

December 2009



The YMCA of Kingston & Ulster County E-newsletter

507 Broadway | Kingston, NY 12401 | 845-338-3810 | www.ymcaulster.org

Happy Holidays! YMCA gift certificates are the perfect way to give the gift of health and well-being to friends and family. The holidays can get busy and stressful — make sure you schedule time for your workout at the Y and bring family and friends with you. This is the season to give thanks and all of us at the YMCA feel blessed to have our loyal members and generous supporters — *we wish you all a memorable and happy holiday season.*

News & Events

Our **16th Annual Silent Auction** continues! Items change every week. Check out the display of exciting gift baskets and interesting items next to the member's lounge, and enter your bid. Auction items can be bid on for one week and are awarded on Sunday. The **Silent Auction** is open to the public, so spread the word!

Family Fun

Looking for a good time for the entire family? The **26th Annual Reindeer Ramble** is just the thing! On Sunday, December 13, runners, walkers, Santa-pedes, and a host of fun loving volunteers will fill the parking area of the Y and hit the neighborhood streets for our annual pre-Christmas three-mile fun run. Registration is in progress. Pick up your application form today at the reception desk.

SPECIAL PROGRAMS FOR KIDS CONTINUE

- Cheerleading, Tumble & Dance, Zumba, Creative Artist, and swim lessons
- Drop-in activities that are included in your membership:
- Sport Shorts Saturday Mornings
- Freedom Fridays

Fitness

Don't miss our **HOLIDAY FITNESS SAMPLER** on Saturday, December 5. Bring your family, friends, and colleagues to this free FUN EVENT! There will be prizes, refreshments, and giveaways [gift certificates, YMCA 6-month membership, movie tickets, and more].

9:00 – 10:30 am FITNESS CLASSES

Come sample/observe the great group classes we offer. **Low Impact Aerobics, Body Fusion, willPower & Grace, Barbell Strength Training, Zumba, Pilates,** and more!

10:30 – 11:00 am INTRO TO CYCLE

This **Introduction to Cycle** is focused on the BEGINNER. Join us for a gentle 1/2-hour ride — you'll learn the basics of an effective cycle class, plus you'll find out why so many members love the cycle classes.

10:30 – 11:30 am VINYASA YOGA

Increase strength and flexibility. Strike a few poses with Rebecca. See if yoga is for you!

11:00 – 11:30 am CHILDREN'S willPOWER & GRACE

Strong, healthy habits should begin at a young age — and last a lifetime! WORK SMARTER, NOT HARDER. Our mission is to educate, inspire, and motivate young individuals, helping them to train efficiently with positive incentives. We encourage our students to tap into their **willPower** physically and philosophically. All you need is your body weight and your bare feet.

Congratulations to our Halloween Barbell Class costume award winners:

- First Place DAVE NELSON dressed as a 1970's YMCA Dude
- Second Place SARAH KRON dressed as St. Pauli Girl.

Contact our Group Fitness Coordinator, **Judy Burns**, for all fitness class questions at info@ymcaulster.org.

FITNESS SAMPLER
Saturday, December 5
Don't miss your chance to sample the group fitness classes - see firsthand what all the excitement is about!

Looking for the perfect holiday gift — how about a YMCA gift certificate?
Good for membership, summer camp, swim lessons, or personal training sessions. Give the gift of health this year!

26TH REINDEER RAMBLE!
5K Holiday Fun Run
Sunday, December 13, 2009
Santa-pedes, runners, and walkers welcome. 1 pm start. This event raises money for our Strong Kids Campaign! Help us celebrate our 26th Annual Run. Register by December 7 and get a long sleeve t-shirt. \$15 adults/\$10 students. For more info contact the Y at info@ymcaulster.org.

SAFETY NOTE

Please be cautious driving in the parking lot. The YMCA is a busy place and we want everyone to feel safe walking to and from their cars.

Wellness Center

Don't let the holidays ruin that HEALTHY NEW YOU that you have been working so hard to perfect. Think BALANCE, MODERATION, AND SELF CONTROL! It is fine to indulge your cravings, just do it in moderation. And don't abandon the Y during the holiday season. Make your workout sessions part of your celebration. Schedule time for you, and think about bringing your family and friends into the Wellness Center at the YMCA with you. **Free guest passes are available at the reception desk.**

HOLIDAY CHALLENGE runs until January 5. Get a star for each 30 minutes per day/a minimum of 3 days per week doing some form of cardio or aerobic exercise – run, walk, jog, or cycle. Earn 27 stars and receive a **Y WELLNESS SURPRISE PRIZE!**

HEALTHY NEW YOU is for new members and current members who have not taken advantage of the three complimentary "Healthy New You Visits." These one-on-one sessions are conducted by one of our trained Wellness Instructors. Get the cardiovascular, strength training, and stretching tools needed to build a "Healthy New You." Contact **Ralph Merante**, our Wellness Coordinator, today to set up your HNY appointment today at ywellness@ymcaulster.org or 845-338-3810, ext. 146.

YMCA Running Club

CALLING ALL RUNNERS! Our newly formed YMCA Running Club has been out in force training for the Reindeer Ramble. The group is almost 20 members strong, with 8 to 10 members meeting Saturday mornings at 8:00 am for a weekly run. Weather has been excellent for our first three weeks of training and there is a lot of excitement within the group. All club members have already made it to the 3.1 mile marker [the same distance as the Reindeer Ramble]. Many people find that their goals are achieved more successfully when training with a group — **if you haven't tried the group route you might enjoy the camaraderie and encouragement.** The club is geared to include all levels of running experience, including newbies and seasoned, long-distance runners. Contact **Steve Ackerman** for training and running club details at gusack@msn.com.

Personal Training

BASE CAMP GROUP PERSONAL TRAINING has taken off! Several groups are actively training, but you can start anytime – each group works at their own pace – all you need are four enthusiastic bodies in your group to get started. Base Camp is an 8-week intensive training program that meets 45 minutes per week. You start with a base level of training and build each week. The cost is \$50 per person. Contact **Colleen Conklin** at ypersonaltraining@ymcaulster.com for more details.

ONE-ON-ONE PERSONAL TRAINING helps you reach the next level of fitness, train sport-specific, achieve personal goals, and become fit safely. Our experienced, certified trainers provide fitness testing and follow-up assessments. 30-, 45-, or 60-minute sessions are available. Ask about the special pricing for multi-session packages.

Aquatics

We are underway with our **FALL 2 SWIM SESSION** and starting to plan for our next session, which begins in the New Year. We are excited about offering some additional classes for our pre-school ages in the mornings and late afternoons as well as parent-tot classes on Sundays. For additional information please contact our Aquatic Department at 338-3810, ext. 114.

Our **WATER FITNESS CLASSES** are quite popular and we offer varying times for **Aquarobics, Aquoga, and Aqua Jogging.** Please stop by and pick up our schedule at the membership desk, or check out the YMCA Web site.

Save the Date

YMCA Annual **INDOOR TRIATHLON.** Sunday, February 21, 2010. Registration begins December 13, 2009. For more information contact ywellness@ymcaulster.org.

Pay It Forward

Our **2009/2010 Capital Campaign** is in full swing. The total goes up daily. Please contact Linda Nalepa at lnalepa@ymcaulster.org or 845-338-3810, ext. 104.

MODERATION IS THE KEY!

Holiday food and drinks to enjoy "lightly":

EGGNOG 1 cup	342 calories/18 grams of fat
STUFFING 1/2 cup	178 calories/8.6 grams of fat
GRAVY 1/4 cup	30 calories/2 grams of fat
PECAN PIE 1/8 of 9" pie	502 calories/27 grams of fat

HOLIDAY RESOLUTION NUTRITION 8-WEEK PROGRAM

December 8 - February 2

Tuesdays • Noon - 1:30 pm

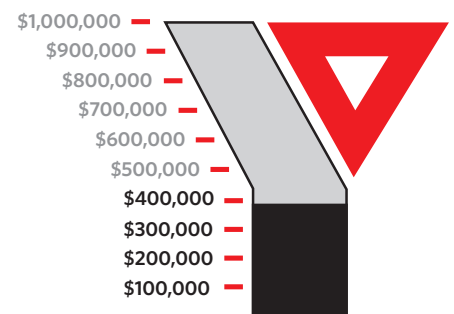
Learn how to use healthy, wholesome foods to navigate through the pitfalls of holiday eating and create increased energy and vitality every day.

For details please contact our nutritionist, Jennifer, at jennifer@jennifermckinley.com

HOLIDAY FITNESS TIPS

- 1) HAVE A PLAN!
- 2) Add exercise to your "to do" list — it is as important as your other errands.
- 3) Focus on fitness during the weekends. Get outside for an hour or more of skiing, snowshoeing, hiking, or sledding with your kids. Try the Reindeer Ramble!
- 4) Burn several hundred calories shoveling snow or chopping wood.
- 5) Keep an exercise and food journal to stay motivated.
- 6) Set realistic goals. Weight loss may be slower during the holidays — don't get discouraged.
- 7) Think moderation! Don't deprive yourself of holiday foods and treats — feeling guilty might weaken your motivation. AND get back on your food and exercise "plan" A.S.A.P.

2009/2010 CAPITAL CAMPAIGN



Historic | Effective | Innovative

YPAY IT FORWARD

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