

Upcoming Events:

- T-Ball
- Fall Soccer
- Swim Lessons
- 5K Run/ Walk
- Afterschool



Newsletter

July-September 2011

To the YMCA Members

To the YMCA Members:

We have now reached the midpoint of 2011 and activity at the Y continues at a rate unlike most summers. In recent communications with some of our staff people who have been employed at the Y for a number of years, we were discussing activity at the Y now in comparison to the summer months prior to our most recent expansion and renovation project. During that period, as schools dismissed for the summer, we could always count on having a sizable number of children involved in summer camp, swim lessons or just youth members who wanted to hang out at their local Y. There were not a lot of cars in the parking lot, but reasonably good usage by our local youth who were in our facility and the old Youth Center (across the creek) engaging in Y programs and activities. While it seems that the number of children engaged in the above mentioned programs has significantly increased over the last 3-5 years, our staff has recognized that the adult population has remained more active at the Y throughout the year, especially during the summer months. The Wellness Center has a steady flow of members throughout the day with many teens, young adults and seniors making time to use the cardio, strength and free weight equipment and class participation in our Group Exercise Classes has far exceeded the numbers from previous years. This is not only a positive sign for the YMCA in that we are providing needed programs and services for our community, but also an indication that people of all ages are gaining a better understanding and awareness of developing a healthier lifestyle.

The Y is the Nation's leading non-profit that is committed to strengthening communities through – "Youth Development, Healthy Living and Social Responsibility". As I evaluate our YMCA, regarding our commitment to serving the citizens of Greene County and strengthening our community, I am very proud of the progress that we continue to make. Our entire staff is committed to these efforts and we have a YMCA Board of Directors who clearly understand the role of a Y in a community and the value of our programs and services being structured within the mission of the YMCA. As we continue to move forward, it is our hope that the number of people who are served by our organization continues to grow and the benefits of their participation are well received by those who become more consistently active in our programs and activities. I hope that everyone has an enjoyable summer and we appreciate your involvement at the Greene County YMCA.

Mike Hollowell

MEMBERSHIP



[New Parking Lot at Soccer Park](#)

We are pleased to mention that the new parking lot adjacent to the Terry Bellamy Soccer Park has been completed and now available for use. This parking lot can be entered from Bernard Avenue and will provide approximately 90 additional spaces for those attending events held at the Soccer Park. Access to the fields will be the walking bridge that is just below Fox Field. For those of you who have participated in programs at the Soccer Park, you can probably understand the value of these additional parking spaces that are now available.

[Corporate Membership Opportunities](#)

Over the past several years, the YMCA has provided corporations and local businesses an opportunity to provide financial support for their employees by contributing part of their membership dues to the YMCA. Whether this helps reduce the cost of health insurance premiums for the company or simply an additional benefit for their employees, nearly 31 businesses are currently partnering with the Y to encourage healthy living for their employees. To learn more about this opportunity, please contact Mike Hollowell. Mike will be happy to explain this partnership in more detail for those companies that may have an interest.



[Maintenance Projects](#)

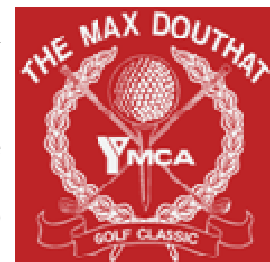
Many of you who have been members of the Y for an extended period of time probably remember the days that we shut down our facility during the week of July 4th. The main purpose of this was to give our organization the opportunity to do some maintenance projects during a time that would eliminate space conflicts for our members. Although we no longer shut down for the week, we still have maintenance projects that need to be scheduled throughout the year. We will do our best to keep you informed in advance of these projects and will attempt to schedule them during times of the year that will be less disruptive. We appreciate your understanding of this as we try keep up with annual maintenance issues that need to be addressed.



[Golf Tournament Benefits Youth Programs](#)

The YMCA/Max Douthat Memorial Golf Classic was held May 5th at Link Hills Country Club. The Y is the proud recipient of all proceeds from this golf tournament of which the funding is used to improve the quality of programs and/or facility space for our youth. This year, funds have been used to install rubber mulch in the playground area outside the Youth Center, as well as the playground at the Soccer Park. We also are in the process of adding acoustical tile in the Youth Gym to create a better environment for operating our programs in this space. The noise level has been very distracting when multiple people are in the gym and we look forward to improving the quality of this location.

A special thanks to the Douthat family for allowing the YMCA to partner in this special event and for allowing the proceeds to benefit our organization, especially in the area of youth development. We also want to recognize Forward Air as the title sponsor, along with other major sponsors – GreenBank, Wal-Mart Transportation, Andrew Johnson Bank, Leonard Associates, Jostens, DTR Tennessee, Marsh Petroleum and C&C Millwright. The YMCA would also like to thank those who participated as a golfer, a hole sponsor, a team sponsor or provided items for the goody bag and the auction. This is a wonderful event that allows our organization to better serve the youth in our community.



AQUATICS

Summer Swim Lessons



Don't forget, there are only two more sessions of summer swim lessons which will begin July 11th and July 25th. Certified lifeguards will be teaching

people of all ages and experience levels. The classes meet Monday through Thursday for two weeks and will be offered in the morning and evening. We also will be offering fall lessons starting in September! Please see the Member Service Desk for more information. Reserve your spot today, spaces are limited.

Lifeguarding

Interested in becoming a Lifeguard? Registration for our October Lifeguarding class will begin in September!



Holiday Closings

The Y will be closed for Labor Day – Monday, September 5th!

WELLNESS

We would like to welcome Leanna Lawson and Debbie Shaw to our Wellness Staff.



Leanna recently completed her Personal Training Certification and is now available for Personal Training.



Debbie recently became certified to teach Zumba. The (30 min) Zumba class is offered on Tuesdays and Thursdays at 12:15 p.m.

Parent and Toddler Dance Class

Parent and Toddler dance class, ages 18 months to 5 years, meets on Thursdays at 10:40 a.m. A parent must accompany the child in class, although both parents are welcome. Leanna Lawson will be the instructor for these classes.



Strongman

A new Strongman Class meets on Tuesdays and Thursdays at 6:00 p.m. (weather permitting) on the soccer field located at the Y. Matt Miles, a certified personal trainer, is teaching the class. This is designed for the individual who is looking to be trained at the highest level of intensity. Explosive exercises will be taught.



Group Personal Training

Group Personal Training is a new opportunity for our members who wish to train in small groups (selected by the member) and during a time that better accommodates their daily schedule. These sessions will be held in the Group Exercise or Cycle Room and will be available in late July. Member's who purchase a session, or a package of multiple sessions, must train in groups of 2-4 people. Please contact Debbie Overacker, Wellness Director to learn more about class offerings, available trainers and times that sessions can be scheduled.

The Summer Group Exercise Schedule (June-August) can be picked-up at the Member Service Desk. An additional Dance Rhythms class (45 minutes) has been added on Friday's at 11:05 a.m. Leanna Lawson will be the instructor.

CHILDCARE



Summer Camp

The summer is going great! We recently had a visit from Jungle Jim who treated campers and counselors to a hands-on animal education program with a touch of comedy and magic. He brought many different animals and we all had a blast! The kids have also had a pizza party, tie dyed shirts, and had a healthy eating lecture. We plan on having two more lectures on healthy eating, a dental lecture with teeth cleanings and sealants, a popcorn picnic at the soccer park, a trip to Locust Springs Christian Retreat Center and a camp wide Penny Carnival at the end of the summer. Our Tennis and Baseball camps were very successful and we still have openings in Soccer camp, which was rescheduled for July 11-15, due to the weather. Basketball camp will be held July 18-22 for first through eighth graders. The summer schedule is very flexible in that you can sign up for only the weeks needed. Camp hours are 6:30 a.m.-6:00 p.m. with scheduled activities from 8:30 a.m.-4:00 p.m. You may bring and pick up your child at any time you wish, as we try to accommodate most any schedule. Camp is designed for grades pre K-eighth. Fees are \$62 for Y members and \$88 for non-members. There is a \$5.00 discount for additional children in the same family attending the same week of camp.

AFTERSCHOOL

The Afterschool Program will begin when school starts in August. Registration forms will be available by mid-July. Partial and full week enrollment is available. Full-day care is also available when school is not in session due to inclement weather and some holidays. This program is for members who attend Tusculum View, Eastview, Hal Henard, Greeneville Middle, Doak, Chuckey Doak Middle and Greeneville Adventist Academy. Goals are to provide a safe, stimulating and fun place for children and to encourage and teach independence, respect and responsibility. We want to provide parents with as much worry-free care as possible. Our flexible schedule includes homework assistance and supervision, recreational sports, games, outdoor activities, snacks, free time, swimming, gym time and more. Financial Assistance is available to those in need and who meet the requirements.

YMCA SPORTS ON OUR WEBSITE

Check out the YMCA's Website: www.greene-county-ymca.org for all your sports' information. Rosters, schedules, rules, make-up dates, registration forms, general information, and much more!

SPORTS

SPORTS NEWS

YMCA MEN'S 4 ON 4 BASKETBALL LEAGUE

Play in the Men's 4 on 4 Basketball League began in mid-November and concluded in late February. Season champions in all divisions were: John Deere Yellow (Corporate A), Signature Health Care (Corporate B), Wii Phat (Open A), and Double D Tire and Battery (Open B). Tournament Champions were: Wal-Mart (Corporate A), Old Castle Glass (Corporate B), Wii Phat (Open A) and First Baptist (Open B). Team Sportsmanship Winners this season were: GLPS (12.0, perfect!) Corporate A, Tony Jones Termite & Pest Control (11.6) Corporate B, Pro Clean (10.3) Open A and The Arsenal (11.5) Open B.



YMCA WOMEN'S 4 ON 4 BASKETBALL LEAGUE

The women recently completed their season. The season champion was Snapps Ferry Packing led by Captain Jordan McAfee. Their record this season was 8-2. The Tournament Champion was the 5th seed, Jerry's Used Cars. Jerry's scored a (85-76) decision over the #3 Bombers to capture the overall league championship.

YMCA YOUTH BASKETBALL LEAGUE

The children completed their season in mid-April. This year's season champions, with identical records of 7-2, were The Blue Devils coached by Ricky Frye and the Devils coached by Nat Renner. In the tournament championship game the #1 Blue Devils captured the trophy by defeating #3 Jedi, coached by Pat Crum. Special thanks go out to all the volunteers who either coached, assisted, or served as team parents!

WOMEN'S VOLLEYBALL LEAGUE



This year's women's volleyball league concluded in late May. Season Champions were: Twisted Scissors (A Division) and Victorious Secret (B Division) sharing the title with Tusculum (B Division). Following the regular season a tournament was held to determine the Overall League Champions. In the A Division, #3 Greeneville Orthodontics posted a (3-0) victory over Jerry's Used Cars to capture the championship. The B Division Overall Championship was won by Victorious Secret who defeated Tusculum (3-1) in the championship game. A special thanks to Suzanne Byrd and Lisa Coffey, League Director.

YMCA-ROTARY SPRING SOCCER

Over 500 youth participated this season in divisions ranging from the Bidy Soccer (U-4) to 15 years! Steven Neesen once again did a wonderful job guiding the Bidy Soccer Participants. Following 6 weeks of instruction they concluded their season by playing several "games"! Scores and standings were kept in the U-8 Divisions and above. This spring's Season Champions were: Sidekicks (U-8G), Renegades and Blue Hornets (U-8B), Cobras (U-10G), United (U-10B), Green Machines (U-12 COED), and Cyclones (U-15 COED). Following the regular season a tournament was held in those divisions. Champions were: Sidekicks (U-8G), Blue Hornets (U-8B), Cobras (U-10G), United (U-10B), Green Machines (U-12 COED), and Thunder (U-15 COED). As always, we appreciate the many volunteers who served as coaches, assistants and team parents. Without their dedication our programs would not be possible!



UPCOMING SPORTS' PROGRAMS

Sign-ups will begin Tuesday, July 5th for T-Ball and Fall Soccer.