



# Newsletter

October–December 2011

## Wellness



### AOA (Active Older Adults)

We are partnering with Takoma Hospital and Laughlin Memorial Hospital again this year to provide our members with new information on Health Related Topics. We will

have two workshops a month to be held on Mondays and will alternate times (9:00 and 10:00) to better meet the scheduling needs of our members. Fliers are available for pick-up at the Member Service Desk or in the Wellness Center. This information will also be posted on the AOA Bulletin Board located outside the Adult Gym, in the Group Exercise Room and on Wellness Center bulletin board.



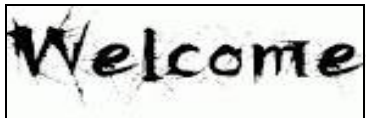
Bingo will be on the first and third Tuesday of each month at 10:00 a.m. in the Youth Center. Smoky Mountain Home Health & Hospice and Caris are our sponsors.

### Group Personal Training and Personal Training Services

Training brochures are available for pick-up at our Member Service Desk. For more information contact Debbie Overacker Wellness Director or e-mail at [debbieo@greencounty-ymca.org](mailto:debbieo@greencounty-ymca.org).

### Group Exercise Classes

The new fall schedules are available for pick-up at the Member Service Desk or can be viewed on our website.



We would like to welcome **Joel Carver, Charlotte White and Shawna Bracy** to our Wellness Staff.

## AQUATICS

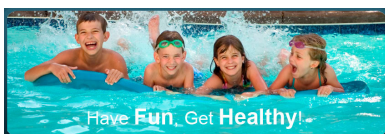
### Fall Swim Lessons

The fall sessions are underway! Certified lifeguards will be teaching people of all ages and experience levels. Hurry and register, there are only two fall sessions left!

#### Session Dates:

November 1<sup>st</sup> thru November 29<sup>th</sup>  
(Tuesday and Thursday)

December 5<sup>th</sup> thru December 15<sup>th</sup>  
(Monday thru Thursday- 2 week session)



### Lifeguarding

A course will begin on Tuesday, October 18<sup>th</sup> at 5:00 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 24 and 25** – Thanksgiving Day and the day following Thanksgiving

**December 24 and 25** – Christmas Eve and Christmas Day

## CHILDCARE



At the Y, we believe that quality childcare should be available for everyone. In fact, the Y is the nation's largest childcare provider. At the Greene County YMCA, we care for more than 65 children each day in our afterschool program. We know that having quality childcare is important to the well-being of children and families. Parents can feel comfortable knowing their children are being cared for in a healthy, loving, safe environment. We will provide a variety of services that support and strengthen families and nurtures the healthy, successful growth and development of each child involved.

Afterschool is a fun, structured, healthy place for kids to spend their afternoons. All children receive a snack, at least 30 minutes of physical activity, homework help if requested and caring attention from responsible counselors. Participants also enjoy the Youth Center, gymnasiums, rock climbing wall, Wii Room, Game Room and Tech Room. Safe transportation from school is provided. Afterschool serves all city elementary schools, GMS, Doak and CDMS.

The School's Out Program is a great way for children in grades Pre-K through 5<sup>th</sup>, to be supervised and active on days when schools are on holiday breaks. We encourage these youth participants to bring a swimsuit and towel if they plan to swim and a lunch. We also make arrangements for participants to purchase a lunch if they bring money. Students attending School's Out Program may be dropped off as early as 7:00 a.m. and need to be picked up no later than 6:00 p.m.

Registration for both programs is required and the child must be a member of the YMCA.

"Afterschool is a fun, structured, healthy place for kids to spend their afternoons."

## SPECIAL EVENTS

### Floating Pumpkin Patch



Join us Thursday, October 27th at 6:00 p.m. for our 3<sup>rd</sup> annual Floating Pumpkin Patch! Come prepared to get wet and have fun as you find your favorite pumpkin floating in the pool 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.

## SPORTS

### Summer Sports Recap



Flag Football came to a conclusion with our annual Y Bowl playoffs and the crowning of Y BOWL VIII Champions. In the ages 6-8 Division, the Green Devils defeated the Titans (32-14). In the 9-12 Division, the Deadly Defenders withstood a mighty comeback by the Tiny Diner Devils and held on for a (33-27) victory. This season over 130 youth participated on 13 teams! Huge thanks go out to all the volunteers who coached, assisted, or were a team parent.

In our Summer Soccer League there were 10 teams and 100 players participating. The Surf captained by Jeff Ward captured the season championship as well as the Y CUP VIII Championship. In the Championship Game, the Surf defeated Deportivo, Captained by Pat Johnson (11-4).



In our Men's 3 on 3 Basketball League we had 16 teams and nearly 100 players participate this summer. Champions this summer were Awesome Possums (C West Season and Tourney Champs), Angeez Catering (C East Season Champs), Spyder Monkeys (C East Tourney Champs), Jerry's Used Cars & Auto Parts (B Season and Tourney Champs), Wii Phat (A Season Champs), and East TN. Collision Repair (A Tourney Champs).

### Current Happenings

T-Ball 2011 is currently underway with over 160 children participating. Thanks to all the wonderful coaches, assistants, and team parents; the children are having a wonderful and memorable time learning the game of baseball and how to be good sports. The YMCA would also like to offer a huge "thanks" to the Greeneville Parks and Recreation Department. They allow us to use their fields and lights throughout the season and also keep the fields in tip-top shape.



Over 325 youth are currently participating in YMCA-Rotary Fall Soccer. There are twenty-six teams and two sessions of Bidy Soccer (3-4 year-old). Steven Neesen does an outstanding job coordinating the soccer program and conducting the instructional sessions. Again, a huge thanks goes out to all the volunteers who help to make it possible for the children to play sports.

### Upcoming Opportunities

Registration has begun for the Men's 4 On 4 Basketball League and the Indoor Soccer Program. The basketball season should begin in mid-November and continue through February. Indoor Soccer will begin in mid-November and conclude by mid-January. Information about these and other programs can be found on our website: [www.greencounty-ymca.org](http://www.greencounty-ymca.org). We are in gratitude to Tusculum College for making the Indoor Practice Facility available for our Winter Indoor Soccer program.