



Y News Quarterly

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YMCA of Cecil County

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A Message from our Executive Director...

I would like to take this opportunity to thank everyone who donated so generously during the holiday season. We collected over 300 toys for the families who are financial scholarships here at the YMCA, and the Cecil County Help Center. In addition, I would like to thank the YMCA staff and child care parents who participated in our holiday food drive program.

In 2009, the state of the economy will be the main topic of discussion. This will be particularly true for non-profit organizations like the YMCA. However, it is important we focus on our mission of serving the community, which is continuing to offer programs that build healthy mind, body, and spirit.

George C. Patchell

George C. Patchell
Executive Director

NOTICE:

As of March 1, 2009 Membership Rates will increase at a rate of 3.9%

As an example:

A "Single Adult" yearly membership will move from \$ 388 (2008) to \$403(2009) – an increase of \$15 per year, or 1.25¢ per month.

GENERAL INFORMATION

The Spring/Summer Program Guide will be available on March 1, 2009. New membership and program fee increases will take effect on March 1st. Percentage increases for memberships are posted around the facility.

March 1st marks the first anniversary

March 1st marks the first anniversary of the YMCA occupying the community building in Perryville. This 2,000sqft facility has been utilized for programs such as: summer camp, before & after school, tumbling classes, aerobics, karate, school's out, sleepovers, parent's night out, facility rental, movie nights, bus trips, and much much more. Program information can be found in our program guide.

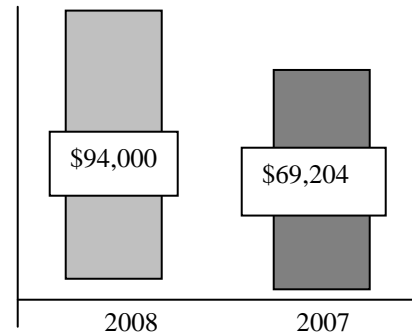
2009 will be particularly hard on non-profit organizations, like the YMCA, who struggle to meet the needs of the community under such economic times. Anyone wishing to donate funds to our financial scholarship program is urged to do so, aiding in the continuance of our mission to the community. Last year the YMCA provided financial scholarship assistance to individuals and families less fortunate because we believe everyone should have the ability to enjoy the YMCA experience.

Wish List...

The YMCA of Cecil County has the following items on its "Wish List" for 2007:

- TV sets
- VCR's
- Computers
- DVD's
- Printers
- Preschool Puzzles
- Books

YMCA Financial Scholarship



In the Swim of Things...

Matt Wilson-Aquatics Director

The pool will close two Saturdays in January for Dolphin Swim Meets, January 17th and 24th at 11am and re-open upon completion of the meet. This will not affect Saturday morning swim lessons.

Swim lessons start Monday, January 5th. This session will last the normal six weeks. Sign up while spaces are still available.

The water fitness classes will also be starting Monday, January 5th. The only class this does not apply to is Splashing Seniors, which does not have a break period. Class sizes have really picked up, sign up and join in on the fun.

The filter on the hot tub has been replaced, which will take care of the sand issue at the bottom of the tub. The staff is still asking that all members please rinse before using the hot tub or pool, so that the lotions, soaps, and detergents are not rinsed off into the pool or hot tub. The amount of foaming in the hot tub will be greatly reduced if everyone follows this rule.

News from the front (Desk)...

Amanda Sweetman, Office Manager

Well, it's once again that time of year... New Year's Resolutions! As expected, we have seen an increase in our memberships. Especially during this boom in the fitness areas, please remember your gym etiquette: 30 minute time limit on all cardio equipment, wipe down all equipment after usage to help prevent the spread of germs (paper towels and cleaning solution are provided for you throughout the gym), no foul language and no slamming weights!

For our members who are paying for their memberships monthly through their checking account (EZ Pay Plan): Please be sure to make note of our new monthly debit prices effective with March's bankdraft. These rates will soon be posted throughout the building for your convenience.

Children's Corner

Sally K. Levison
Preschool Director

We currently have openings in our full and half day three and four year old programs. Our full day preschool is open from 6:30 am to 6:00 pm and is \$115 a week. Enroll now and help prepare your child for Kindergarten. Family swim night will be in February, the exact date will be announced in January. Enrollment for full day and half day three and four year olds will begin February 27th for 2009-10 School Year. We will start at 9:00 am in the Lobby of the YMCA. Please enroll your child early to ensure your child's place.

Fitness Fun...

Janice Gavin, Fitness Director

The Fitness Department is gearing up for an exciting 2009 at the YMCA. Our session for new classes will be starting on **January 5th**. Sign up now for kickboxing, step, Zumba or try our Yoga or Pilates classes. We now offer a variety of classes at the Perryville YMCA center as well.

January 13th, Dr. May Bai, M.S.O.M.D. will be one of our YMCA Wellness speakers. Free to the community. It will be a good time to come and ask questions concerning Acupuncture and Herbs and their benefits and how it could help you.

Safesitter classes will be held **January 16th & 17th** and also on **March 20th & 21st** for 11-13 year olds who would like to start babysitting.

Now is the time to get those Personal Training sessions with our certified Trainers. Don't wait for spring to prepare for the beach. Please stop by our front desk to register and receive details concerning all of our exciting upcoming programs.

Program News...

From the Desk of John Kampes, Associate Director

The Youth Basketball Program is successfully under way. Please be aware that this is a large program consisting of 800 children, which will utilize the entire gym every night of the week as well as Saturday mornings and afternoons.

The YMCA will be hosting a Martin Luther King Jr. Indoor Field Hockey Tournament on January 21st. We will have approximately 12 teams participating in the event which will start early in the morning and conclude later that evening using basketball courts #2 and #3.

The YMCA will offer Recreational Spring Basketball once again beginning in March. There will be a boys and girls division for grades 5-12. Teams practice and play at the YMCA on Sunday afternoons. Registration begins February 1st and practice/play begins on March 9th.

The Men's Basketball program will be preparing for another high flying season that will begin play in March. Please contact Ken "Buck" Coursey in the Gym Supervisors office for more information.

JANUARY 2009

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

19, 23, & 26=School's Out at YMCA and Perryville location
17 & 24= Pool closed at 11am for Swim Meet

FEBRUARY 2009

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

12= School's Out at YMCA and Perryville location
13=Sleepover
13=Parents night out
14=Bus trip to New York
27=Preschool Enrollment

MARCH 2009

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

1=Spring/Summer Brochure available
1=New membership & program fees implemented
1=Summer camp registration begins