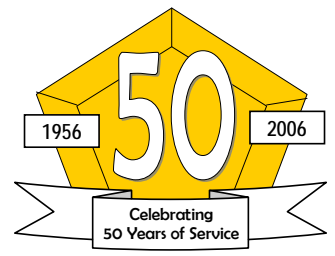




Y News Quarterly

Volume V Number 1 January 2010



We build strong kids, strong families, strong communities.

YMCA of Cecil County

25 YMCA Boulevard
Elkton, MD 21921
Phone: 410-392-YMCA
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. 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 2009 have surpassed \$100,000. 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 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

George C. Patchell
Executive Director

NOTICE:

As of March 1, 2010 Membership Rates will increase at a rate of 3.0%

As an example:

A "Single Adult" yearly membership will move from \$ 403 (2009) to \$415(2010) – an increase of \$12 per year, or 1.00 per month.

GENERAL INFORMATION

The Spring/Summer Program Guide will be available on March 1, 2010. New membership and program fee increases will take effect on March 1st. Percentage increases for memberships will be posted on our website.

2009 was 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 scholarships to individuals and families who are struggling financially.

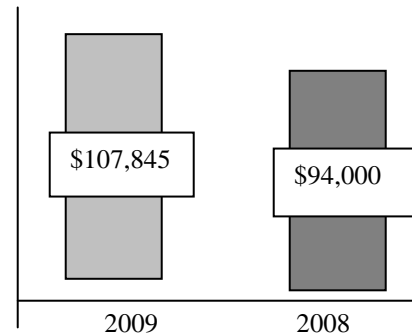
For the first time, financial scholarships surpassed \$100,000. The YMCA believes everyone should have the opportunity to become members, participate in programs, and enjoy the YMCA experience regardless of one's socio-economic background. Therefore, financial scholarships play an integral part in the YMCA mission.

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

Hope everyone enjoyed their holidays. Now let's get ready for the start of a new year.

The pool will be closed Saturday, January 30th at noon. This is the last Dolphin swim meet for the winter season. This will only affect swim lessons ending after 12:00 Saturday mornings.

The January swim lesson sessions start Monday, January 4th. 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.

Water aerobic classes will also start Monday, January 4th. Class sizes are growing, so sign up now. It is a great way to get in shape while having low impact on your joints.

News from the Front Desk...

Sherry Dempsey, 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

Children's Corner

Amy Sexton

Child Care & Youth Development Director

We currently have openings in our full day three and four year old programs. Our full day preschool is open from 6:30 am to 6:00 pm and is \$120 a week. Enroll now and help prepare your child for Kindergarten. Family swim night will be Wednesday February 17th. Forms will be available in January to sign up the entire family. Enrollment for full day and half day three and four year olds will begin in March for the 2010-11 School Year. Please enroll your child early to ensure a spot.

Fitness Fun...

Janice Gavin, Fitness Director

The YMCA Fitness Department is gearing up for an exciting 2010. Check out our Winter Aerobics brochure for all our upcoming programs. Programs such as Fit Kids, Yoga, Power Pilates, Aerobic dance, step, strength and conditioning and much more. Our session for new classes will be starting on **January 4th**. On **January 5th**, Cecil County Health Department will be one of our YMCA Wellness speakers, free to the community. "Tools to be Tobacco Free." On **February 9th**, owner of Sinking Springs Herb Farm & Retreat will teach us how to create herbal teas and show us how to create a winter window box for spring herbs. **Safesitter** classes will be held **January 29th & 30th** and also on **March 26th & 27th** for 11-13 year olds who would like to start babysitting. Enter to win **4 Free Sessions** with a one of our certified Personal Trainers. It will be a different Trainer each month. Look for one of the drawing boxes located in several areas in the building for details.

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 Tennis Program for children ages 5-8. This USTA program enables young children to grasp the fundamentals while having fun and playing the game. You must preregister at the YMCA to reserve a spot in the program.

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 Gym Supervisors office for more information. The league will play games on Saturday mornings!

JANUARY 2010

| | | | | | | |
|----|----|----|----|----|----|----|
| | | | | | 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
 18,22,& 25=Schools' Out Program
 30=Swim meet pool closed

FEBRUARY 2010

| | | | | | | |
|----|----|----|----|----|----|----|
| | 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=Parent's Night Out
 15= School's Out at YMCA and Perryville location

MARCH 2010

| | | | | | | |
|----|----|----|----|----|----|----|
| | 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