

Upcoming Events:

- Swim Lessons
- Lifeguard Class
- Afterschool Program
- CPR



Newsletter

January– March 2011

To the YMCA Members

Happy holidays to each of you and I hope you, your family and friends were able to enjoy quality time together over Christmas and celebrate this very special time of the year. Although it is hard to believe that 2011 is upon us, there is an excitement level in our YMCA to continue moving forward in providing quality programs and services to the youth, adults and families of Greene County and surrounding communities of which we serve. I never really know exactly how to evaluate the level of success at our Y, but I feel confident in saying that many positive steps were made in 2010 to improve and upgrade the level of opportunities for the thousands of participants who are engaged in our organization. From a financial standpoint we were able to pay our bills in a timely manner, meet our payroll expectations and were able to fund some much needed capital expenditures that needed to be addressed in our facility. Many of these capital items are visible and directly beneficial to the members of the Y, while there are many expenses that will go un-noticed, but necessary in maintaining the wonderful facility that we have had since 1980. It is your support of the Y, through membership and programs, which allows us to continue moving forward as we did in 2010. Thank you for that support and I hope it will continue in 2011.

As the Director of the Y, it is only natural to evaluate the finances in determining the success of our organization. In my ten years at the Y, I have learned that success is based on a whole lot more than the amount of money coming in and going out. More importantly, is the impact that we are making on the lives of people who are engaged at the YMCA. I continue to be amazed by what I see and hear regarding the many programs and services for the youth and teens of the Y, and the multiple social and physical opportunities for our adult population. I get to watch it everyday and it is one of the most rewarding experiences for me as I watch members, participants and staff engage in Y activities each and every day.

It is my hope that 2011 will be another successful year for our organization and that lives will continue to be positively influenced because of our ability to provide programs and services that are aligned with the mission and values of the Greene County YMCA. Thank you again for your support of the Y.

Mike Hollowell
Executive Director

MEMBERSHIP

Please Welcome....

Membership Administrator

When you have the opportunity, please welcome our newest employee to the YMCA, Ms. Dianna Holditch. Dianna will be our Membership Administrator, responsible for all new and current member accounts and ongoing activity related to those accounts. Currently an active member of the Y, and mother of two boys, Trey and Zach, Dianna will assume her new responsibilities the first week of January.

Regarding membership, please scan your membership card each time you visit the Y and if applicable, ask all family members to do so as well. For a number of reasons, this is important so that we know who is in the building and we will be able to track the usage times and days of our members.



We need your help in maintaining information on our members so that everything is current. If you have changes to your membership application – phone number, bank information, address, etc, please notify the Member Service Desk as soon as possible.

Weather Delays and Closings

Making decisions relating to the winter weather have hit us a little earlier than in past years and it is always difficult to determine the schedule for the YMCA. We do not like to close the Y or delay the opening, but all decisions will be made with the safety of our staff, members and program participants as a priority. Any time that there is a change in our hours of operation because of weather, we will inform our local radio stations (AM 1340 and 1450, FM 103.1) as quickly as possible. We will also post schedule changes on our website.

When schools are scheduled to be in session, we will determine our schedule for all group exercise classes (including aquatics) around decisions by the Greeneville City Schools. If the City Schools are closed because of inclement weather, all group exercise classes will be cancelled through 3:00. A decision on evening classes and programs will be made by 3:00. If there is a delay in the City Schools due to inclement weather, all group exercise classes at the Y will continue as scheduled. Unfortunately, these are always decisions that need to be made at the last minute and we appreciate your understanding.

Look for schedule changes on our website: www.greenecounty-ymca.org



No Valuables at the Y



In the best interest of all Y members, we felt it important to communicate with you that items have been reported missing from lockers and bags, as well as random personal property that people leave sitting out in the Wellness Center and/or Gymnasiums. Please do not bring valuables into the Y. It is unfortunate that we are going through this phase in our organization, but felt that you should be notified of this problem that we have faced during the holiday season and randomly throughout the year.

MEMBERSHIP

Childwatch/Youthwatch

Most of you are aware that some changes have been made in the ages for Childwatch (now 6 weeks through 5 years) and Youthwatch (now ages 6-8). These are services that the Greene County YMCA provides during scheduled hours at no charge and are available for children who are members of the Y. Childwatch is available Monday through Friday from 8:00 a.m. – noon and Monday through Thursday from 4:00 – 8:00 p.m. Youthwatch will be Monday thru Thursday(4:00 – 8:00 p.m.) and Friday (3:00 – 6:00 p.m.). Parents must be in the building and must sign their children in and out of these programs.

Please inquire at the Member Service Desk about the new age requirements for Youth Members in our building. Over the last four or five years, as our membership has grown and as society continues to change, it has been imperative that we implement supervisory guidelines for our youth when visiting the facility, that is shared by YMCA staff and guardians of these children. New age requirements were established in November that now gives children ages 9 – 12 the flexibility to use the facility, so long as a parent or guardian is also in the facility. Ages 6 – 8 requires supervision at all times, whether that is from a parent/guardian or by YMCA staff during scheduled Youthwatch hours. If you have any questions, please feel free to contact the Member Service Desk.



AQUATICS

Swim Lessons

DATES	DAYS
January 31 st through February 23 rd	Monday and Wednesday
February 1 st through February 24 th	Tuesday and Thursday
March 7 th through March 30 th	Monday and Wednesday
March 8 th through March 31 st	Tuesday and Thursday

Bring spring in with a splash! Our next set of swim lessons are just around the corner. We will be offering 2 sessions per month throughout February and March.



LIFEGUARD CLASS

A lifeguarding course will begin on Monday, February 7th at 6:15 p.m. This class will meet Mondays and Wednesdays for approximately five weeks. Included in the cost of this course are CPR, Oxygen Administration and First Aid certifications as well as the Lifeguard certification. Please see the Member Services Desk prior to February 7th for registration information.

CHILDCARE

The Afterschool Program is designed to meet the needs of school-aged children and their parents by offering an Afterschool and “Full Day” alternative. Partial (3 days or less) or full week enrollment is still available. Program goals are to provide a safe, stimulating, and fun place for children, encourage and teach independence, respect, and responsibility, and provide parents with as much worry-free care as possible. Transportation from school, snacks, and homework help are provided. The Middle School group enjoys the freedom of going to the different areas of the Y. The Elementary group is more structured, with direct supervision at all times. All participants may go swimming on Tuesdays and Thursdays if they bring a swimsuit and towel.



Program goals are to provide a safe, stimulating, and fun place for children, encourage and teach independence, respect, and responsibility, and provide parents with as much worry-free care as possible.

Pick-up locations:

Elementary and Middle School pickups:

Chuckey Doak Middle School
Doak Elementary School
Greeneville Middle School
Hal Henard Elementary School
Eastview Elementary School
Greeneville Adventist Academy
Tusculum View Elementary School

Pre-K pickups:

Hal Henard Elementary School
Eastview Elementary School
Tusculum View Elementary School

All Day Care:

The program will be held all day when there is no school from 7:00 a.m. - 6:00 p.m. if there are at least five children signed up.

Please note the following days when the program **will be offered all day:**

January 17th and 18th
February 18th and 21st
March 28th – 31st
April 1st and 21st
May 20th

The program **will not be held on the following days:**

Friday, April 22nd – Good Friday

SPECIAL EVENTS

CPR, First Aid, and Emergency Oxygen Administration Classes

We will be offering CPR, First Aid, and Emergency Oxygen Administration Classes through the Month of March. The dates and times are as follows:

March 3rd at 6:30 p.m. - CPR

March 10th at 6:30 p.m. - First Aid

March 17th at 6:30 p.m. - Emergency Oxygen Administration



WELLNESS



WELCOME

The Wellness staff would like to welcome Rachel Marshall. Rachel is an AAI Certified Personal Trainer and will be available for training immediately. For information about hiring a personal trainer, please inquire with Wellness Director Debbie Overacker or stop by the Member Service Desk and ask for a personal trainer brochure.

Active Older Adults

We would like to welcome Kristen Girton as our Active Older Adult Coordinator. Kristen currently works in our Wellness Center and will now coordinate our active older adult programs and develop new programs beginning in 2011. For more information on programs and workshops, please stop by the Member Service Desk and ask for an AOA brochure.



Don't Forget....

As we enter into the busy season at the YMCA, please be considerate of other members, especially with your time on the cardio equipment. During heavy use times, please limit yourself to 30 minutes on the equipment.



Schedule

Winter / Spring Group Exercise Schedules may be picked up at the front desk.



New Cardio Equipment



If you have not visited the Y in the last month you can expect some very nice changes in the Wellness Center. On December 9th, new Precor treadmills and other cardio-equipment were installed (approximately 18 new pieces) and some of the old equipment was removed. Precor is highly respected in the area of cardio-equipment and our members seem very happy with this change. Along with the new equipment, we also purchased seven personal viewing TV's for some of the equipment that is on the front row of the Wellness Center.

Because cardio-equipment is purchased with a 36 month warranty, and new and improved products are created every year, it is our hope that we will be able to replace this equipment every 3-4 years to keep quality equipment in place for our members and minimize expenses related to equipment repairs that are very common in high usage facilities like the Y.

Improved Youth Activity Center

Thanks to the proceeds from the Max Douthat Memorial Golf Tournament, we are pleased with some new and exciting changes to the Youth Activity Center in an effort to increase the physical fitness opportunities for children ages 4-12. Three new big screen TV's, along with four Wii stations were recently installed, that includes multiple fitness and active movement games to keep our youth engaged and moving. The climbing wall and other fitness related stations are also available in this space. We want to thank the Douthat family for making these funds available to the Y, in an effort to improve the quality of services for Youth Members and for the children who participate in Afterschool and Summer Camp.