

# 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

It is generous donors like YOU who make the difference for families in Cecil County. The following is thank you letter from a Financial Assistance Recipient.

Dear YMCA,  
I have been a scholarship recipient for many years. I could never thank the Y and their donors enough for making this scholarship possible. I am now 80 years "young" and much of my stamina can be attributed to the fact that I am able to do medically suggested exercises at the YMCA. My exercises are predominately in the pool but I also, of course, have the privilege of using the exercise room. These exercises keep my arthritic joints flexible enabling me to walk, for example, without use of a cane or walker. For this I am so very grateful.

Due to very limited income, I would not be able to have the benefit of the Y resources without this scholarship. I cannot thank the Y and their donors enough!

Sincerely,  
A grateful recipient

**Buy a Ticket—Help a Neighbor  
See you at the party!  
George Patchell, Executive Director**

The YMCA of Cecil County's  
Annual Cinco De Mayo Fundraiser  
Friday, May 3, 2013 from 6-11pm  
at the  
Wellwood Club in Charlestown

All proceeds from the event will go directly to support our Financial Scholarship Program.

*Featuring:*  
Mexican Food  
DJ  
Dancing  
Silent Auction/Prizes  
Salsa Dancers/Lessons  
**CASH BAR!**



Donation of \$35 per Ticket

# BREATHE INITIATE ENGAGE



## Member Spotlight

### Dr. Arthur "Art" Mayer

YMCA member—Art Mayer, one of the most accomplished swimmers in the history of University of Delaware holds numerous local, regional, national and world records in the Master's Swimming Program. In 2010 Art was named the Delaware Senior Athlete of the Year. These achievements are remarkable considering that when Art went to U of D he could not swim and has asthma.

Art received his degree in Veterinary Medicine and did not swim competitively again until 1975. Art continues to swim Masters Swimming. He also served as vet at Brandywine Raceway and Delaware Park in the '50s and '60s. In 1993 Art was named Vet of the Year by the Delaware Veterinary Medical Association.

Join us in congratulating Art on his induction into the Delaware Sports Museum and Hall of Fame this May 2013. Congrats Art!!



## BUILDING STRONG FOUNDATIONS

From Amy Sexton, Child Care Director

### Enroll in Summer Camp Today!

Summer Camp registration has begun!!!! Sign up early to secure your child's spot for the summer. If you are enrolling in the preschool half day camp you must see Ms. Amy or Ms. Liz before you register. Those who have children entering Kindergarten in the fall can sign up for our day-long Kindergarten Camp. This year we have added a number of specialty camps along with our traditional Camp Chesapeake. Let the Fun Begin!!!!

### School Year 2013-2014

Registration for Leeds B&A, Half -Day Preschool and Full-Day Preschool for next school year has begun. Register for our programs now and watch your children thrive at the YMCA.

## YOUTH DEVELOPMENT

From John Kampes, Associate Executive Director

*THE LEGENDARY BASEBALL & SOFTBALL ACADEMY is now being offered at the YMCA!!!!*

*We are very fortunate to have this opportunity to host such a fantastic program. Specialty skills camps will be offered every month.....sign up now, limited space.*

### SUMMER CAMP

Get off the couch-YMCA summer camp is here!

Our traditional Camp Chesapeake is very popular and is now open for registration. For the first time ever, we now offer over 25 camps! There is a variety of camps for children ages 6 through 12 who want to have an exciting time while interacting in a fun atmosphere. There is a camp for everyone!

**SUMMER SPORTS CAMPS---**Volleyball-Soccer-Basketball-Baseball-Softball-Football-Cheerleading  
These camps will provide an opportunity to learn the game, improve your skill set, swim every day and have fun all while playing the sport you love!

**JAGUAR FOOTBALL & CHEERLEADING** *registrations will be held on April 20th- 9:00am-12:00pm at the YMCA. This program is available to youth ages 6-12. No tryouts and no cuts!!*

# Congratulations to the YMCA Dolphins Swim Team

Bounce Center  
Toddler Zone  
Game Zone

Family Fun!

M-F 4:30-8:30pm  
Saturday 9-8:30pm  
Sunday 10:30-6:30pm



## MAKING A DIFFERENCE

It's said the more things change, the more they stay the same. This is certainly true of the YMCA. Throughout the decades, social challenges have changed dramatically, and the needs of the community have relentlessly evolved. But the Y has always been there as a constant and reliable source of hope, support and inspiration.

### The Y is Committed:

In 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 an inability to pay.

Swim Fast—Swim Strong! The Dolphins Swim Team finished a successful winter season at the end of March. With 91 swimmers, 8 coaches and many prized volunteers our team improved individual times, set new records while making lasting friendships.

Coach Bill Hendrix's stellar first season as head coach developed swimmers and provided volunteer opportunities for families while creating an environment where youth development, healthy living and social responsibility are embraced.

Spring Conditioning starts April 15th—see our member service staff for more information. Summer Team begins May 20th. See you in the pool!

## Special Reminders

- |            |  |
|------------|--|
| April 19th | S'mores & Movie Night 6pm<br>Free Member Event—Families  |
| April 22nd | Teen DJ/Swim Night 7pm-9pm<br>Free Member Event Teens 11-15  |
| April 26th | Family Sports Night 7-9pm<br>Free Member Event   |
| May 3rd    | Cinco de Mayo Dinner & Dance<br>\$35 per ticket, proceeds benefit<br>YMCA Financial Assistance Program |
| May 17th   | Family Movie & Arcade 7pm<br>Free Member Event   |
| May 20th   | Home Run Derby Wiffle Ball Style<br>Free Member Event 6:30pm   |
| May 27th   | Memorial Day<br>Facility Closed  |
| June 17th  | Day Camp Begins  |

Free member events require pre-registration with the Member Service Staff.

## HEALTHY LIVING FOR OUR COMMUNITY

From Janice Gavin, Program Director

Spring is here and Summer will be sneaking right around the corner. We've all been there when we start to come out of our hibernation and try to find the motivation to get our routine back into gear. We are here to help you reach your goals with lots of exciting programs. Goal setting is crucial to long term success in your fitness journey. Y Personal Trainers are here to help you meet those goals. We offer a package of 8 sessions with the ninth session for free. It is reassuring to have someone to whom you are accountable to help you accomplish the things you would struggle to do alone.

Put something new in your routine—try a **Cycling, Yoga, Pilates, Zumba, or Kettlebell**, these classes are for the beginner to hard core, offered throughout the day. **Drop-ins are welcome!**

Make the time for YOU! One of the easiest excuses in the world is to say that you do not have time. Spending 60 minutes several times a week is absolutely doable. Pick the time frame that works for you, your family, your schedule and stick to it—make yourself the priority! Schedule your time at the YMCA on your calendar like any other appointment. Being a member at the YMCA of Cecil County has so many benefits: free Childwatch, Bounce Center and Splash Park. Fun for you and your family to enjoy while getting the quality exercise and time together that has been missing up until NOW!

Check out: Safe Sitter classes, Karate, Dance and Gymnastic classes for the Youth. We have bus trips to New York City and a Healthy Kids Day May 4<sup>th</sup>! **The YMCA of Cecil County is your one stop Fun center!**

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## GROWING STRONGER—TOGETHER

From Janet Nelson, Aquatics Director

Spring Time = Swim Lessons

Spring II session begins April 22nd, don't miss out on a great way to get ready for summer swimming, brush up on water safety and have a good time.

Spring Conditioning for swim team begins April 15th. This program is open to any youth ages 6-18 to who would like to prepare for their swim team season. We hope you swim on the team year round with us, but even if you don't you are welcome to join Spring Conditioning. Divided into 2 groups this program will work on conditioning and stroke development. Swimmers must be able to swim 25 yards freestyle and 25 yards backstroke prior to registration. See the Member Service staff for more information.

Have you tried the Tuesday & Thursday Arthritis Water Program that meets from 1:30-2:15pm? This FREE member program works on range-of-motion, flexibility and strength conditioning. Register with the Member Service staff and try it out!

From 6 months to 106 -

**See you at the POOL!**

