



February 2010

newsletter

404 Y Street • Greeneville, TN 37745 • (423) 639-6107

TO THE YMCA MEMBERS:

As you would expect and many of you observe, the winter months are always an exciting time at the YMCA for a number of reasons. A greater percentage of our current members are taking advantage of our much improved facilities to address their physical and social needs, while those who are not currently members, continue to hear and become aware of the multiple opportunities they are missing out on by not having a YMCA membership. As a result, multiple tours are given daily and fortunately, I get to be that tour guide from time to time. During these tours I still catch myself calling it the new Wellness Center or the new Youth Gym and sharing what our facility spaces used to be, even though our addition has been in place since August, 2007. Part of that is because we continue to be very proud of what our staff, donors and community, in general, was able to accomplish in that campaign, but even more so because the "Value of a YMCA Membership" was significantly enhanced following the expansion and renovation. With an operating budget, of which nearly 70% of income being membership dues, we are blessed to see our membership base approach 6,000. While this is a big number, retention and steady growth continue to be essential to our current and future success. To maintain this strong membership base, our staff and Board of Directors remain committed to maintaining and upgrading our physical appearance, providing high level programs and activities for all ages, and most importantly, providing a level of customer service that is appreciated by all YMCA participants.

It is our goal that you will continue to see a real value of being a member of the Greene County YMCA and that we continue to provide the opportunities and services that meet your needs and those of many others in our community.

Thank you for your ongoing support!
Mike Hollowell

YMCA PARKING

With facility use and indoor programs going strong, this is a good time to provide information about parking. Heavy use times are probable during the week from 4:00 to 7:30 p.m. Please use the front parking lot as the first option. When the front lot becomes full, the back parking lot gate will be open and participants may enter the YMCA through the back doors. Also available to YMCA participants, is the gravel parking lot on the left that is adjacent to Y Street. We ask that you please respect the no parking signs, handicap signs and the pick-up/drop-off area directly in front of our building. **Two parking spaces at the far end of the front parking lot are now being reserved for parents picking up their child from afterschool and summer camp. This is only on weekdays between the hours of 3:30 – 6:00 p.m.** We are fortunate to have plenty of parking and we thank you in advance for respecting these guidelines.

RELAX WITH A MASSAGE

Massage therapy is a great way to unwind and our therapists are happy to work with you. Contact Lauren Crum (423-552-3597) or Hullen Brady (423-470-5411) directly to discuss your options and set your appointment.

WEEKEND PARTY RENTALS

Pool parties are always popular, but did you know that you now have the option for an activity party that can include the gym, youth activity room or game room? Inflatables may be rented for an additional fee. Parties can be booked at the Member Service Desk anytime the YMCA is open.



NEWSLETTER ON WEBSITE

Like many businesses or organizations that are closely monitoring expenses during these difficult economic times, the YMCA will begin posting the quarterly newsletter on our website (www.greencounty-ymca.org) as opposed to mailings for each membership unit. Thanks to technology upgrades that we have been able to make over the past few years, we believe that this form of communication can be as effective and much more economical for the YMCA. Newsletters will be posted on the website the first day of January, April, July and October. Printed copies will also be available at the Member Service Desk.



MARKETING "Y" ACTIVITIES

Over the past few months, our staff has been hard at work developing marketing materials for our YMCA in an effort to promote the many programs and services that are available to members and prospective members of our organization. While specific information and registration forms can be obtained on our website, general information is available in our brochures that are located adjacent to the Member Service Desk. Please feel free to pick-up any brochure(s) that may be beneficial to your YMCA needs. Also relevant to our marketing needs, was the installation of a new YMCA sign and message board. We have been in need of a new sign for many years and thankful that we are able to finally make this happen. As we learn more about the message board, we hope to provide valuable information that promotes the many opportunities that are available at our YMCA.



WELLNESS NEWS

Stop by the Member Service Desk and pick-up your new group exercise schedule. As we kick off a new decade, we are excited to offer our members an array of fitness opportunities. There are 76 group exercise classes from Water Fit to Hard Core to Indoor Cycling, so you are sure to find a class that fits your needs. Be sure to check out the updates that have been made to the Indoor Cycling Studio. Neon paint, black lights and great music create a whole new atmosphere!



LOOK WHAT IS NEW IN GROUP EXERCISE

BOOTCAMP

A new bootcamp has been added to the schedule this winter. It will meet on Wednesday at 5:45 a.m. and will be taught by Doug Wheeler and Pam Morong.

INTRO TO CYCLE

Begin your group cycling experience with four (4) sessions, catered especially to new biking participants. A new session will begin the first Wednesday of each month. Learn the proper set-up and techniques used for indoor cycling in this 20 minute class. Instructors will be Caroline Thibert and Leanna Lawson. This class will meet on Wednesdays at 9:00 a.m. and 5:30 p.m.

A new cycle class has been added on Saturday at 8:15 a.m. and will be taught by Doug Wheeler.



ACTIVE OLDER ADULTS (AOA) LINE DANCE

A new line dance class, taught by Leanna Lawson, has been added on Thursdays at 7:05 p.m. No partner is needed! Learn simple line dances such as the Electric Slide, Boot Scoot Boogie, Wanderer, Tush Push, and Stray Cat Strut.

Official Publication of the Greene County YMCA

There are many exciting sports leagues happening at the Y right now. The Men's Basketball League is winding down while Biddy Basketball and our Youth Basketball League are in full swing. Registration is underway for our annual Spring Soccer League. Participants ages 5-17 are eligible to participate. Registration will soon begin for Spring Biddy Soccer and Adult Flag Football. If you are not currently participating in a Sports League at the Y, we encourage you to do so!

WINTER AND SPRING SPORTS REPORT

- Demolition (Tournament Champion) Todd Mitchell, Captain
- United (Season Champion) Sean Bride, Captain
- Adult Division
Matt Magill, Captain
- Blue Steel (Season Co-Champion & Tournament Champion)
- Rajin Cajuns (Season Co-Champion) Drew Fozell, Captain
- High School Boys Division
Alyssa Crum, Captain
- Black Ninjas (Season & Tournament Champion)
- High School Girls Division
Jason Daugherty, Captains
- Cyclones (Season & Tournament Champion) Craig Ray &
- Middle School Coed Division
Red Titans (Tournament Champion) Brandon Hull, Captain
- Gray Chos (Season Champion) Steve Duer, Captain
- 9-11 Boys Division
Angela Bride, Captains
- United (Season & Tournament Champion) Sean &
- 9-11 Girls Division
Dynamite (Tournament Champion) Roger Lay, Captain
- Tigers (Season Champion) Patrick Norris, Captain

The 2009-10 YMCA / Tusculum College Winter Indoor Soccer League has just completed our 6th season with more participants than ever before. Thanks to all the volunteers, parents, participants and Tusculum College staff who helped to make this our greatest season ever. Having access to the Indoor Practice Facility at Tusculum College is greatly appreciated by all of us at the YMCA.

YOUTH AND ADULT SPORTS

We offer certifications in CPR and AED, First Aid Administration, Emergency Oxygen Administration and Blood Borne Pathogen training for anyone that is interested. We also will certify large groups or companies. If you are interested please contact the Member Service Desk for more information.

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Interested in a summer job at the YMCA or the Greeneville City Pools? The YMCA will be offering a Lifeguard Certification class for age 16 years or older during Spring Break (March 29th - April 3rd). There will also be a class starting April 27th. Lifeguard certification includes certification in CPR, AED, First Aid and Emergency Oxygen Administration. Please see the Member Service Desk for more information.

It's time to make a splash in our summer swim lessons. Certified lifeguards will be teaching people of all ages and experience levels. The classes meet Tuesdays and Thursdays for four weeks and will be offered in the evenings throughout March and April.

AQUATICS NEWS

Our community Easter Egg Hunt is scheduled March 20th. Registration will begin at 10:30 a.m. and the hunt will begin at 11:00 a.m. Prizes will be awarded for the following age categories: 4 and under, 5-7, and 8-12 years old and is sponsored by Laughlin Memorial Hospital, Inc.

COMMUNITY EASTER EGG HUNT

For approval may take 2-3 weeks. who are eligible. Proof of income is required and the process camp the same week. Financial Aid is also available for those siblings discount for additional children in your family attending members and \$88.00 for non-members). There is a \$5.00 Fees will remain the same as last summer (\$62.00 for YMCA Wide Penny Carnival. If your child has an interest in sports, for the Greeneville Astros and the very popular YMCA Camp- other special activities that include tickets and YMCA Night will also be able to use. There will be various field trips and climbing wall in the Youth Activity Room that our Camp kids include swimming, various group games, sports, devotions, free time in the Game and Tech Rooms, and more. We have a in Pre-K through eighth grade. Camp is available from May 24th to August 6th from 6:30 a.m. - 6:00 p.m. Daily activities and group interaction in a safe environment for boys and girls The YMCA Summer Camp focuses on physical activities

The YMCAs goal is to provide a safe, stimulating and fun environment for children after school and to encourage and teach independence, respect and responsibility. We provide transportation from school, snacks and homework help (if requested). Pick-ups are available at Chckey Doak Middle and Doak in the County and Eastview, Greeneville Adventist Academy, Greeneville Middle, Hal Heard, and Tusculum View in the City. Pre-K pick-ups are available at Hal Heard, Eastview and Tusculum View. Activities include participation in the Game and Tech Room, Youth Gym, Youth Center, or Youth Activity Room. All participants may go swimming on Tuesdays and Thursdays if they bring a swimsuit and towel. The program will be held on days when there is no school from 7:00 a.m. - 6:00 p.m. if there are at least five children signed up. Members who are not in the program may attend these days for a \$25.00 per day charge. Scheduled March 29th-April 2nd and May 4th & 21st. We will be closed May 31st for Memorial Day.

CHILDCARE NEWS

The 5K run is scheduled for Saturday, March 20th at 8:30 a.m. Registration will be from 7:00-8:15 a.m. Pre-registration fee is \$15.00. After March 12th, the registration fee will be \$20.00. The first 150 to register will receive a free race T-Shirt!

INC.

**BUNNY HOP 5K RUN/WALK SPONSORED
BY LAUGHLIN MEMORIAL HOSPITAL,**

