

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

HEALTHY LIVING FOR OUR COMMUNITY

From Janice Gavin, Program Director

Fall is a great time to start a fitness program because NOW is when you create healthy habits for the holiday season and upcoming winter months.

Here at the YMCA of Cecil County there are many ways that you can start making the most of the season: Aerobic, Yoga, Cycling classes, Zumba and Karate classes or try a session with one of our Personal Trainers. Try Racquetball, Swimming, Water Aerobics or work out in our Fitness Center there is so much for you here!

Remember that it takes about 4 weeks for the body to adapt to your lifestyle changes. By becoming a Member at the YMCA of Cecil County, you have taken your first big step to committing to a program and you are on your way to a new YOU! The YMCA of Cecil County has what it takes to meet all of your fitness needs.



GROWING STRONGER—TOGETHER

From Janet Nelson, Aquatics Director

BIG CHANGES, in the pool! The Splash Park is open—time to bring your family in for a visit. Try the slide, run under the bell spray, climb the snake and play around the tumble buckets!

Swim team has started! The winter season swims through February 2013. Register at the front desk. Flexible practice and meet schedules. Swimmers must be 5 years of age and able to complete 25 yards of freestyle with rotary breathing and 25 yards of backstroke to be eligible. **GET YOUR SWIM ON!**

Have you tried one of our exciting water classes? Don't miss out on great friends, fun exercise and terrific instructors:

MWF 9am Musical Aquacize w/Joan
MWF 9:15am Deep Water Works w/Courtney
M,T, W,Th 10am Splashing Seniors w/Rachael
MWF 12:15pm Aqua Fit w/Sue
M & Th 7:30pm Evening Jam w/Suzanne

There is something for everyone at the pool! Swim lessons, swim team, master swim program, classes, parties, splash park, open swim and lap swim.

See you at the POOL!



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

Growing the Y

George Patchell, Executive Director
Many thanks to the following sponsors for making the Splash Park possible:

Naming Opportunity \$40,000-50,000
The Stewart Companies, Inc. (Splash Park)
Delmarva Power (Bounce Center)

Benefactor \$10,000-\$39,999
The Columbia Bank
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Lana Wright
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City Pharmacy of Elkton, Inc.
Elizabeth Lowe

PLAY! SPLASH! LIVE!



Cecil County Bar Association presents a \$5,000 check for The Cecil County YMCA Splash Park September 2012.

Investor \$100-\$999

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Tim & Ann Dominick



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.

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.)

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.

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:

Through September 2012 The YMCA of Cecil County, Inc has returned over \$134,223 to the community in financial assistance.

BUILDING STRONG FOUNDATIONS

From Amy Sexton, Child Care Director

Welcome to the YMCA Learning Center. We are off to a great start this school year. We still have a few spots left in our half day & full day programs. Please stop by the office if you have any questions.

This year’s Martin Fundraiser will take place in the month of October. Class pictures are scheduled to take place on November 8th and 9th. Our Scholastic Book Fair will be held December 3rd-7th. *Think about the Holidays* - If you don’t have children in our Child Care program but would still like to support the YMCA, please stop by the child care office to place an order. Also, stop by the Book Fair and purchase books for gifts. Remember both of these fundraisers support the YMCA Learning Center.

YOUTH DEVELOPMENT

From John Kampes, Associate Executive Director

YOUTH BASKETBALL- Recreational Youth Basketball League registrations began in September. Players are taught basketball fundamentals and given the opportunity to demonstrate their learned skills in games. Practices will begin in November and they will be held in a school within your school district.

FIELD HOCKEY- Sticks Down! Its fall outdoor field hockey. This includes instructional time during the week at your local schools and “play days” on specified Sundays held at the YMCA.

VOLLEYBALL- Youth Volleyball is back!! Players are taught volleyball fundamentals and given the opportunity to demonstrate their learned skills in controlled scrimmages. This fall program is for players in grades 5th-8th. All practices and games are held at the YMCA on Monday and Thursday evenings.

FOOTBALL- Please stop by and check out one of our youth football games held at the YMCA on Saturdays. Our Jaguar Football & Cheerleading program is a highly competitive and successful program that pushes towards state championships each and every season.

Bounce Center & Family Game Room

Family Fun!

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



FAMILY GAME ROOM

Grand Opening October 1st!

FREE: Ping pong, Foos-Ball, Air Hockey.
Coin operated Arcade Games.

Parent supervision required for ages younger than 6. This is a YMCA program space open to all members.
See Bounce Center staff for assistance.

The YMCA Pool Area will be CLOSED for the following swim team events:

Wed. Oct. 17 - Team Picture
5:30 PM -6:30 PM

Wed. Oct. 24 - Time Trials
4:00 PM - 9:00 PM

Saturday Swim Meets 11am-8pm
October 27, 2012
November 17, 2012
December 8, 2012
January 19, 2013
January 26, 2013

Special Reminders

October 1st	Family Game Room OPEN
November 22nd	YMCA Closed Thanksgiving
December 24th	YMCA Closed at 12noon Christmas Eve
December 25th	YMCA Closed Christmas Day
December 31st	YMCA Closed at 12noon New Year’s Eve
January 1, 2013	YMCA Closed Happy New Year!
January 2, 2013	YMCA Open New Classes Begin

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.