

Upcoming Events:

- Swim Lessons
- Lifeguard Class
- Afterschool Care
- Floating Pumpkin Patch
- Blood Screening
- Men's 4 on 4 Basketball
- Winter Indoor Soccer



Newsletter

October–December 2010

To the YMCA Members

Another exciting summer has passed and what an amazing period of time it was for the Greene County YMCA. I say this for a number of reasons, but specifically because of the number of youth that were consistently in our building from the moment that schools ended in May, until the start of school in August. As the Executive Director of this YMCA, there are many parts of my job that are rewarding, but none any greater than watching this Y and this staff, impacting the lives of thousands of kids from our community. For those people who are unaware of the value a YMCA has in Greeneville and Greene County, I only wish that they could spend one day in our facility, during the summer months, to observe these youth engaging in the many programs and activities that are offered throughout the day. Over 100 summer camp kids (pre-K thru 8th grade) marching out the front door, single file, to start their day with the Pledge of Allegiance in the front parking lot, or watching the different ages of camp kids share space in our facility rotating from the playground, to the game room or the gym and to the Youth Activity Room to use the climbing wall and dance pad. They would see children of all age's in the pool area participating in one of our many morning or evening sessions of swim lessons. The level of excitement that they would observe when a child overcomes that fear of jumping off the diving board for the first time or maneuvering around the pool without a flotation device. Then there are the kids who are just members of the Y who gather at our facility with no real plan of action, that use their creativity to engage in a wide range of opportunities that our facility offers. This does not include the number of children in Childwatch and Youthwatch, or those who registered and participated in one of our youth sports programs or simply youth who come to the Y with mom or dad, to engage in one of many family opportunities that are available.

YMCA's are about serving people of all ages and backgrounds and developing programs and services in conjunction with the overall mission of our organization. The Greene County YMCA is very fortunate in its ability to serve such a diverse group of people, of which none may be more valuable than the impact that we are having on the children from our community. I congratulate our outstanding staff for their leadership and the impact that they have on these young lives, but also want to compliment our adult members who not only understand that this is an important responsibility of our organization, but who also play a significant role by modeling good behavior in their daily interactions.

Mike Hollowell

MEMBERSHIP



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

It's a first....

You may have notice or heard that the Y (Nationwide) is changing the way we present ourselves. For the first time in 43 years, we are unveiling a new brand strategy. The new strategy is designed to increase the understanding of the impact we are making in the community, so that more people can take advantage of our unique capacity to foster lasting personal and social change. Our community has needs, and the Y remains a central location to meeting them. We have always known that positive change only comes about when we invest in our kids, our health and our community which is why the Y is placing an emphasis on three important areas – **Youth Development, Healthy Living and Social Responsibility**. While we have changed our logo to better reflect the work we do and the positive impact we make, the Greene County YMCA continues to support our community in the same way that we always have.

Safety Issue

You are probably aware that parking lots can be an area for minor accidents. Because of this, and due to the number of children who are part of the YMCA, we are requesting that users of our facility become more diligent about driving at a safe speed and following the traffic signs and flow as laid out. To help with this, a few changes will take place in the next couple of weeks. On the one-way stretch as you enter the parking lot off of Y Street, two speed bumps will be formed to help slow down traffic. Also in the first section of parking (since it is one-way traffic), the parking spaces will be angled so that oncoming traffic will be more visible as cars are backing out of the spaces. Thank you in advance for your attention to this in an effort to create a more safe area for the many people using the YMCA.

**PLEASE
SLOW
DOWN
CONSIDER
OUR KIDS**

Facility Improvements

Although improving the quality of our programs and of our facilities is an ongoing process for our management staff of the Y, the fall is typically a time that we try to plan various projects and improvements. Our Board of Directors is very supportive (when finances are available) and understands the value of not only maintaining our facilities, but seeing that necessary supplies and equipment are readily available to the members of our organization. We are pleased with the improvements that have been made to the Terry Bellamy Soccer Park this year, along with some improvements to our main facility that include our parking lots being re-sealed and striped, the adult gym floor and racquetball courts being resealed and a new water fountain, just to name a few. We are currently evaluating the replacement of some cardio equipment in the Wellness Center, group exercise equipment and other areas that may be in need of some upgrades. Of course, these decisions are based on need and availability of funds, but please feel assured that the management staff of the Y is always looking for ways to improve the services to our members.

MEMBERSHIP

We are grateful for our Members and want to make sure everything stays as nice and clean as possible to guarantee your satisfaction. Please keep in mind that snacks and drinks, other than water, are only allowed in the lounge. There are trash cans throughout the facility for trash you may have, so we ask that you be considerate of each other and help us keep your YMCA as clean as possible. There are towel bins in the original locker room foyers, outside the wellness center, outside both locker rooms in the addition and one in the lobby for your convenience.



UPDATE YOUR MEMBERSHIP INFORMATION

Membership Account Changes

Your account information is very important to us. Be sure that if you need to make any changes to your monthly draft, please stop by the Member Service desk on or before the 12th of the month so the changes can take affect for the upcoming bank draft.

AQUATICS

Fall Swim Lessons

Get ready for next summer by taking swim lessons in the fall! Certified lifeguards will be teaching people of all ages and experience levels. Hurry and register, there are only two fall sessions left!

Session Dates:

October 4th – 27th (Monday & Wednesday)

October 5th – 28th (Tuesday and Thursday)

November 2nd – 30th (Tuesday & Thursday)



Lifeguarding



A lifeguarding course will begin on Tuesday, October 5th at 5:30 p.m. This class will meet Tuesdays and Thursdays for approximately five weeks. Included in the cost of this course are CPR, First Aid and Oxygen Administration certifications as well as the lifeguard certification. Please see the Member Service Desk for registration information.

HOLIDAY CLOSINGS

November 25 & 26
(Thanksgiving and Day after Thanksgiving)

December 24 & 25
(Christmas Eve and Christmas Day)

January 1
(New Year's Day)

Don't forget to check out our sign!

New events and information are updated on the sign in front of the building periodically!

CHILDCARE



The Afterschool Program is off to a great start this year with lots of activity choices for our members. Partial or full week enrollment is available. Our goal is to provide a safe, stimulating, and fun environment for children at the end of their school day and to encourage and teach towards the YMCA core values of Honesty, Respect, Caring and Responsibility. 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. Also, as a special treat, we go to the park on Wednesdays (weather permitting).

Our goal is to provide a safe, stimulating, and fun environment for children at the end of their school day and to encourage and teach towards the YMCA core values of Honesty, Respect, Caring and Responsibility.

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:**

October 8th and 11th
November 1st, 2nd, 24th
December 20th-23rd
December 27th-31st
January 3rd

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

Thursday, November 25th - Thanksgiving Day
Friday, November 26th - Day after Thanksgiving
Friday, December 24th - Christmas Eve

SPECIAL EVENTS

FLOATING PUMPKIN PATCH



Join us **Thursday, October 28th at 6:00 p.m.** for our 2nd annual Floating Pumpkin Patch! Come prepared to get wet and have fun as you find your favorite pumpkin **floating in the pool**, hop out, and then decorate the pumpkin to make it your very own! This event is open to members and non-members and the cost is \$5.00. For more information please call the Member Service Desk at 639-6107. Space is limited to the first 75 people. Please no costumes.

WELLNESS



We would like to welcome Matthew Olson and Matthew Taylor to our Wellness Staff, along with Kate Shelton as a certified Personal Trainer and Instructor Gloria Dixon to our Group Exercise Staff.

Two new classes have been added to our Fall Fitness Schedule:

ROCK YOUR YOGA - TUESDAY @ 5:10 p.m. - Incorporates several different types of yoga while focusing on the thematic aspects of an asana to deepen awareness in specific body areas (shoulders, core, abs, hips and balance). This class is delivered in a way that allows for laughter and honesty with yourself taught by Amanda Gricunas.



LUNCH INDOOR BOOTCAMP MONDAY AND WEDNESDAY @ 12:30-1:00 p.m. A high energy class incorporating various exercises modes, to achieve an intense full body workout. The class consists of cardio/boot camp style workout with Personal Trainers Matt Carpenter and Kate Shelton.

SPORTS

SPORTS NEWS

YMCA-Rotary Fall Soccer and our T-Ball program are currently underway. Special thanks go out to all of the Coaches, Assistants, and Team Moms and Dads. The YMCA is built around volunteers and without their effort our programs would not be a success. Over 400 children are participating in soccer, t-ball and biddy soccer. Games have begun and the seasons are set to run through late October.

The Men's 4 on 4 Basketball league, as well as our Winter Indoor Soccer Program are ready to begin. Sign-ups for those programs began Monday, September 27th. More information can be found on our website: www.greenecounty-ymca.org. The Men's Basketball League will begin play in early November and conclude in late February or early March. Indoor Soccer play will begin at Tusculum College in mid-November and conclude by mid-January.

We look forward to your participation in the many programs offered by the Greene County YMCA.

SPECIAL EVENTS

BLOOD SCREENING

On Tuesday, November 16th from 7:00 – 9:00 a.m., Laughlin Memorial Hospital will be doing blood screening (HDL, LDL, Triglycerides, total cholesterol and glucose). You will need to fast for eight hours to obtain accurate results. The cost will be \$5 for Y-Members and \$10 for Non-Y-Members.

