



Y News Quarterly



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YMCA of Cecil County

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www.ymcacecil.org

A Message from our Executive Director...

I would like to take this opportunity to thank everyone who donated so generously during the Christmas season. Once again this year we placed a Scholarship Tree in our lobby area. The donations from this tree went directly to a child who is currently participating in our YMCA scholarship program, or to the scholarship fund. I am proud to say, the scholarships for 2011 have surpassed \$200,000. In addition, I would like to thank the YMCA staff and child care parents who participated in our holiday food/coat drive program.

In 2011, the state of the economy was the main topic of discussion. This was particularly true for non-profit organizations like the YMCA. However, it is important we continue to focus on our mission of serving the community, which is continuing to offer programs that build healthy mind, body, and spirit.

George C. Patchell

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Executive Director

NOTICE:
THERE WILL BE
NO MEMBERSHIP
RATE INCREASE FOR
2012!

YMCA Member Spotlight

Member: Sonia Heenan

Member Since: 2007

I started coming to the Y because my husband encouraged me to get back to fitness after the birth of my second child. I was reluctant – it was a challenge with an infant. Then I found out I was pregnant with our 3rd child. I swam everyday until she was born. Thankfully my husband encouraged me to again return to the Y. From that point on I kept setting little goals – 1 lb at a time to get the baby fat off my body.

When I came back in November of 2009 that very day I met Sue Dasher (YMCA Personal Trainer & Fitness Instructor) in the locker room. I asked her “How do I get arms like yours?” She told me she ate clean by limiting processed foods and talked to me about resistance training. I started to work with George Zebley as a personal trainer, took a class with Sue and loved it! I highly recommend both George and Sue!!

I met with George to talk about nutrition but had to hold off working out with him because of my two pending carpal tunnel surgeries. I started working out with George in May 2010. Because of my time constraints with three kids I needed an intense but short time-span workout. He showed me proper form and lifting – I was hooked! I found myself getting stronger, leaner and my body image improved significantly. By decreasing my processed foods, increasing my proteins and exercising I was able to double my caloric intake. I saw my look changing very quickly.

A year with George and one of my neighbors asked if I was getting ready to compete. I laughed, told my husband and he said “Go for it!” I told George the same thing and he said “I know you can do it!” 12 weeks later I competed in a Regional Figure Competition (a division of body building that is drug tested to ensure all natural training and preparation) and took 1st place in Novice – Short, Over 35-Short 1st place and Open – Short 1st place. I’m 43 and under 5’4” so I qualify as “Short”.

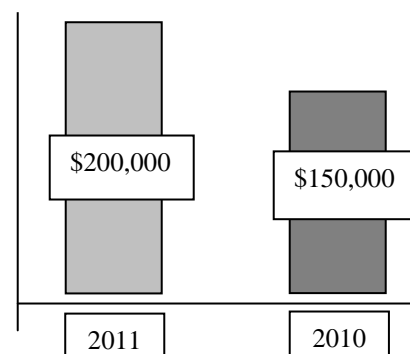
My plan is to keep raising the bar bit by bit. I like the YMCA because of the family environment; I’m around my friends who encourage me to be the best I can be. I can do this while my kids are having fun at the Y. I couldn’t do any of this without my extremely supportive family.

Wish List...

The YMCA of Cecil County has the following items on its “Wish List” for 2011:

- TV sets
- Child Watch Supplies
- Computers
- DVD’s
- Printers
- Preschool Puzzles
- Books

YMCA Financial Scholarships
Annual amount returned to the Community.



News from the Front Desk...

Michele Nordmark, Office Manager

Well, it's once again that time of year... New Year's Resolutions! What better time to register for one or more of our Winter Aerobics Session I classes, that are set to begin just after the new year!

As is typical this time of year, we expect to see an increase in our memberships. Particularly 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!

Don't forget to check out just inside the cover of our Program Guide, to find out what free programs or classes are approaching, so you may take advantage of some bonus advantages of membership here at the YMCA of Cecil County. Please visit our Front Desk to register or to receive any additional information regarding these or any other programs.

Children's Corner

Amy Sexton

Child Care & Youth Development Director

It has been a very busy school year thus far. Our full day preschool only has a couple spots available. We do have some openings in our half day am classes. Enroll now and help prepare your child for Kindergarten. Family swim night will be in February, forms will be available in January to sign up the entire family. Enrollment for full day and half day preschool will begin in April for the 2012-13 School Year. Also, Summer Camp registration will begin March 1. Sign up early to ensure a spot. Any questions or concerns please call Ms. Amy or Ms. Liz at the 410-392-9622 ext 16.

Fitness Fun...

Janice Gavin, Fitness Director

Join our 10 week New Year's Resolution Revolution that is **FREE** to our Members. Extra incentives like a weekly raffle and special activities will help you keep engaged and motivated. Preliminary weigh in will be the week of Jan 2 (**pre-registration is required!**) Our Programs our growing by leaps and bounds, so there is no excuse not to find something that you will enjoy and help you obtain your goals for this New Year. Classes run from early in the morning to late in the evening, Saturday and Sunday, too. Fun workouts/ Relaxing workouts/ to invigorating workouts, let us help you find your connection. Classes are a good way to meet friends and develop long term healthy relationships. If you like working out in our Fitness Center let one of our Certified Personal Trainers help you develop your wellness program today! Check us out on facebook and our website as well @ www.ymcacecil.org.

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 77 teams and over 700 children, which will utilize the entire gym space every night of the week as well as Saturday mornings and afternoons.

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 in March.

The Men's Basketball program will be preparing for another high flying season, which will begin play in March. Please contact Ken "Buck" Coursey in the Evening Facility Supervisors office for more information. The league will play games on Saturday mornings!

In the Swim of Things...

Janet Nelson – Aquatic Director

We are ready for you in the pool! Try one of our water group exercise classes, aqua personal training or private swim lessons, just stop by the front desk.

The pool will be closed Saturday, January 21st and Sunday February 5th at noon. These are the last Dolphin swim meets for the winter season. This will only affect swim lessons ending after 12:00 Saturday mornings.

The January swim lesson sessions start Monday, January 2nd. We have a great group of instructors ready to help your child become water safe. Sign up now to get a class that best fits your schedule.

Did you know that one length of the pool is 25 yards? A 1-mile swim is 71 lengths or 35.5 laps. How far have you been swimming? Are you ready to start – try one lap at time and build up a little each visit!

YMCA Calendar

Jan 1 st	Closed – New Year's Day
Jan 2, 16, 20 and 23	School's Out Program
Jan 21	Swim Meet Pool Closed 11am
Feb 5	Swim Meet Pool Closed 1pm
Feb 10	Parent's Night Out
Feb 20	School's Out at YMCA Branches
March 1	Spring / Summer Brochure Available
	Program Fee Updates
	Summer Camp Registration Begins
March 2	School's Out Program

Cancellation Information:
Radio Stations for Cancellations are: WJBR99.5FM WXCY103.7FM WSTW 93.7FM WDEL 1150AM or check our website www.ymcacecil.org or facebook page.