

## TO THE YMCA MEMBERS

During a time, in our society, when the economy is truly having an impact on many individuals, families, small businesses, large industries and to communities, in general across our nation, I felt that this was an ideal time to communicate with you the current status of the Greene County YMCA. Your investment, through membership, program participation, annual giving, capital gifts and estate planning are all major components of whom we are today and who we will be for years to come. Thank you for your ongoing support of our organization through these difficult times.

Because of this community support, we were able to do some wonderful things over the past two years by adding a new addition and renovating most of the facility that was built in 1980. To maintain, and even increase this support of the YMCA, it is our commitment to; first and foremost, continue to provide quality services to our participants along with new and improved programming to meet the needs of today's clients. Secondly, it is our commitment to maintain and improve the quality of our facility and equipment on an ongoing basis to handle a membership base of nearly 6,000 members. We are fortunate that during the difficult economic times in 2009, that there has been a limited need for necessary major expenses. This has allowed us to budget this year very conservatively in hopes that we will see improved economic conditions in 2010. Our management staff is doing an outstanding job of controlling unnecessary expenses this year, but is planning new and ongoing projects for the next five years assuming economic conditions improve during that time frame.

You realize that we cannot meet the requests of every member, but please do not hesitate to share with us ideas that you may have to improve the quality of your experiences with the Greene County YMCA. We hope you have a great summer!

*Mike Hollowell*

## PLAYGROUND COMPLETED

Thanks to some generous financial support from a few of our YMCA members and one local business, the outdoor playground was completed in early April. The location is adjacent to the pavilion and will be a great addition for our afterschool and summer camp kids as well as the many other youth who participate in activities at the YMCA. Please take advantage of this new addition when you have the opportunity.

## MEMBER GET A MEMBER

In an effort to continually grow our membership, we are encouraging our current members to help us recruit new members to our organization. If you know someone who has an interest in becoming a YMCA member, please provide their name and address to Melissa Donnelly (Marketing/Membership Director). Mel will immediately send an introductory letter to the prospect that outlines some of the benefits of the YMCA along with a day pass for a free visit. If your referral actually becomes a member of the YMCA, a small gift will be given to you in appreciation of your support to increase our membership. This membership drive will continue through 2009 and please contact Melissa if you have a referral or any additional questions.

## SPECIAL THANKS – VOLUNTEERS

It would be hard to imagine an organization like the YMCA effectively operating without the support from hundreds of volunteers on an annual basis. The staff of the YMCA would like to take this opportunity to thank the many individuals who have accepted this valuable role in our organization. Not only are we pleased with the number of people who give of their valuable time, but the quality of their efforts to positively impact the lives of youth, adults and families in our community. Thank you for your support!

## MEMBERSHIP

Summer is right around the corner, so get ready for more great activities at the YMCA. Summer camp, swim lessons, and youth sports will be in full swing. With all of this activity,

it is important to remember the guidelines for leaving children at the facility. Individuals age 13 and older may be at the YMCA without adult supervision. Youth ages 11 and 12 must have adult (age 18 or older) in the facility or on the property at all times, except when school is out. When school is out, youth ages 11 and 12 may be at the YMCA without an adult present from 1:30-6:00 p.m. Youth ages 10 and under must be accompanied by an adult at all times. Childwatch is provided Monday through Friday morning (8:00 a.m.-noon) and Monday through Thursday evening (4:00-8:00 p.m.) for children ages 6 weeks-7 years.

Please don't forget to visit our website: [www.greencounty-ymca.org](http://www.greencounty-ymca.org). All schedules for group exercise, indoor cycling, aquatics and sports will be posted as soon as they are available.

## WELLNESS NEWS

CONGRATULATIONS TO THE BIGGEST WINNERS.

TEAM 2: Lost 70 ¼ lbs.

Listed below are the winners who lost the most weight

during the 10 weeks: 1<sup>st</sup> – Mary Khalilian

2<sup>nd</sup> – Brenda Chalfanta 3<sup>rd</sup> – Thomas Annett

## GROUP EXERCISE CLASSES

Several Wellness changes have been made for the summer months. The Saturday 9:00 a.m., Wednesday 6:00 p.m. and the Tuesday 11:00 a.m. AOA cycle classes will be cancelled during the summer months. Also the Bosu class on Thursdays at 7:05 p.m. and the Sunday core class at 3:00 p.m. will be cancelled. Schedules will be available the last week of May at the Member Service Desk.

## 5K RUN AND EASTER EGG HUNT

We had 121 runners at our 5K run and approximately 150 children at our Easter Egg Hunt and Healthy Kids Day held April 4<sup>th</sup>. Special thanks to Laughlin Hospital for their ongoing sponsorship of the 5K races and Easter Egg Hunt. Our August 5k Run is scheduled for Saturday the 22<sup>nd</sup>. Registration opens at 6:30 a.m. with the race beginning at 8:00.

## PERSONAL TRAINING

Stop by and pick-up your personal training brochure with pricing photos and a brief description of each of our ten certified personal trainers.

## ACTIVE OLDER ADULTS PROGRAMS (AOA)

Be sure to pick-up your schedule each month of new activities offered for our active older adults. We offer Bingo, Zumba, Line Dancing, Forever Chair Exercises and Gentle Yoga. New activities are posted each month on the bulletin board located near the Adult Gym door.

## YOUTH WELLNESS CENTER

The youth wellness center will have staff supervision Monday – Friday from 9:00 a.m. - 11:00 a.m. and 4:00 p.m. - 8:00 p.m. The morning supervision may be reduced after the first two weeks based on the usage of this service. Please check the Member Service Desk for these changes if applicable.

## Aquatics

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 Monday thru Thursday for two weeks and will be offered in the morning and evening. Dates and times are as follows:

**Session Dates:**

June 1-June 11  
June 15-June 25

**Class Times:**

**Parent/Tot**  
Ages 6-36 months  
10:45 - 11:15 A.M.  
5:00 - 5:30 P.M.

**Youth**  
Ages 6-13  
10:00 - 10:45 A.M.  
5:30 - 6:15 P.M.

July 6-July 16  
July 20- July 30

**Preschool**  
Ages 3-5  
10:00 - 11:30 A.M.  
5:30 - 6:00 P.M.  
**Adult**  
Ages 14 and up  
6:15 - 7:00 P.M.

This summer is a perfect time to reserve the pool for a birthday party or any group celebration. Your party includes up to one and a half hours of pool time in our newly renovated aquatic facility supervised by certified lifeguards followed by a 30 minute party celebration in a private room for you and your guests. The gym and youth center are also available for parties during specified hours. Contact the Member Service Desk for more information.

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.

### SUMMER CAMP

It's never too early to start thinking about plans for the summer. The YMCA summer camp is different from routine daycare because we provide a variety of supervised activities and fun-filled events. Our staff is fun, responsible, caring, and chosen for their experience with children. Our campers enjoy a range of age-appropriate group activities including sports, games, arts and crafts, special trips and swimming. The Y also offers specialty camps for tennis, baseball, soccer, basketball, and golf with the goal of developing a positive attitude towards and a familiarity with each sport. The summer schedule is very flexible in that you can sign up for only the weeks needed. For organizational reasons, please sign-up your child by the Friday before the weeks that your child plans to attend. Camp will be in one week sessions from May 26 to August 7. Camp hours are 6:30 a.m.-6:00 p.m. with scheduled activities from 8:30-4:00. You may bring and pick up your child at any time you wish as we try to accommodate most any schedule. It is designed for grades Pre K – eighth. Fees are \$62 for YMCA 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. The first week's payment is due at registration. Financial Assistance is available to those in need and who meet the requirements.

Our Afterschool Program is always available to our members during the school year. Look for Afterschool registration to begin in mid July for Hal Henard, Eastview, Tusculum View, Greeneville Middle, Doak, and Chuckey Doak Middle School. Transportation and snacks are provided. Participants have the option to swim twice a week and homework help is provided if needed. 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. Please call the YMCA at 639-6107 or go to [www.greeneounty-ymca.org](http://www.greeneounty-ymca.org) for more information.

### UPCOMING SPORTS' PROGRAMS

Sign-ups have begun for a number of programs which will be having their seasons during the summer. 3 on 3 Youth Basketball (grades 5<sup>th</sup>-10<sup>th</sup>), 3 on 3 Men's Basketball (10<sup>th</sup> grade varsity through adults), Youth Flag Football (kindergarten through eighth), and the Summer Soccer League (10<sup>th</sup> grade through adults) have all begun registration. The T-Ball program (4 years old through 2<sup>nd</sup> grade) will begin registration July 6<sup>th</sup>. There's plenty to do this summer for you and your children so come by the Y today and sign up for one of our Sports' Programs!

### 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: Brittontown / Captain Aaron Spears /

13-1 record (Church Division), Landair / Captain Creighton Zirkle / 12-2 record (Corporate A Division), Gary's Paint & Body Shop / Captain: B.J. Gray / 8-6 record (Corporate B Division), and East Tennessee Collision Repair / Captain James Buchanan / 13-1 record (Open Division). Following the regular season, post-season tournaments were held for the following divisions: Church Division (Brittontown defeated Christ United 82-75), Corporate A Division (Landair defeated Vistawall 82-76), and Corporate B Division (Gary's Paint & Body Shop defeated Crown Tonka Titans 82-77). East Tennessee Collision Repair was the overall League Champion as they defeated Gary's Paint & Body Shop by a score of 97-73 in the finals of the Tournament of Champions. League-wide scoring leaders this season were: Chris Poore (ETCR) 50.7 avg. / 558 points, DaShaud Moore (GPBS) 38.6 avg / 657 points, Dustin Landers (DLVS) 29.5 avg. / 383 points, Jason Kilday (ATR) 27.6 avg. / 386 points, and Josh Dearing (Vistawall) 26.9 avg. / 431 points. Sportsmanship winners were: Brittontown (Church Division) / perfect 12.0 rating, Angus-Palm (Corporate A Division) / 11.4 rating, Dynasty (Corporate B Division) / 11.9 rating, and DL-VS (Open Division) / 11.3 rating.

#### YMCA WOMEN'S 4 ON 4 BASKETBALL LEAGUE

The women recently completed their season. The overall League Champion this season was the Lady Devils team, captained by Lesley Murray. The Lady Devils completed the regular season with a perfect 11-0 record. Following the regular season, post-season tournaments were held for the A & B Divisions. Ron's Backhoe and Excavating (Captain Jessica Mathes) defeated That-One-Team (Captain Ashia Brown) by a score of 54-44 to capture the B Division Tournament Title. In the A Division, the Lady Devils defeated Laughlin Memorial Hospital (Captain Nicole Riddle) by a score of 83-61. Leading scorers this season were: Nicole Dickson (Lady Devils) 38.1 avg. / 457 points, Jessica Archer (Starr Law) 35.1 avg. / 386 points, Debbie Johns (Jerry's Used Parts) 28.2 avg. / 282 points, Carmen Gamble (Central Drug) 25.1 avg. / 301 points, and Kayla Ford (Jerry's Used Parts) 23.9 avg. / 239 points. The overall Sportsmanship winner this season was Laughlin Memorial Hospital with a beyond perfect Sportsmanship Rating of 12.4.

#### YMCA YOUTH BASKETBALL LEAGUE

The children completed their season in mid-March. This year's season champion, with a record of 9-1, was the Green Machines' team coached by Mike and Lori Finchum. Following the regular season, a post-season tournament was held. The Shockers, coached by Tommy Carter and assisted by Pat Crum and Anthony Ebmeyer, defeated the Green Machines by a score of 27-17 in the tournament championship game. Each team in the league (Green Machines, Shockers, Red Falcons, and Stingers) shared the Sportsmanship award and every player was awarded a YMCA Character Values' shirt. All teams posted a perfect Sportsmanship Rating this season!

#### MASSAGE THERAPY

A reminder for our members about our massage therapy services provided by two outstanding thereapists. Hulen Brady (470-5411) and Lauren Crum (552-3597). Please call Hulen or Lauren to schedule a 30, 60, or 90 minute session or stop by the Member Service Desk to purchase a gift certificate for a special friend.

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