

**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



Mark your calendar....
The YMCA's 11th Annual Golf Tournament
Friday, August 16th 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!



**LAUGH
LOVE
ENJOY**

Special Reminders

- | | |
|----------------------|--|
| August 16th | 1pm Golf Tournament
Chesapeake Bay Golf Course
Rising Sun, MD |
| August 31st | Saturday Hours Open til 9pm |
| September 2nd | Labor Day, Facility Closed |
| September 3rd | Fall I Session Begins |

Member Spotlight

The Vu Family

The Vu Family participated in Splash Week 2012. At that time the boys were just beginning to swim. Fast forward one year and all three boys; Christopher, Nathan and Daniel are on the swim team, swimming competitively, earning time buster ribbons and swimming 1-2 hours a night with swim team practice. When we sat down with Vu Family we talked about their YMCA experience:

Y: What brought you to the YMCA?

Mr. and Mrs. Vu: "We brought the children to teach them how to swim. Swimming is so important, it is a safety thing. It is good exercise, use all the muscles in your body and a good way to make friends."

Christopher said, "I make a lot of friends, they challenge me and it is a lot of fun."

Nathan said, "I like playing with my friends, doing the moon bounce and riding go-karts."

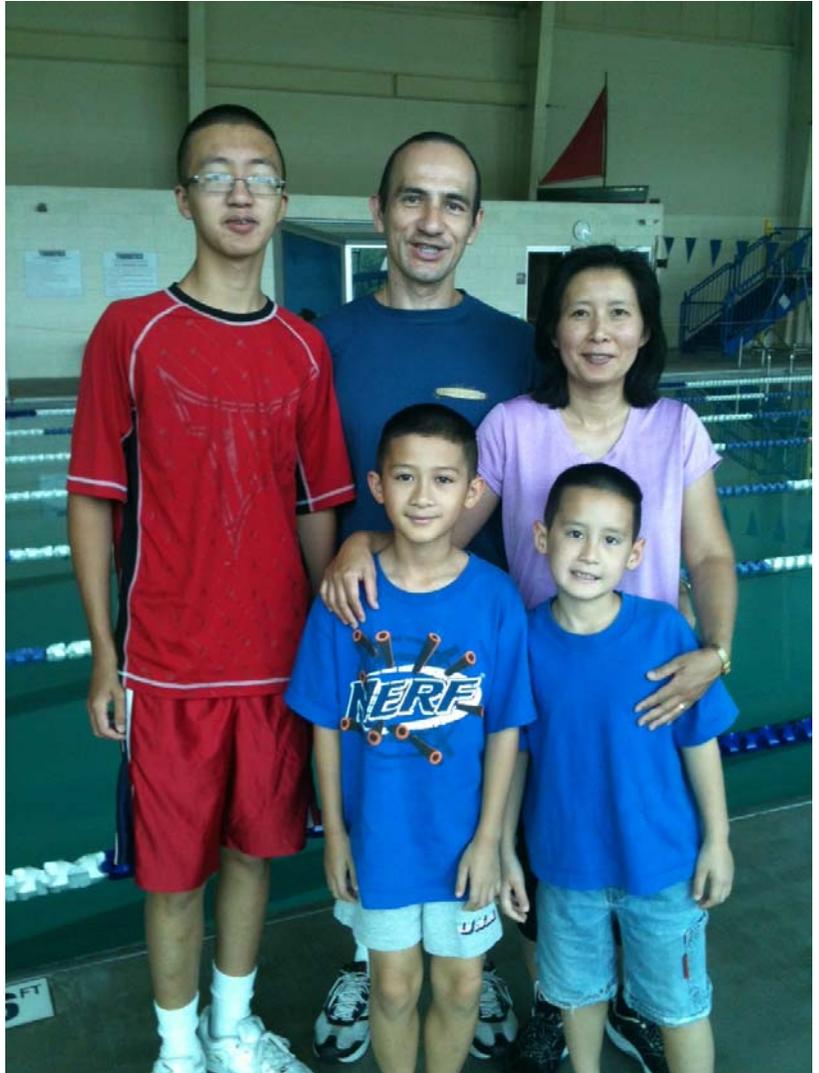
Daniel said "It's fun swimming with our friends."

Y: What difference do you see in your swimming?

Christopher said, "I have learned from the doggie paddle to difficult strokes. I move much quicker. Instead of going around the problem I go right through it. When you dive, don't go face first. Try out the team if you are not sure."

Y: How has the Y impacted your lives?

Mr. and Mrs. Vu: "The Y is good for the kids, they get more physical activity here. The kids are swimming, we can be working out, it is easier to do as a family. At home you do it once a week but here it is more often. Even with equipment at home we do it here. Splash week was very helpful because we were not sure and we could try it out for a week to see if we like it. Staff here are excellent. They are patient they do not rush you. Swim classes are great too. It brings us closer as family because we spend more time with each other. We like to see the kids exercising and not just sitting around playing video games."



YOUTH DEVELOPMENT

From John Kampes, Associate Executive Director

The YMCA is thrilled to partner with the Legendary 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!

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 3, 2013.

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: \$60 per person; \$5 add'l sibling discount

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. A new B&A program at Holly Hall Elementary School will be opened for the 2013-2014 school year. Please contact the Pre-school office if you are interested in enrolling your child(ren).

Camp Chesapeake - The YMCA of Cecil County offers a nine week summer day camp for children 6-12 years old. Also, this year we are offering Specialty Camps. Some of those camps are Claying Around, Rocks & Rockets, Let's Cook, Dance, Football, Cheer and many more. Camp activities include both indoor and outdoor recreation, arts/crafts, team building activities and swimming. Weekly field trips, such as Roller Skating, Movies, Walnut Springs, Fairhill Nature Center and more are also included. The Cecil County Health Department also provides the "Safe Kids Summer Camp" program to help educate the campers on matters such as health and hygiene, proper nutrition, traffic safety, and drug and alcohol abuse awareness. Camp activities run from 9:00 am – 3:30 pm daily. Before & After Care are also provided (at no additional cost Before Care from 6:30am – 9:00 am, After Care from 3:30pm – 6:00 pm.) **SIGN UP NOW AND JOIN IN THE SUMMER FUN!!!**

The Y is Committed:

During 2012 The YMCA of Cecil County, Inc has returned over \$174,500 to the community in financial assistance. We accept our neighbors openly, warmly, hospitably and as equal participants. We do not turn people away for the inability to pay.

HEALTHY LIVING FOR OUR COMMUNITY

From Janice Gavin, Program Director

It would seem that in the summertime with all the vacations and fun things that we like to do we would be, should I say “less stressed”? Well not always. Driving here and there and making sure that we have snacks, all the right clothes are packed, we have all the towels, suntan lotion and just preparing to get ready can be taxing. When we get back from vacation you might have heard yourself say I need a vacation from my vacation.

Keeping up with your workout schedule sometimes is on the bottom of the list, when really it should be at least second or third on your list. Exercise is the best way to de-stress and to help you stay focused even in the summertime! The YMCA offers a variety of classes and times for you to maintain and keep you at your game, giving you more energy to do the things you enjoy doing during the summer days and evenings.

Make sure that when you are exercising whether at the YMCA taking a cycling class/strength class/or even swimming indoors or out that you stay well hydrated! You need water to regulate body temperature and to provide the means for nutrients to travel to your organs and tissues. Water also helps transport oxygen to your cells, removes waste, and protects your joints and organs. Taking in too little water or losing too much water leads to dehydration. Symptoms of mild dehydration include thirst, pains in joints and muscles, lower back pain, headaches, and fatigue.

Don't forget to stop by and grab a very nutritious shake at our QUIKSHAKE stand in the front lobby. Please be safe and enjoy the rest of your summer!



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.

We had over 100 non-swimmers participate in the June Splash Week. Many thanks to Art Mayer for his generous donation making Splash Week possible.

At our summer swim team meets you can see some of last years' non-swimming Splash Week participants excel on this year's summer swim team! Fall swim lesson begin September 3rd, register today.

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

