

March 2010



The YMCA of Kingston & Ulster County E-newsletter

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

March brings us *longer days, warmer temperatures*, and the *promise of spring!* And a renewed affirmation to our personal health and well-being. Yes, the warm temps coax us outside this time of year, but there is still plenty to do at the YMCA to improve our minds, bodies, and spirits. Our membership is growing — welcome to all of our new members. *And* welcome back to those of you who took a sabbatical!

News & Events

We are proud and pleased to announce that the state-of-the-art **TEEN TRAINING CENTER IS OPEN!** Student athletes have already been enjoying daily workouts and learning the benefits of keeping their bodies fit in an environment that is comparable to college and pro-training sites. Under the leadership of **Todd Jordan** and **Johan Hewlitt**, both YMCA board members, and community support, this project has gone from just a thought to final fruition in record time. We have seen a growth in our overall teen memberships as a result and we are thrilled to have this as part of our aggressive teen agenda! The official Ribbon Cutting is scheduled for March 25th.

Our **2010 LECTURE SERIES** is off to a stellar start with over 30 people learning the benefits of improved breathing from **Dr. Richard Brown** [our heartfelt thanks to Dr. Brown for taking time out of his busy schedule to share his extensive knowledge with our members]. The series continues on Thursday, March 11, featuring Dr. Subooha Zafar presenting *Learn how to SLEEP LIKE A BABY*. The lecture is free and open to the public, and will be held from 7:00 pm to 8:00 pm in the MPR room on the first floor of the YMCA. To reserve call 338-3810 or sign up at the front desk.

Think Camp!

Don't let the lingering snow fall fool you – it is time to **SIGN UP FOR SUMMER CAMP!** Registration has begun for the YMCA summer programs at *Camp Seewacka-mano* and *Camp Wiltmeet*. Both programs offer a wide variety of activities for every age group from K-8th grade. Our YMCA summer camps are all about creative programming — from boating and swimming, to high ropes course and caving, to archery and skateboarding — and our counselors are some of the best role models in the world. Call for information or visit us on the Web at www.ymcaulster.org [click through to the camp page for application, rates, and program list].

Think Kids!

Register now for the **14TH ANNUAL KIDS CLASSIC** — the largest track and field event in Ulster County. On April 17 at Dietz Stadium join the 1000+ students in the mile/800/400/200 meter runs. There's even a 50-yard dash for the pre-school and kindergarten students. Every child who finishes receives a medal and each participant receives a t-shirt. The HealthAlliance of the Hudson Valley is also sponsoring the YMCA Healthy Kids Expo the same day, so while you wait for your Kids Classic event, you can check out the expo with over 50 vendors [a climbing wall, helicopter simulation, face painting, bouncy pits, give aways, and much more]. Registration forms are available at the front desk or on the Web at www.ymcaulster.org.

Think Water!

WINTER SESSION 2 classes began the week of March 1. Take a look at our comprehensive schedule and various levels of **Swim Instruction** – a wide variety of time slots are available seven days a week. Whether your pre-school child or older child wants to learn how to swim, our YMCA has the right class. Our instructors are

WANTED YOUNG RUNNERS

An active kid is a healthy, happy kid! It is not too late to join in the youth training program for the **14TH ANNUAL KIDS CLASSIC**. Every Saturday from now until the event on April 17, we will meet from 9 am to 10 am to train for the run.

I joined the YMCA in 2005 so my three daughters could learn how to swim. I rarely worked out on my own or took a class and I hated exercising. I am a busy mother working full-time – I was never motivated and I never found any class that I enjoyed. All that changed in June 2009 when I picked up a Y group fitness class schedule and saw the Zumba classes on the schedule. I tried Zumba, and I loved it! Then I tried cycle, barbell and body fusion, and I really enjoyed the classes. I realized that the fitness instructors made the classes fun with their friendly approach to exercise, their enthusiasm, and of course, their energetic music. Most of all, the camaraderie among the Y members is infectious and you feel a part of the Y family. Now I'm at the Y several times a week and I'm having fun!
— Colleen [one happy mom]

DON'T MISS the Healthy Weight Loss and Carbohydrates NUTRITION WORKSHOP! Monday, March 22 6:15 to 7:15 pm

Get smart tips on eating healthy to lose weight safely and keep it off. Sign up at the front desk beginning March 10 – space is limited.

experienced in teaching children, not only the basics for learning to swim, but they instill a love of the water and the sport. We help children overcome fears of the water and always stress *safety first*. We offer classes for all age groups – as early as 6 months of age. Beginner, intermediate, and advanced swim classes are available for adults as well.

Swimming lessons provide children with new found confidence and skills which can last a lifetime, as well as being a fantastic form of exercise. The ability to swim could help save a life in an emergency. Swimming is also great fun and a rewarding sport.

Interested in a **real workout in the water**? We offer some great Water Fitness classes – everything from Aquarobics to Aqua Jogging to Aquacise. Find out more about our YMCA swim lessons and water fitness at www.ymcaulster.org, or call our Membership Office. We offer convenient online registration. It's never too late to get "back in the swim." **Hope to see you in the pool!**

Think Fitness!

Are you ready for a healthy, dripping, wet sweat? Then we have a **CYCLE** class just for you – 6 am, noon, weekend mornings, or after work. Riding a bike not your thing? How about a heart racing, muscle pumping **BARBELL**/weight workout at 6 am, evenings, or Saturday mornings? Ladies, don't be afraid that your biceps will start bursting out of your sweaters – this is a great class for sculpting and toning. And gents – if you are looking to get eye stopping "guns" look no further. **REMEMBER** – one hour of weight training keeps your metabolism burning longer than an hour on the treadmill [alternate cardio with your weight workouts and you get the best of both worlds]. Our **NOON ENERGIZER** – a mid-day favorite, combines low-impact moves with strength training. Tuesday evenings tone your body with **WILLPOWER & GRACE**, followed by a great **PILATES** stretch class. For you hard-core fitness fans, evening **BOOTCAMP** is a must. And don't forget the increasingly popular after work and Sunday morning **ZUMBA**. *All of our fitness classes are designed to accommodate ALL fitness levels and are lead by caring, experienced instructors who give you all the attention and support you need.* Get class schedules at the front desk or www.ymcaulster.org.

Think Personal Training!

Are you at a point in your fitness training where you are ready to step it up a notch, or you have reached a plateau and results are eluding you? There are numerous options for a more personalized fitness regime.

ONE-ON-ONE PERSONAL TRAINING offers 30-, 45-, and 60-minute sessions tailored to your specific goals.

BASE CAMP GROUP PERSONAL TRAINING is an intensive training program where you workout in groups of four at your own strength level – 45 minutes per week for eight consecutive weeks.

Contact **Colleen Conklin** at ypersonaltraining@ymcaulster.org for PT details.

TRI TRAINING swim clinics back by popular demand! For details contact **Colleen Conklin** at ypersonaltraining@ymcaulster.org.

Think Wellness!

Congratulations to the 47 energetic athletes who competed in the **21ST ANNUAL INDOOR TRIATHLON**. Adult winners included Mike Halstead, John McGovern, and Colleen Hack. The 12 and under winners were Bradley Hack and Molly Cherny. Special thanks to all of the event volunteers who gave so generously of their time [we could not have done it without you] **and thanks to our generous sponsors!**

Kudos to all the members who took the time to mark the **HEARTS FOR HAITI** charts. One dollar was donated for every day you completed at least 30 minutes of cardio. This was a win/win proposition – your heart got a good workout and \$1,400 was raised and donated to the Haiti earthquake relief through the Red Cross. Great job!

Think Running!

Looking to jump start your cardio with some outside spring running? Don't go it alone – take advantage of the *camaraderie and encouragement* of pounding the pavement with the Y Running Club. Training for a marathon? 15K? 10K? Just getting started? Meet the group at the Y front desk at noon on Saturdays. Contact **Steve Ackerman** for training and running club details at gusack@msn.com.

HOPE SPRINGS ETERNAL!

Put the winter blues behind you at the YMCA. Rev up your fitness regime. Step it up a notch by trying one of the swim or fitness classes. Sign up for a lecture or nutrition seminar. A Healthy New You is just a workout away!

Spice Things Up!!!

Every month we try to spice things up in the Group Exercise arena by taking **Dave the Y Dude** on a new experience – Dave will try anything once. Here's Dave training for the Y Indoor Tri [funny, he is not on the finishers list?]. Dave is sought after for his unique fitness tips [according to Dave]. His two training tips for the Indoor Tri:

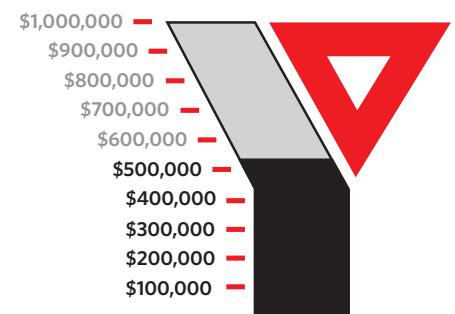
1. Wear a swim cap if you have big hair [for safety's sake – ours and his]
2. Use the restroom before entering the pool [for everyone's sake]

Join Dave on his adventures next month as he takes on the Y26.2...



DAVE THE Y DUDE IN ACTION

2009/2010 CAPITAL CAMPAIGN



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