please support the YMCA Child care programs!

We have 3-5 yr. old openings in our full and half day preschool programs. Please see Liz Pumpaly.

## YOU BELONG HERE FREE MEMBER EVENTS

### October

MWF 8:05am Aqua Gentle Stretching\*  
T/Th 9:00am Arthritis Water Program\*

### November

Gobbler Swim Challenge  
Friday 11/20 Parent’s Night Out 6:30-9:30pm  
Friday 11/27 9am-11am Turkey Burn

### December

Kids Indoor Fun-Fitness-Athon with-Swim, Bounce, Gym Events  
Friday 12/11 Parent’s Night Out 6:30-9:30pm

### January 2016

Snowflake Swim Challenge

Preregistration is required.  
\*Offered Every Month

### 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.

### The Y is Committed:

Through 2015 The YMCA of Cecil County, Inc has returned over \$178,000 to the community in financial assistance.

## ATTENTION! POOL & HOT TUB CLOSURE

The Pool and Hot Tub will be closed for Swim Team events on the following dates and times:

- 10/19/15, 5:30-6:30m Swim Team Pictures
- 10/21/15, 5:30-9:30pm Swim Team Time Trials
- 10/24/15, 11am-8:30pm Home Swim Meet
- 11/14/15, 11am-8:30pm Home Swim Meet

**GO DOLPHINS!**



**New York Bus Trip  
Saturday 12/5/15  
\$50 per person / 7am Departure**

## Special Reminders

- October 26th Fall II Session Begins
- November 4th H2O Wear Trunk Sale 8am-1pm, Y Lobby
- November 26th YMCA Closed-Thanksgiving
- November 27th Turkey Burn 9am-11am
- December 12th Craft Fair-40+ Vendors Dance Show-Winter Wonderland
- December 24th Closed at 12noon Christmas Eve
- December 25th YMCA Closed-Christmas Day
- December 31st Closed at 12noon New Year’s Eve
- January 1, 2016 YMCA Closed Happy New Year!
- January 4, 2016 Winter Session Begins

### The Y is Welcoming

We accept our neighbors openly, warmly, hospitably and as equal participants. We do not turn people away for an inability to pay.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



YMCA Staff are engaged and involved in community activities. This spotlight is on one of our Aquatic Staff team members, Katie Hendrix and her choir.

Do you have what it takes to be a YMCA staff team member? Are you interested in working with others, caring, kind, responsible, respectful and have a skill to share? If so—apply today!

## A Choir in Residence at Winchester Cathedral

By, YMCA Staff Member—Katie Hendrix

I had the pleasure of spending July 31st-August 10th, 2015 in Winchester, England. I had the joy of going with a choir collaborated by three Episcopalian churches consisting of the Church of the Holy Spirit in Harleysville PA, St. Stephen's in Wilkes-Barre, PA and Immanuel Church on the Green in New Castle, DE. Having worked with the music director at Immanuel Church on the Green for most of my life, he reached out to me while I was at college and suggested that I consider going on this trip. So I prepared with this choir for 2 years, going to rehearsals, singing Evensong services (sung Anglican evening services), and learning 10 days-worth of music.

Without the help of my parents, my director, Jack Burnam, and to all of the volunteers who ran the administrative side of the trip, I wouldn't have had this incredible opportunity to contribute to the worship in one of the oldest and most beautiful cathedrals in England.

Over the week, we performed at least one service a day but since these are evening services, it gave us ample time to explore other parts of England. We toured Winston Churchill's childhood home in Blenheim Palace, and re-lived the popular TV show Downton Abbey by touring Highclere Castle. While in London, we toured Buckingham Palace, toured Westminster Abbey and witnessed a sung evensong at St Paul's cathedral. Towards the end of the week, we toured Portsmouth, Windsor Castle, and STILL had ample time to tour and peruse the small city of Winchester as well as the cathedral itself.

Living in Winchester England for 10 days gave us the opportunity to really explore the culture of this unique city and its quirks such as having "the oldest bar in England," the giant open market stands in the cobblestone streets on the weekends, the old-fashioned sweets shops and the quaint bookstores. After a days worth of exploring and lunch, the group assembled and rehearsed for an hour before the service would start. Everyday we sang different sets of music that accompany the Anglican liturgy. After the service, we would go back to our hotel (The Winchester Royal) and meet for a group dinner to end the day. At the end of the week, we sang for 3 different services on Sunday which was exhausting after an already exhausting week of traveling and singing.

Overall, I loved getting out there and exploring a place where I am foreign to but the high points of the week were singing for these services every night. To give back to the community as well as enjoy singing in such a marvelous space with such a musically sensitive group was a breathtaking feeling. People attend church much more often in England and we had relatively large audiences with a lot of familiar faces returning night after night to worship with us. It was truly a relaxing and spiritual experience, especially because the quaintness of the town was evident, even in this huge cathedral.



### YMCA Youth Basketball Program

John Kampes, Associate Executive Director

REGISTRATION Begins September 8th!!! 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 school location. FIRST COME/FIRST SERVE only! No phone-in registrations are accepted! For students 1st thru 8th grades.

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!

\*\*\* NEW "Run with the Big Dawgs" season ending basketball tournament will be offered to all teams in the 5-6gr divisions and the 7-8 gr divisions.\*\*\* HUGE Championship trophies to the winning team in each division.

Fee: \$60 per person

Fundraising Fee: \$10.00 per child due at registration.



### Boy Scout Troop 131

Location: YMCA of Cecil County

25 YMCA BLVD Elkton, MD

Saturday, December 12th

## Christmas Bazaar

9 A.M. - 3 P.M.



Come and have Lunch with us.

Have your child's picture with Santa

- Crab Cakes
- Crab Bisque soup
- Childrens games
- Silent Auction
- Avon
- It Works
- Pampered Chef
- Mary Kay
- Art
- Tupperware
- Thirty One
- Flickerscents
- Homemade candles and soaps
- Bake Sale
- Radiantly You
- Premeir jewelry
- Local Honey
- Paparazzi Jewelry
- Over 30 vendors
- Tastefully Simple
- Crafts

For more information call Wendy @ 443-480-1950



YMCA will partner with the Maryland Legends and offer the Annual 16-7 Winter Baseball & Softball Clinics. LIMITED SPACES AVAILABLE

These winter clinics are for baseball & softball players ready to elevate their games. Players will participate in a series of drills designed to improve their mechanics in throwing, fielding and hitting.

These clinics will follow an aggressive practice schedule that includes enhanced repetition under the watchful eyes of the 16-7 ACADEMY & MARYLAND LEGENDS coaching staff. We will offer four different sessions all winter long, it's not too early to prepare for spring ball!

**Clinic Dates:** Session I - Dec 5, 19, Jan 2 (3weeks)      **Clinic Times & Fees:** TBA  
 Session II -Jan 9, 16, 23, 30  
 Session III -Feb 6, 13, 20, 27  
 Session IV -March 5, 12, 19, 26



### YMCA of Cecil County

25 YMCA Blvd Elkton, MD 21921  
410-398-2333



The H2O Wear trunk show is coming to:  
The YMCA of Cecil County

Wednesday, November 4th 8AM - 1PM

Recent catalog items are marked 10% OFF  
Prior catalog items are marked 20% & 30% OFF

**Try suits on.** This is a great opportunity for first-time buyers to try on H2O Wear suits.

H2O Wear swimwear is made of spandex-free ChloroGuard™ and protected by a **1-year prorated warranty.**

H2O Wear ♦ P.O. Box 687 ♦ Wilton, NH 03086 ♦ 800-321-7848  
www.h2owear.com



### Home of the Dolphins Winter Swim Team

Ages 5-18  
Practices 5:30pm M-F

Try a week for FREE!  
Must be able to swim 25 yards of back stroke and freestyle.

# BINGO

ELKTON LIONS CLUB & YMCA OF CECIL COUNTY  
PRESENT CASH BINGO AT THE Y.



Thursdays

10/22; 11/5; 11/19; 12/3

Doors open 5:00pm - Game starts 6:00pm

Over \$400 Awarded in Specials

Any Questions feel free to call - 443-907-9309  
Proceeds Benefit Local Community

Refreshments and snacks will be available for purchase!

**REGISTER!**

**FALL II SESSION**

Group Exercise

8-WEEKS  
10/26/15  
TO  
12/19/15

Swim Lessons 7-weeks

Next session begins:  
1/4/16