

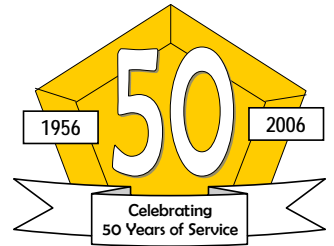


YMCA of Cecil County, Inc.

Y News Quarterly

Newsletter for the YMCA of Cecil County

Volume III Number 9 April, May, June 2008



We build strong kids, strong families, strong communities.

YMCA of Cecil County

25 YMCA Boulevard
Elkton, MD 21921

Phone: 410-392-YMCA

www.ymcacecil.org

A Message from our Executive Director...

We are happy to announce the opening of the Perryville YMCA, which occurred on Monday, March 3, 2008. There are a variety of programs that will be offered at this site including summer camp, aerobics, and senior classes. The branch is located at the Cifaldo Community Center on Elm Street in downtown Perryville. See our program guide for more information.

Just a reminder, please do not leave any valuables in your car, which may be visible from the outside. This becomes an easy target for thieves who are looking to break into automobiles. Please bring those items inside the "Y", and store them in a locked locker.

George C. Patchell

George C. Patchell, Executive Director

GENERAL INFORMATION

Special Events: April 12th-Healthy Kids Day
April 14-19th-Perryville Carnival
August 22nd-Golf Tournament

The Healthy Kids Day will be held here at the YMCA. Join the fun, and help your child(ren) understand the importance of a healthy-lifestyle.

The carnival will be held on the corner of Board Street and Round House Drive, in the field across from Rodgers Tavern in downtown Perryville.

The golf tournament fundraiser will be held at Chesapeake Bay Golf Club Rising Sun.

Fitness Fun.....

Janice Gavin, Fitness Director

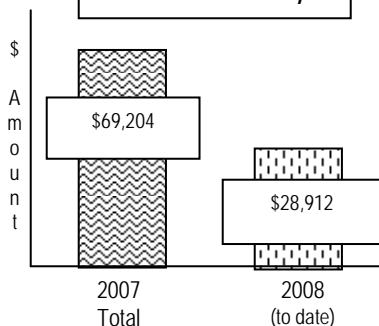
It just keeps getting better and better at the **YMCA of Cecil County**. As our classes begin to grow it gives us the opportunity to begin to offer more programs. Tai Chi, Yoyalates, and look out, **Boot Camp** is back... Get ready for the summer by letting our **Personal Trainers** challenge you. We now offer 1/2hr sessions for \$25. Weight Management consultations and Sports Nutrition are now available as well. Our Spring Session I for Aerobic classes begins the last week of April.

YMCA Healthy Kids Day is April the 12th and we plan on having lots of fun and games. Our **Community Wellness Circuit** speaker for the month of April is Dan LandGrebe, R.EEGT, from Union Hospital Sleep Disorder Center, discussing the importance of sleep before & after your workouts. The month of May will bring Union Hospital's, Jennifer Noll, RD, LDN, discussing healthy diets and in June, Ron Carter, LMT, will be discussing Lypossage. Don't delay sign up today.

Program News... John Kampes, Program Director

Register on now for Summer Camps!!! Camp is offered at the New Perryville location, as well as, Camp Chesapeake, here at the YMCA. The camps are for children ages 6 through 14 who want to have an exciting time while interacting in a fun atmosphere. Summer camp begins the week of June 16th. Please note there is limited space available! Register early! *The YMCA Jaguar youth football and cheerleading registrations will be held on April 12th- 9:00am-12:00pm at the YMCA. This program is available to youth ages 6-14. No tryouts and no cuts!! ! Anyone who registers after April 12th must pay a late fee.* The YMCA will be offering a FREE youth volleyball clinic for students in grades 6-7-8. This two day clinic is limited to the first 24 kids that register and will be held on April 19th & 26th from 9:00am-12:00pm. The clinic will be instructed by the Rising Sun High School Volleyball coaching staff. Participants MUST pre-register. *We will offer summer sports camps for volleyball, baseball, and field hockey. Times and camp information will be available at a later date.*

YMCA of Cecil County Annual Scholarships



News from the front (Desk)...

Amanda Harding, Office Manager

With spring weather officially upon us, you know what that means... bathing suit is just around the corner! Now is a great time to get started on a fitness plan if you haven't done so already. We are here to help you meet those goals! The YMCA of Cecil County offers personal training sessions with our certified fitness coordinators at a very reasonable rate. Please inquire at the front desk for more details. We now carry bathing suits and towels along with other great new merchandise in the front lobby display case...check it out!

While doing your spring cleaning this season, please keep our babysitting room in mind. We are always accepting new or gently used baby/children equipment and toys. Any donation would be greatly appreciated!

Kids Corner:

Sally Levison, Preschool Director

The YMCA is now enrolling for summer camp, half day and full day 3 year old preschool. Please come in and enroll your 3 or 4 year old for our Summer Preschool Camp while spaces are still available. Our full day 3 year old class is now enrolling for a new class that will start the end of August. The YMCA in partnership with the Judy Hoyer Program will participate in Healthy Kids Day; a National YMCA program that promotes healthy lifestyles for children. Healthy Kids Day will be Saturday, April 12 from 9:00 to 12:00 in the gym.

In the Swim of Things...

MATT WILSON, AQUATICS DIRECTOR

I, Matt Wilson will be taking over as the new Aquatics Director as of April 1, 2008. I have been involved with pool management and swimming for the better part of 17 years. I am very excited about this opportunity, and look forward to meeting all my regular patrons. If any members have any concerns or ideas please make your voices heard. I am usually in the pool office from 9:00 am to 5:00 pm.

Up coming pool events:

- Summer Swim Team Registration cut-off date: May 31st
- Sign up now for the start of Spring Session- swim lessons and water fitness.
- Lifeguarding Classes will be 4/5, 4/6, 4/12, 4/13. Class two will be 5/3, 5/4, 5/10, 5/11. Class three will be 6/7, 6/8, 6/14, 6/15.

YMCA of Cecil County, Inc.



1956-2006

"Celebrating 50 Years of Service"

APRIL 2008						
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27	28	29	30			
<p>12= Healthy Kids Day 12= YMCA Jaguar Football & Cheerleading registration - 9 am - 12 pm 14-19= Perryville Carnival</p>						

MAY 2008						
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<p>26 = YMCA Closed - Memorial Day</p>						

JUNE 2008						
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<p>16 = YMCA Summer Camp programs begin</p>						