



February 2009

# newsletter

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

## TO THE YMCA MEMBERS:

It is hard to believe that another year has passed by and 2009 has started with a bang at the Greene County YMCA. Very similar to past years, January was a very good month in regard to program participation and new member enrollment. These are two areas we monitor very closely as they combine for nearly 80-85% of our annual income. With that said, my first reaction is to say thank you for your support of our organization. Many of you have been long time supporters while others are new to the YMCA. Without you, we would be hard pressed to provide the wide range of opportunities and services that are now available to our members.



As we all realize, each of us are probably going to find some difficult times in 2009 as we feel the effects of economic change. Now, possibly more than ever, is when organizations like the YMCA are needed in most communities. Although each of you pay monthly dues (family-\$52, married couple-\$42, individual-\$32), compare this cost of entertainment for your family over a 30 day period to going out to eat or to a movie for a family of four. No matter how tight our personal budgets become, we all need to get out, address our personal health needs and associate with good people. More than ever before, the Greene County YMCA can be this avenue for individuals and families at a minimal cost per visit. Please take advantage of your membership and encourage your friends and family to consider the same.

As the Director of the YMCA, I am proud that our monthly dues were not increased in 2009, even though we will see a significant increase in expenses. We have also been able to help numerous individuals and families who have lost jobs by providing financial assistance for membership. No matter what your personal situation may be, be confident in the value of your membership, the many opportunities that are provided and the friendly environment at the Greene County YMCA.

Sincerely,  
*Mike Hollowell*



## MEMBERSHIP NEWS

Do you have friends who are not members now, but who could be? We encourage you to bring potential members as your guest any Monday through Saturday. As long as they have not been a guest or a YMCA member before, they are welcome to sign in with you at Member Services and enjoy our facilities. Please remember that you must be 18 or older to bring a guest and your guest must also be at least 18.

We want to remind everyone that food and drinks, other than water, are only permitted in the lobby area. We try to keep our facility clean for our members and ask that everyone please keep these rules in mind.



Winter weather has been upon us here in Greene County. As a reminder: if GREENEVILLE CITY SCHOOLS are out due to weather, all group exercise, indoor cycling and aquatics classes are canceled. Closings are posted on our website as soon as it is made available to us.

Have you visited the YMCA on line? [WWW.GREENECOUNTY-YMCA.ORG](http://WWW.GREENECOUNTY-YMCA.ORG) is a great resource for class schedules, program information and the answers to most questions you may have about our facility and what we have to offer.

## MEMBERSHIP HANDBOOK



It is our hope that every member of the Greene County YMCA has received a copy of the Membership Handbook that was revised nearly a year ago. There seems to be some confusion, and at times disagreement, about the age requirements as they relate to supervision. If you have children ages 12 and under, please read the age requirement section of the handbook and refer any questions to Sandy Pruitt, Melissa Donnelly or Mike Hollowell. Risk management at a YMCA is a broad subject. Protecting our children is at the top of our priority list. We feel the responsibility to provide programs for children of this age, as well as free Childwatch

and Youthwatch at various times of the day. As I am sure you understand, we cannot offer this supervision during all hours of the day and we hope that you respect our policy of not allowing young children to be unsupervised.

## CONSTRUCTION WORK

Some time in the next few months, contractors will be back on site to complete a project in the original part of our facility. They will be on site for approximately four weeks and things could be a bit messy as they will be working above the ceiling tile making our hallways and lobby smoke tight. Daily operations will be normal and we will do our best to minimize any inconveniences. Thank you in advance for your cooperation.

## PARKING AT THE YMCA

During these busy times of the year, we want to remind YMCA participants that we have overflow parking behind the facility. Please park in the front when spaces are available. If the front parking lot is full, park in the back and enter our facility through the back doors. The back entrance will be unlocked only during hours that the front lot is full. People who do park in the back may exit through the back doors without the alarm sounding.

## PLAYGROUND PLANNED

We are in the process of designing a new outdoor playground at our facility that will be located adjacent to the pavilion and playing field. This will be a wonderful addition to our afterschool and summer camp programs and for the many children who visit the YMCA. Special thanks to some generous individuals who have made contributions to help offset part of the cost. Completion of this project is expected to be this spring.

## SPORTS

### UPCOMING PROGRAMS

Signups for the YMCA-Rotary's Spring Soccer Program continue through February 27<sup>th</sup>. Each season over 400 youth in grades Kindergarten through 8<sup>th</sup> participate in this program. Practices will start in mid-March and games will begin in early April. The season will conclude by May 23<sup>rd</sup>.

Biddy Soccer begins registration on February 16<sup>th</sup> and will continue until March 8<sup>th</sup>. Children ages 4 and 5 are eligible to participate and will be introduced to the fundamentals of soccer.

Sign-Ups for the YMCA's Summer Youth 3 on 3 Basketball League begin April 20<sup>th</sup> and conclude May 17<sup>th</sup>. Youth in grades (up-and-coming) 5<sup>th</sup> through 10<sup>th</sup> are eligible to participate. Youth form their own teams with a team "captain" serving as the team's organizer and spokesperson. Games will begin in early June and will conclude before school begins in August.

All Youth Sports' programs are COED and early registration is encouraged.

### CURRENT PROGRAMS

The YMCA-Tusculum College Winter Indoor Soccer League completed their season on January 15<sup>th</sup>. It was a fantastic season with nearly 450 participants. There were 8 divisions this season including a Kindergarten COED division for the first time. Season Champions were: 1<sup>st</sup> & 2<sup>nd</sup> Grade COED Cosmos (Captain Eben Jones), 3<sup>rd</sup>-5<sup>th</sup> Grade Girls United (Captain Angela Bride), 3<sup>rd</sup>-5<sup>th</sup> Grade Boys Radiohead (Captain Paul Sherman), 6<sup>th</sup>-8<sup>th</sup> Grade COED The Marauders (Captain Will Magill), High School Girls Yellow Nanners (Captain: Alyssa Crum), High School Boys Raw (Captain Matt Magill), and Adult COED Impact (Captain Myra Conley). The YMCA would like to thank all the volunteers who served as Captains and who helped to make this a very special season. Special thanks goes to Coach / Athletic Director Frankie DeBusk, Ryan Tassel, and the administration / faculty of Tusculum College who worked so very well with the YMCA in order to provide this league and such a great service to our local community.

The YMCA Men's 4 on 4 Basketball season is in full-swing and is nearing the conclusion of the season. There were 22 teams and over 150 men participating this season.

## CURRENT PROGRAMS

The YMCA Youth Basketball League is off to a great start. There are 4 teams this season: Red Falcons (Coach Ken Bailey), Stingers (Coach Don Reed), Shockers (Tommy Carter), and Green Machines (Mike Finchum). Games have begun and the season will conclude by March 13<sup>th</sup>.



Biddy Basketball has over 90 participants this winter. Children participate in 6 weekly practice sessions followed by 2 weeks of games. Dustin Landers is heading this program, assisted by Kacie Letterman.

Women's Volleyball Season is nearing the start of their season. This season nearly 20 teams and over 100 ladies are participating in one of our largest leagues ever. The women will begin their season on Sunday, February 22<sup>nd</sup>. The season should conclude by mid-May.



A special thanks goes out to all the captains and coaches who have volunteered or who are planning to volunteer in one or more of our upcoming programs. For more information about YMCA programs check out our website: [www.greenecounty-ymca.org](http://www.greenecounty-ymca.org) or contact Danny Silvers at [dannys@greenecounty-ymca.org](mailto:dannys@greenecounty-ymca.org).

## WELLNESS NEWS GROUP EXERCISE CLASSES

Bootcamp, CSI & HIT, are some of the new exercises classes offered this year. We also have yoga, cycle and core classes on Saturday and Sunday. Please stop by our Membership Services Desk and pick up your new group exercise schedule.

## ACTIVE OLDER ADULTS PROGRAMS (AOA)

Be sure to pick-up your schedule each month of new activities offered for our active older adults. We have Bingo, Knitting Club, Exercising Our Minds Trivia Pursuit, Zumba, Line Dancing, Forever Chair Exercises and Gentle Yoga. New activities are posted each month on the bulletin board located by the Adult Gym.



## MARCH WORKSHOPS

A Taste of Healthy Cooking Workshop - 3/10/09, 10:00am  
Boomeritis – Lifestyle challenges for the baby boomers – 3/31/09, 10:00am  
Dr. Lewis (Sports Medicine Specialist with Takoma Medical Associates).



## PERSONAL TRAINING

A new personal training brochure is available for pick-up at the Membership Services Desk with pricing and a photo of each of our eleven (11) trainers.

LMH/YMCA BUNNY HOP 5K RUN/WALK is scheduled for April 4<sup>th</sup>. We will celebrate Healthy Kids Day and have an Easter Egg Hunt on the same day. All Activities will begin at 9:00 a.m. Registration Forms for the 5K is on our Web site.

## CHILDCARE

The Afterschool Program's 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 Chuckey Doak Middle and Doak in the County and Greeneville Middle, Hal Henard,



Eastview and Tusculum View in the City. Pre-K pick-ups are available at Hal Henard, Eastview and Tusculum View. Activities include participation in the Game and Tech Room, Youth Gym, the Youth Center, or Youth Wellness. 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 7:00am-6:00pm 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 days when the program will be offered for all day care are March 20<sup>th</sup>, March 23<sup>rd</sup>-27<sup>th</sup>, April 10<sup>th</sup> and May 22<sup>nd</sup>. We will be closed May 25<sup>th</sup> for Memorial Day.

The YMCA Summer Camp focuses on physical activities and group interaction in a safe environment for boys and girls in Pre-K through eighth grade. Camp is available from May 26<sup>th</sup> to August 7<sup>th</sup> from 6:30am- 6:00pm. Some daily activities include swimming, various group games, sports, devotions, free time in the Game and Tech Rooms, and more. We have added a climbing wall in the Youth Wellness center that our Camp kids will be able to use. There will be various field trips and other special activities that include tickets and YMCA Night for the Greeneville Astros and the very popular YMCA Camp-Wide Penny Carnival. If your child has interest in sports, we have Tennis, Baseball, Soccer, Basketball and Golf Camps. Fees for this summer are \$62.00 for YMCA members and \$88.00 for non-members. There is a \$5.00 sibling discount for additional children in your family attending camp the same week. Financial Aid is also available for those who are eligible.

## AQUATIC NEWS

We will have two new sessions of **SWIM LESSONS** starting on March 3<sup>rd</sup> and April 7<sup>th</sup>. Classes will be on Tuesday and Thursday starting at 4:30pm and will run for four weeks. Lessons will be offered for parent/tot (ages 6 months- 36 months), preschool (ages 3-5), youth (ages 6-12) and adult (13 and up). Please see the Member Service Desk for more information.

## LIFEGUARDING

A lifeguarding course will begin on Monday, April 27<sup>th</sup> at 5:30pm. This class will meet Mondays and Wednesdays for approximately five weeks. Included in the cost of this course are CPR, First Aid and Oxygen Administration certifications as well as their lifeguard certification. Please see the Member Services Desk prior to April 27<sup>th</sup> for registration information.

## \*NEW AQUATIC CLASSES\*

**20/20/20**-Total body workout by incorporating twenty minutes of cardio, twenty minutes of arm and leg toning and twenty minutes of core work. This will be done in shallow water.  
**Aqua Abs**-This 30 minute, shallow water class will push your abs to the limit.  
**Split Fit**-This is an advanced water fitness class. The class will be a split between shallow and deep water and will involve the use of water weights and music. Ease in deep water is recommended.

### CPR (Certification in Child, Infant and Adult CPR)

CPR classes are scheduled as follows:  
May 7<sup>th</sup> at 6:00 P.M

### FIRST AID

Basic first aid classes are scheduled as follows:  
May 12<sup>th</sup> at 6:00 P.M

Cost for these classes is \$35.00 each.



Official Publication of the Greene County YMCA

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