

# Y News Quarterly

**Newsletter for the YMCA of Cecil County**

**Volume VII Number 5 Holiday Edition**



We build strong kids, strong families, strong communities.

### A Holiday Message from our Executive Director...

I would like to take this opportunity to thank everyone who donated food, mittens, and coats to our annual harvest tree drive. The items were delivered to the Cecil County Help Center. I am always amazed by the support of our community; we collected coats, and several large boxes of food, mittens, and miscellaneous items.

Once again this year, we have placed a "Scholarship Tree" in our lobby area. The donations from this tree will go 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 will surpass \$200,000.

With the holidays already upon us, please make sure to take note of our holiday closings (listed on back page).

Inevitably, with the winter season comes inclement weather. In the event we must close our facility, we will announce our closings on the following radio stations; WJBR 99.5 FM, WXCX 103.7 FM, WSTW 97.3 FM and WDEL 1150 AM. If the weather is ever questionable, please tune in to the above stations, check our facebook page or web page

[www.ymcacecil.org](http://www.ymcacecil.org) for updated information. Although we make every effort to ensure our facility remains accessible, we highly value the safety of all of our members and guests, as well as our staff.

Wishing You and Yours a Happy and Healthy Holiday Season!

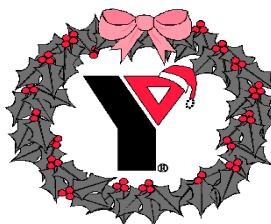
*George C. Patchell*  
Executive Director

### General Information...

**Members Renew your Membership and receive One Additional Month Free-Turn your 12month membership into 13months by simply renewing.**

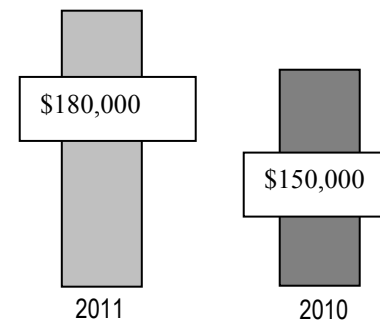
#### Kids Campaign Scholarship "Lend a helping hand"-

As many of you may already know, the YMCA believes everyone should have the opportunity to become members, participate in programs, and enjoy the YMCA experience regardless of one's socio-economic background. Therefore, financial scholarships play an integral part in the YMCA mission. This year we will award over \$200,000 in scholarships for programs such as preschool, before & after care, youth sports, and memberships. The scholarship fund is privately funded; however, we provide scholarships well beyond the donations received for the year. Any monetary donation is welcomed, and your donation will be recognized by a pair of mittens with your name, displayed on the walls throughout the facility. The Kids Campaign donations assist us in maintaining our mission, and provide financial scholarships for those less fortunate. In addition, an Angle "Tree" has been placed in the lobby area. Anyone wishing to provide a toy for a child on scholarship, or make a monetary donation may do so by removing a star or angel from the tree.



**Wishing you a  
Happy, Safe &  
Joyous Holiday  
Season**

#### YMCA of Cecil County Annual Scholarship Awards



### In the Swim of Things...

Janet Nelson, Aquatics Director

The water exercise classes will have a special X-MAS mini-session. These classes will start 12/5 and run till 12/22. Class fees are member = \$22 and nonmember = \$30 for the following classes: Aqua Fit, Musical Aquasize and Deep Water Works. Evening Jam class fees are member = \$14 and nonmember = \$18.

The Aquatics Area will close 1/21/23 for a swim meet at 11am and will re-open once each meet is completed.

The Race to 100k will begin at the start of the new-year. Giving all lap swimmers a little extra incentive to work off those extra holiday calories. Sign up at the Front Desk.



## From the front Desk...

**Michele Nordmark, Office Manager**

Beginning December 1<sup>st</sup>, we will once again be offering our College Winter Break Membership Special. During the months of December and January only, provide a college ID at registration, and you can be a member for just \$30.00! (Please note all memberships will expire on 1/31/11, regardless of registration date.) To take advantage of this special offer, please see front desk staff for details.

A new membership coupon's available from 11/15/11 - 12/31/11 for a two week trial membership and if you sign up for a 1 year membership or a bank draft membership, the new member fee is waived. Please see our friendly front desk staff for assistance! Gift certificates may also be purchased in any denomination.

## From the Program Department

**John Kampes**

The YMCA is ready for yet another youth basketball season. We will once again provide the opportunity for over 700 children throughout the county to participate in basketball. All practices will be held at local schools while the games will be at the YMCA, starting in December.

### Travel Indoor Hockey

The YMCA of Cecil County will host this year's finest Indoor Hockey program. The North Bay Hockey Program will be supervised by Ned Davis and Michelle McCormick. The program will practice at the Y on Wednesday and Thursday evenings throughout the winter.

## Fitness Fun...

**Janice Gavin, Fitness Director**

Don't put your Fitness goals off until the New Year! Create a plan for incorporating fitness and good nutrition into your daily routine. Schedule an appointment with a Personal Trainer and have them share some new goals or ideas with you. Schedule your workouts. Consider them as important as any other appointment or event. Don't skip that aerobic class! Try a *cycling* class for a really great cardio workout it just might be the outlet that you need. To help you de-stress try a Yoga class. Here is a great Christmas gift idea for you or a loved one, purchase a **Personal Training Package!** Register for our FREE to Members, Resolution Revolution, and a 10 week challenge to help you stick to your New Year's resolutions. Remember one of the great things about the holidays is spending time with friends and family. The YMCA offers lots of family activities such as Gymnastics, Dance, Karate (for all ages) New York City bus trips, Christmas House Party, etc.

## PreSchool News:

**Amy Sexton – Child Care & Youth Development Director**

This fall has been a busy one with Pictures, Martin Fundraiser, and our up coming Book Fair scheduled for Dec. 5<sup>th</sup>-9<sup>th</sup>. We will hold the Book Fair in the main lobby. Don't forget about the Dec. 3<sup>rd</sup> House Party! Baked good donations will be accepted Fri. Dec. 2<sup>nd</sup>. All proceeds will benefit the YMCA Preschool Program! Thank you to all parents and members who supported the fundraiser. It was a huge success! The children are busy getting ready for the Holiday Season. Please contact Amy or Liz with any questions about the program.

### December Events:

**School's Out - 23, 27, 28, 29, 30**

### January Events:

**School's Out - 2, 16, 20, 23**

**This holiday season  
give the gift of  
Health...**

**YMCA Memberships  
make a GREAT  
Holiday Gift!**

**Gift Certificates are  
available at our  
friendly and helpful  
Front Desk!**

## DECEMBER 2011

				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

3=Book Fair Begins  
9=Parents Night Out  
Week of 12th= Youth Basketball games begins  
22,23,27,28,29,&30= Holiday Camp School's Out  
24=Closed at 12pm  
25=Closed  
31=Closed at 12pm

## JANUARY 2012

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=New Year's-Closed  
2,16,20,& 23=Schools' Out Program  
21=Swim meet pool closed at 11am.