

TO THE YMCA MEMBERS:

It is hard to believe that another summer has passed and the children are back to school. As you well know, the summer months are a busy time at the YMCA with each week filled with Summer Adventure campers and children attending the summer sport camps. We had a good turnout again this summer and I compliment Jennifer Milburn and her staff for providing safe and exciting activities for many children in our community.





Speaking of exciting, many of you are aware that we are carefully evaluating the possibility of a capital campaign to expand and renovate our facility. I thank those members who filled out the needs assessment survey and I can assure you that the results will play a major role in the planning process. Many outstanding volunteers are working diligently to determine the feasibility of this project. Our Board of Directors led by President, Jeff Woods, a newly-formed steering committee chaired by John Tweed and a design committee consisting of members and staff. I personally thank each of these individuals for their willingness to participate in this evaluation phase as all input is instrumental in the planning of space and programming.

In closing, I am optimistic about the future growth of our facility and the impact it will make in our community for people of all ages. While optimistic, I am also confident that our Board of Directors will carefully monitor each step of this project before advancing to future phases. If you ever have questions regarding expansion and renovation of our facility, please do not hesitate to call me.



Mike Hollowell
Executive Director

SPORTS NEWS:

-  Congratulations to the orange team for winning the regular season championship in the YMCA adult coed soccer league.
-  Sign-ups for the men's 4-on-4 basketball league will begin September 29th.
-  Over-40 basketball registration will begin October 6th.
-  T-ball and fall soccer are about to begin their regular seasons. Good luck to all players and coaches.

SOCCER PARK DONATE A TREE!

For those of you who have not been to the Bellamy Soccer Park, we are getting down to the final steps toward completion. It's nice to see the community on the walking track, players playing on beautiful bermuda fields (under the lights when needed), an American flag is now waving and a new parking lot is being developed off Bernard Avenue (concrete steps to the field are in the works). Signage and landscaping are the next and final steps. Part of the landscaping is the planting of three shade trees at \$200 each and a row of 12 cypress at \$100 per tree. We are asking our members to consider purchasing a tree in their name, in honor of someone or in memory of someone. A small plaque recognizing the individual will be placed near the base of the tree. Please call Mike Hollowell if you are interested in supporting this project.



WHAT'S NEW IN FITNESS

Beginner Yoga – Phase I (30 minutes) – Gentle yoga for beginners. Seated and lying down poses. Goal: Learn the fundamentals of yoga practice. Class times: Tue. & Thur. 8:15 pm - 8:45 pm

Power Yoga – Phase II – A one-hour class that challenges the mind and body, increases flexibility and stamina, builds strength, and improves balance and concentration. Improves circulation, promotes relaxation and benefits internal organs, glands and muscles. Class times: Mon., Wed., Fri. – 10:00am and Monday at 6:00pm.

Step on Wednesday evening has changed to a 45-minute class. Class times: 5:30 pm - 6:15 pm

Strength/Weight Class for ages 12-14 in our free weight room has begun. Children will learn how to workout with barbells and dumbbells. Lightweights will be used. Class meets on Tuesday and Thursday from 3:15-4:15pm. Release forms required for new students.



NEW CHILDWATCH PLANS UNDERWAY

It's a simple fact, each of us realizes that we need some type of physical exercise on a daily basis. Whether to lose weight, maintain our weight or simply a mechanism to relieve the daily stress that many people encounter.

The Greene County YCMA is in the process of making this easier for our single-parent members and two-parent households that want to exercise together. Beginning in early October a new "child watch" space will be made available in the current APR room for our members who have children ages 8 weeks to 6 years. **Bigger** and **Better** describes our new childwatch program. More hours, more staff, more space and more fun for the kids while parents use the facility.

Before we purchase playpens, changing table, indoor play equipment, rocking chairs and other needed supplies, we felt it was appropriate to ask our members if they had any good supplies that they were willing to donate to this childwatch area. We are also looking to hire two additional staff and/or volunteers who would be interested in working this area on a part-time basis. Please call if you can help in any way. Specific policies and details of this childwatch program will be provided later in September.



YMCA Program Registration Dates:

Program	Grade/Age	Registration
Afterschool Care	K-8 th	7/23/03 - fall
T-Ball	K-2 nd	7/28/03 - 8/15/03
Fall Soccer	2 nd -6 th	8/11/03 - 8/29/03
Pre-K Soccer	ages 4 & 5	8/11/03 - 8/29/03
Ad. Men's BB	past H.S.	9/29/03 - 10/17/03
Over 40 BB	age 40+	10/6/03 - 10/24/03
Youth BB	2 nd -8 th	9/29/03 - 10/17/03
Women's VB	9 th +	12/10/03 - 12/31/03
Biddy Ball	K & 1 st	1/2/04 - 2/22/04
Ad. Women BB	9 th +	1/12/04 - 2/4/04
Spring Soccer	1 st -8 th	2/2/04 - 2/20/04
K-Soccer	K	2/2/04 - 2/20/04
Summer Camp	K-8 th	4/19/04 - summer
Adult Soccer	9 th +	5/5/04 - 5/28/04
Afterschool Care	K-8 th	7/14/04 - fall

POOL NEWS

The staff from the pool would like to extend their appreciation to the members for their patience during the change of administration. If you have any suggestions or concerns please stop by the aquatics office.

SWIMMING LESSONS



October 7th – 30th

Tuesday and Thursday for four weeks

Youth (ages 6-12) 4:00-4:45pm

Preschool (ages 3,4,5) 5:00-5:30pm

November 3rd – 13th

Monday through Thursday for two weeks

LIFEGUARD CLASS

October 20th – November 22nd

Monday, Wednesday and possible Saturday's
5:30-9:30pm

CPR AND FIRST AID CLASSES



October 6th, 7th & 8th - 5:30-9:30pm

December 1st, 2nd & 3rd

December 16th – (Recert Only) – 5:30-9:30pm

Please come in and sign up early. All classes have a 4-person minimum. If you have any questions please contact Troy Ebbert.

GET FIT CHALLENGE

Session III winners in the "Get Fit Challenge" competition for each age group were Dave Prichard, Maggie Rowe, Andy Chaloux and Florence Bottomly. Congratulations to these and all other members who participated. For more details about participation, please inquire by the front desk.