



W I N T E R 2 0 1 2

# e.news

The YMCA of Kingston & Ulster County E-newsletter 507 Broadway | Kingston, NY 12401 | 845-338-3810 | www.ymcaulster.org

## Y Extreme Crystal Ball

Let's go out on a limb here with a few outrageous predictions: attending the Y more frequently will cause you extreme euphoria; investing your time and talents as a volunteer will bring you extreme pleasure; and encouraging a friend or family member to join the Y will bring you extreme companionship!

## Throwing in the Towel?

A message from our CEO, Heidi Kirschner: Over the last twelve months our Y has spent several thousand dollars [yes, THOUSAND!] to replace towels that go missing. In December 2011 towels had to be replaced twice.

You have clearly expressed your desire to have towels. Unfortunately, due to the cost of maintaining our small workout towels, we might have to eliminate them. Typically, the system works best when we have 200-300 towels in our facility – we continually rotate towels being washed and dried throughout the day. It has been increasingly difficult to keep even 100 towels in the facility.

Most other YMCAs have abandoned towel service due to the cost of maintaining and the cost of replacing lost and stolen towels. I personally like having a small towel available when I work out and I know you do too.

What are your thoughts? Please place your suggestions in the Member Suggestion Box outside of the Membership office. If the situation does not improve by the end of March the Y will have to "throw in the towel" and we will end small towel service.

## Aquatics Program

GET WET! Our Aquatics Department sets the Y apart from other gyms and fitness facilities. The pool is a happening place! We offer a wide range of pool opportunities for all age and ability levels. Swim classes include: **Parent/Child** and **Preschool Swim Lessons** [6 months-5 years], and **Youth Swim Lessons** [6-12 years]. You can even schedule one-on-one lessons. Registration for our next session [Winter II] begins 2/13. The session starts the week of 3/5. Get your children ready for summer – Sign up today! In addition to our swim lessons and open swim times, we offer aquatic fitness classes – FREE TO MEMBERS – with no sign up required: **Aqua Zumba**, **Aquarobics**, **AquaJogging**, and **AquaCise**. Happy swimming! Contact Mark Johnson, our Aquatics Coordinator at [aquatics@ymcaulster.org](mailto:aquatics@ymcaulster.org).

Our **Triathlon Training** program is booming! We are adding two more sessions to this very popular class. Session III: 2/24 - 3/30. Session IV: 4/6 - 5/11. Workouts are Friday nights 5:30-7:30pm and you have two other optional workouts each week. Members \$36.50. Non-members \$75.

## Camp Reunions

A huge thank you goes out to all the Camp families who attended the Camp Seewackamano and Camp Wiltmeet Reunions! We had a great turnout at both events and we are looking forward to expanding the events next year. Registration for 2012

### OUR 26TH REINDEER RAMBLE WAS A HUGE SUCCESS!

Thank you to all of the runners, walkers, and volunteers who helped make this a great event.

### WHO, WHAT, WHEN, WHERE, Y

Who? **You!** What? **Your health and well being!** When? **Now!** Where? **The Y**, of course! There is no time like the present to make positive changes in your life. The YMCA has countless programs to enhance all aspects of your life.

### DO THE DOUBLE WINNER

Joan Alley did the most Doubles and burned more calories during the holidays by participating in 16 double classes (11/26 - 12/24)

Other high scorers included:

Gigi Umattino - 15

Karen Willoughby - 12

Donna Reynolds - 9

Ed Blouin - 8

Rosemary Taylor - 8

CONGRATULATIONS TO ALL!!

### FIND YOURSELF @ THE Y

Basketball

Swim Lessons

Kids Classic Training

Kid's Zumba

Kid's Tumble & Dance

You Messy Creative Artist

Triathlon Training

Personal Training

Group Fitness Classes

Yoga

Zumba

Spin

Barbell Weight Training

Women on Weights

Indoor Rowing

Body Comp & Fit Test

summer camp is right around the corner.

**CAMP CLUB.** Interested in saving towards your children's camp experience? The Y is now offering campers the opportunity to pay a little every month towards their summer camp program. To get more information contact Lenny Iannizzotto, 338-3810 ext. 107 or liannizzotto@ymcaulster.org.

## Wellness Center/Fitness Updates

The **ENERGY-STAR Challenge** is back! Earn a STAR and an ENTRY into the prize drawing each time you complete a cardio or resistance training workout for 30 minutes or more. Details in Wellness.

Have you considered individual, pair, or small group PERSONAL TRAINING? Our Y has six **Nationally Certified Personal Trainers** – Bill, Derek, Judy, Kathy, Ralph, and Steve – each with passion and experience to guide you, help improve your overall fitness, and get results. Whether you are looking for positive motivation, preparing for a specific sport or event, trying to gain strength, loose excess fat, or just trying to change your routine – our trainers can help you reach your individual goal.

It's time to start training for our **23RD ANNUAL Y INDOOR TRIATHLON** taking place on Sunday, February 26 – first heat begins @ 8:00 am. The event consists of 15 minutes swimming laps in the pool, 20 minutes on a Schwinn Airdyne stationary bike, and 20 minutes running on the track [you have 5 minutes to change/rest/transition between each leg of the tri]. Everyone who completes the event is a winner! All Indoor Tri proceeds benefit our YMCA Strong Kids Scholarship Campaign. Register now! Check out the Triathlon Training program on Fridays @ 5:30 pm.

NEW! **SUSPENSION TRAINING** with TRX equipment. Develop strength, balance, flexibility, endurance, and core stability SIMULTANEOUSLY – leveraging gravity and your body weight in hundreds of exercises for every fitness level. Work muscles like never before. Beginner individual component level and Intermediate progressive workouts.

NEW! The Free Weight Center now has a weighted and plated '**DONKEY CALF RAISE MACHINE!** Come check it out. Get better results for stronger legs.

Find your inner calm and physical strength in **YOGA**. Monday 5:30 pm. Tuesday & Thursday 7:00 am. Saturday 10:30 am. All experience levels welcome!

Check out **Kickboxing & Barbell Weight Training** – cardio and strength in one class. **Women on Weights** – learn proper technique for free weights and dumbbell use. **ABSolutely ABS** focus on core strength. **Indoor Rowing** – learn how to get full body work out cardio and strength with the Indoor ERG Rowing Machine. **Teen Training** – start your muscle and endurance training right the first time! **Interval Training** on the indoor track. Learn to run or increase your level of fitness.

**Attention New Members!** Take advantage of your three HEALTHY NEW YOU 30-minute orientation sessions with one of our trainers. Learn how to use our facility and equipment to your best advantage.

**CELEBRATE YOUR PROGRESS!** Start with accurate Body Composition & Fitness testing. One of our Certified Fitness Trainers will measure your starting BMI, 9 point caliper body fat/lean composition, aerobic endurance. New Year's special: \$20.00. Re-evaluation in April 2012, included if purchased by January 31, 2012.

LEARN NEW STUFF – **FREE WEEKLY CLINICS**. Space is limited. New classes each month – check out the bulletin board in the Wellness Center.

For information on the above programs, please contact Ralph at 338-3810 x119, rmerante@ymcaulster.org or ypersonaltraining@ymcaulster.org.

## The Difference is YOU!

Following are five **Y** New Year's Resolutions 2012:

- **Live Healthier** – Achieving greater health and well-being is all about taking small steps. Take care of your health by eating nutritious foods and being physically active each day – 30 minutes of physical activity for adults and 60 minutes for kids. The Y

## ATTENTION MEMBERS!

The Y has very simple check-in procedure that we ask each of you to follow.

- 1] **BRING YOUR MEMBERSHIP CARD** each time you visit the Y.
- 2] **SCAN/SHOW** the card at the front desk.

### WHY?

- 1] **SAFETY!** We know who is in the building in case of an emergency.
- 2] Our **INSURANCE** policy requires that we track facility usage.
- 3] **EFFICIENCY.** Our receptionist does not have to take the time to look you up in the computer and type in your name.

***This is for all members, all ages, all program participants! Karate, DEN, Swimmers — EVERYONE who comes into our Y needs to stop at the front desk and show a card. If you do not have a card, stop by the membership office between 9 am and 5 pm to get your photo taken and get a card.***

## GUEST POLICY

Members are allowed 1 guest per month. The guest is required to bring ID unless they are a minor. Minors **MUST** come with someone 18 years or older. Teen and Young Adult memberships **DO NOT** have guest privileges, however they can bring a guest for the day by purchasing a day pass for \$10. If that guest becomes a member within two weeks, the Y will apply the day pass fee to their 1st month membership fee. They must keep day pass receipt for proof of payment.

## TRACK COURTESY

Check the sign for daily track direction.

Be courteous — try not to walk two abreast if the track is busy.

Please be careful entering and exiting the Multi-Purpose Room onto the indoor track. There are a few blind spots and we want to ensure the safety of all of our members.

offers many fun opportunities for individuals and families to be active.

- **Volunteer** – Doing good feels good – give back to support your neighbors. Find an opportunity in our community that you enjoy. The Y always needs volunteers to help with youth activities, swimming, childcare, buildings and grounds cleanup [and more].
- **Be a Mentor** – Help Inspire Children and Teens [they often need caring adults to look up to]. By nurturing our youth, we can help them strive for success and reach their full potential. The Y offers a variety of mentoring programs.
- **Learn Something New** – Step out of your comfort zone, have fun, and grow by exploring personal interests. Try that swim, Zumba or Spanish class you've always wanted to take? Find new opportunities at the Y.
- **Spend Time with Family and Friends** – Socializing is good for your well-being and spending time with the people you care about really helps to strengthen meaningful relationships. Try to carve out time each month, to connect with family and friends, and to get involved with community organizations.

## After School & You

Our **Y After School Program** will provide hot lunches for all Snow Day enrollees. Lunch will be prepared by CIA Chefs working at Queens Galley.

**Free Dental Care Visit.** On Presidents Day, Monday, February 20, Tischler Dental in Kingston will offer free dental care for children without dental insurance. The visit includes x-rays, sealants, and referrals, as well as dental education and arts & crafts. SPACE IS LIMITED – sign up early! Contact Lee Anne @ 845-338-3810, ext 116, or Jessica @ 845-338-3810, ext 113.

Middle School Adventure Program is Back! Join volunteers from the Y and New Paltz for an exciting after-school adventure program. Six Wednesdays February 29. Open to all New Paltz Middle School students – \$40 per student. Choose from: Rock Climbing at the Inner Wall; Professional Yoga instruction with the Living Seed; Karate at the New Paltz Karate Academy; "What's For Dinner"– visit local restaurants to learn about & taste cuisine from around the world; "How's it Work"– explore how different businesses and organizations in the community operate and what they produce. Sign up now as availability is limited and subject to change based on interest. Contact Jessica @ 845-338-3810, ext 113, or Althea @ 845-338-3810, ext 115.

## Childhood Obesity

YMCA USA has partnered with First Lady Michelle Obama in the fight against the rapidly spreading problem of childhood obesity. The Y will bring its healthy living emphasis of healthy eating, healthy relationships, and regular exercise to all our childcare programs. Our afterschool program has kicked-up its commitment to this cause by keeping snacks healthy – offering fresh fruit and veggies. A minimum of 30 minutes of exercise is part of our daily program for each child, and educational enrichment programs have been added to our daily line-up to expose our Y-kids to new ideas and perhaps develop some new hidden talents. These are our children and our future ... so we are committed to doing the very best we can to help them develop and achieve their dreams.

## St. Patrick's Day Parade

Our Y will be participating in the Kingston St. Patrick's Day Parade this year. We invite all of our members and families to join us in the parade. Show your Y PRIDE and walk with our YMCA bus! Please contact the Membership Office to sign-up, or e-mail [info@ymcaulster.org](mailto:info@ymcaulster.org). Wee ones and leprechauns [of all ages] are especially welcome!

### YMCA GIFT CERTIFICATES

are available all year and can be used for membership, summer camp, swim lessons, or personal training sessions.

### GIVE THE GIFT OF HEALTH!

### PARKING LOT REMINDER

Please park in the lined spaces! Unless the lots are totally full, please do not park along the curbs between the lots or make your own spaces. This is for the safety of our members and for your car's protection.

### MAIN GYM

There is a lot of positive energy being created in and generating from our main gym. It starts most mornings at 6:00 am with basketball and goes non-stop until we close. Stop in and check out the fun – a few items are listed below.

#### MONDAY

Kingston Soccer League practice  
6:00 - 8:30 pm

#### TUESDAY

Kingston Rugby practice  
time: TBA

#### WEDNESDAY

Basketball League  
6:00 games

#### THURSDAY

Volleyball League pr  
5:30 - 9:30 pm

#### FRIDAY

Ultimate Frisbee  
Drop-in Play – non-members can participate with \$10 Day Pass  
7:00 - 8:30 pm

#### SATURDAY

Y26.2 Kids Classic Training  
Open to all kids plan to participate in the Kids Classic event in April.  
9:00 - 10:00 am

Back by popular demand!  
Youth Co-ed Basketball Clinic for girls and boys ages 8-11.  
Begins February 4  
11:00 am-1:00 pm.  
\$40 for 8 weeks