

## TO THE YMCA MEMBERS

Another summer has passed and what a great summer it was. The atmosphere at the Y during the months of June, July and August felt entirely different from past years, primarily due to the number of people in our facility. Many compliments to the summer camp staff for their work with a record number of campers and organizing the daily activities in the new facility. Having the new and renovated space was not only a tremendous boost for summer camp, but for the large number of youth members who used the YMCA on a daily basis. **THANK YOU CAMPAIGN DONORS!** Morning and evening swim lessons were a huge success, as was youth and adult basketball. With a membership base of nearly 5600 members, the activity at your YMCA is at an all time high.

As you read through this newsletter, or when you visit the Y, I hope that you get the feeling that our intention is to keep moving forward with facility upgrades, and quality programs and services that are available to our membership. I am awfully proud of our staff during this time of growth and restructuring, but mostly for their commitment to provide a positive experience for all who participate in YMCA activities.

In closing, I encourage you to visit our newly developed website at [www.greencounty-ymca.org](http://www.greencounty-ymca.org). Information about our programs, various schedules, membership and registration forms that can be printed, are only a few of the features of the site that was recently developed by Melissa Donnelly (Marketing and Membership Director). We will also do our best to post current events and any cancellations on the home page. Thank you again for your ongoing support of the Greene County YMCA.

*Sincerely,  
Mike Hollowell*

## IMPROVEMENTS TO THE YMCA

Although much of our facility has changed in the past year, our goal is to continue making improvements and upgrades to our YMCA facilities. In mid-summer we completed a new **pavilion** (with picnic tables) between our parking lot and outdoor recreational area. This was a great addition for our summer camp and afterschool program and hope that it will benefit our members if you have the need for such space. A new **security system** has been installed with 32 cameras covering the outside of our building as well as the hallways and program spaces on the inside. New **heating & cooling units** have been installed in the adult gymnasium. This has been a very noticeable difference this summer for the participants using this part of the facility. We also plan to install an **air unit in the aquatic area** sometime in the early fall. Very similar to the gym units, we will be able to create a much more comfortable environment by reducing the humidity in these areas. One of our next big ventures will be an outdoor playground. This is another costly item, but one that would benefit many segments of our membership and programs. If anyone has a contact or any thoughts about this project, please inform Mike Hollowell.

## FOOD AND DRINKS

For obvious reasons, food and drinks (other than water) are not permitted in the facility, other than in the front lobby area. We try to maintain a clean facility for our members and program participants and ask that you abide by these rules.



## BACK PARKING AREA

As membership and program participation continues to grow, so will the need to use the back parking area. We will do our best to make sure the back lot is available and the back doors unlocked **only** when the front parking lot is at capacity. For safety purposes, a staff person will be monitoring the back doors. Following the evening rush, and parking again becomes available in the front, the back doors will be locked from the outside. To eliminate any confusion, always use the front lot when space is available.

## YMCA VOLUNTEERS

Our staff would like to take this opportunity to thank the hundreds of volunteers who devote many hours to our organization to ensure a quality YMCA experience for thousands of youth, adults and families from our community. We are a mission driven organization and one that emphasizes the four very important core values (Caring, Respect, Honesty and Responsibility). Thanks to many of you (coaches, board members, etc.) who give of your time, we believe that our mission and purpose is understood and well received within our community. Thank you for all that you do!

## FINANCIAL ASSISTANCE

Did you know that the Greene County YMCA offers financial assistance for individuals or families who may qualify? Scholarships are available for membership, program participation (swim lessons, soccer, etc.) and child care. Applications are available at the Member Services Desk or online at [www.greencounty-ymca.org](http://www.greencounty-ymca.org). Applications are evaluated individually, and recipients are notified once a decision has been made. If applying for assistance with a program, it is recommended that the application be turned in two to three weeks prior to the deadline for sign-ups. Please contact Mel Donnelly at 423.639.6107 for more information.

## WELLNESS NEWS

### PERSONAL TRAINING

We would like to welcome four new AAI/ISMA certified personal trainers to our staff. They are Caroline Thibert, Matthew Carpenter, Chris Poore and Chris Evans.

### GROUP EXERCISE CLASSES

The new fall group exercise schedules are available at our Membership Services Desk.

### ACTIVE OLDER PROGRAMS (AOA)

Caroline Thibert, a certified personal trainer, is our new Active Older Adult Coordinator and will be planning new activities for older adults to begin this fall. She would like our members to share with her any ideas that they may have or if they would be able to assist her with any of the programs.

A new Active Older Adult bulletin board has been placed outside the Adult Gym. Our members, ages 50 and older can find information on current and new activities that the Y will be offering.

Look for the following new activities to begin in September: Treadmill Walking Club, Garden Club, Book Club, Bingo, Introduction to Cycling for Older Adults and a workshop on Diabetes Prevention presented by Ashley Head, a Registered Dietitian.

## SCHOOL AGE CHILDCARE

The Afterschool Program is off to a great start this year with lots of activities for our members to choose from. 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. Pick-ups are available at the following schools: Chuckey Doak Middle and Doak in the County and Greeneville Middle, Hal Henard, Eastview and Tusculum View in the City. Pre-K pickups are also available at Hal Henard, Eastview and Tusculum View. The Middle School group is enjoying their freedom to go from the Game and Tech Room to the Youth Gym, the Youth Center, or the Youth Weight Room. 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). The program will be held all day when there is no school from 7:00am-6:00pm if there are at least five children signed up. Please note the following days when the program will be offered all day: August 29<sup>th</sup>, September 1<sup>st</sup> and 22<sup>nd</sup>, October 13<sup>th</sup> and 31<sup>st</sup>, November 26<sup>th</sup> and December 19<sup>th</sup> -31<sup>st</sup>. The program will not be held on the following days: Thursday, November 27<sup>th</sup> - Thanksgiving Day, Friday, November 28<sup>th</sup> - Day after Thanksgiving, Wednesday, December 24<sup>th</sup> - Christmas Eve, Thursday, December 25<sup>th</sup> - Christmas Day, and Thursday, January 1<sup>st</sup> - New Year's Day.



## AQUATIC NEWS

A new session of swim lessons will be starting September 2<sup>nd</sup> and October 7<sup>th</sup>. Classes will be on Tuesday and Thursday 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 contact the Member Services Desk for more information.

## LIFEGUARDING

A lifeguarding course will begin on Wednesday, October 1<sup>st</sup> at 5:00 p.m. 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 contact the Member Services Desk prior to October 1<sup>st</sup> for registration information.



## NEW H2O STRETCH IS HERE...

Basic stretching and flexibility class. This low impact, shallow water class will loosen tight muscles and encourage relaxation. It meets every Tuesday and Thursday at 10:30!

## CPR

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

Classes are scheduled as follows:

November 5<sup>th</sup> at 5:00 p.m.

February 2<sup>nd</sup> at 5:00 p.m.

## FIRST AID

Basic classes are scheduled as follows:

November 10<sup>th</sup> at 5:00 p.m.

February 4<sup>th</sup> at 5:00 p.m.



## SUMMER SPORTS REVIEW

The YMCA had a very exciting and action-packed summer slate of programs! In the YMCA Summer Soccer League, Team Orange (captained by Tom Carrino) captured both the season championship with an 11-0-1 record as well as the Y Cup V Tournament championship.

Twenty teams participated in the YMCA 3 on 3 Men's Basketball League. In the B Division, Jerry's Used Parts (captained by Jerry Swatzell) won both the season championship with a perfect 13-0 record as well as the tournament championship. The B Division Sportsmanship winner was Buzzer Beaters, captained by Ben Hensley. In the A Division, Cash One (captained by Braun Dabbs) won the season championship with a 12-1 record. Cash One also went on to win the tournament championship. The A Division Sportsmanship winner was the Hushpuppies' team, captained by Mikie Alexander.

Ten Teams participated in the YMCA Youth 3 on 3 Basketball League. Krinkle Kut Fries (captained by Landon Duncan) was the season (11-1 record) and tournament champion in the NBDL (7<sup>th</sup> & 8<sup>th</sup> Grade) Division. In the NBA (9<sup>th</sup> & 10<sup>th</sup> Grade) Division, the Bulls (captained by Brennan Hollowell) won the season championship with an 8-4 record. However in the tournament, the High Flyers (captained by Spencer Solomon) captured the tournament championship with a hard-fought victory over the Bulls. Sportsmanship winners were the Celtics (NBDL Division) captained by Nick Holt and the Rim Rockers (NBA Division) captained by Kristen Haun.

Nearly 120 children participated in the YMCA Youth Flag Football League. There were 12 teams in 3 divisions this season. A special thanks goes out to all the coaches and volunteers who helped make this league possible. Head Coaches this season included: Richard Banks, Flint Carter, Phil Bradley, Paul Spano, Ed Kershaw, Tommy Carter, Matt Presley, John Fisher, Brandon Lollar, Jon Dyer, Jason Daugherty, and Carl Delsorbo. Season Champion in the NCAA (2<sup>nd</sup> & 3<sup>rd</sup> Grade) Division was Team Orange, led by Matt Presley and posting an 8-1 record. The Tennessee Titans, led by John Fisher, captured the Y Bowl V playoff championship with a thrilling 18-13 victory over Team Orange. In the NFL (4<sup>th</sup>-6<sup>th</sup> Grade) Division, the Cowboys (coached by Jon Dyer) captured the season championship with a 7-0-2 record. In Y Bowl V, the Colts (coached by Brandon Lollar) won a hard-fought battle against the Cowboys with a 27-25 victory. Sportsmanship winners this season were the Colts (coached by Ed Kershaw) in the NCAA Division and the Warriors (coached by Carl Delsorbo) in the NFL Division.

Thanks again to all the volunteers, coaches, captains, and players who helped to make this summer one of the best ever at the Greene County YMCA.

## FALL/WINTER PREVIEW

YMCA-Rotary Fall Soccer, Biddy Soccer, and the YMCA's T-Ball program are set to begin. Nearly 450 children are getting ready to play soccer and T-Ball through the YMCA. YMCA Sports are unique in that we place participation, fun, and teamwork above competition. We follow our mission statement, "to put Christian principles into practice through programs that promote a healthy mind, body, and spirit for all". We also place a huge emphasis on the four core character values: Responsibility, Respect, Caring, and Honesty. In YMCA Sports, we believe that Sports do not build character, they reveal it.

Watch for upcoming programs such as Youth Basketball, Dodge Ball, 4 on 4 Men's Basketball, Winter Indoor Soccer, Biddy Basketball, and Women's Basketball and Volleyball Leagues. Sign-ups will begin soon and look for those dates on our website: [www.greencounty-ymca.org](http://www.greencounty-ymca.org).

Official Publication of the Greene County YMCA



**GREENE COUNTY YMCA**

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