



OCTOBER 2010

e.news

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

17TH ANNUAL SILENT AUCTION
NOVEMBER 15 —
DECEMBER 10.
IF YOU WOULD LIKE TO
DONATE NEW OR
HANDMADE ITEMS FOR
THE AUCTION PLEASE
BRING THEM TO THE
MEMBERSHIP OFFICE BY
NOVEMBER 8.
ALL AUCTION PROCEEDS
GO TO OUR Y STRONG
KIDS SCHOLARSHIP
CAMPAIGN. YOUR
DONATIONS ARE
GREATLY APPRECIATED.
For more information, contact
Linda Nalepa at 338-3810, ext
104, or lnalepa@ymcaulster.org.

PINK FRIDAY!
IN SUPPORT OF
BREAST CANCER
AWARENESS
MONTH
OCTOBER 22
Wear pink to the Y [yes,
the guys too!] and join us
in the Member Lounge for
breakfast to honor breast
cancer survivors.
7:30 am – 9:00 am.

NEW YOU RESOLUTION! Don't wait until the new year – start working on the "new you" today. The Wellness staff can get you started. Focus on the positive and resolve, evolve, renew – you're worth the effort!

THE MORE THINGS CHANGE...

THE MORE THEY STAY THE SAME... Robert Conklin, our CEO has taken a new position in Hickory, NC. His fitness-afficionado wife, Colleen, has left as well. We wish them all the best on their new adventure and thank them for their contributions to our Y during their 3+ years in Kingston. The search is on for a new leader and the candidates look very promising – stay tuned. In the interim, Jack Young has graciously agreed to assist us until the new CEO is hired. We have a top-notch, very dedicated staff, and they are working hard to keep everything at our Y running smoothly. Members who come to the Y in the evenings will notice that our always-smiling front desk gal, Katie Vestergaard has left as well [no, she did not go with the Conklins to NC]. Katie had an opportunity to move to St. Thomas and work with her brother – she will be missed! You will see different faces at our reception desk temporarily, while we look for a permanent replacement. If interested, please submit your resume to jkeating@ymcaulster.org or fill out an employment application [located at reception desk or online] by October 8.

CALLING ALL MEMBERS!

YOU ARE OUR NUMBER ONE PRIORITY — without members we would have no Y. Thank you to all the members who came out to support our Open House and brought a friend. You'll recognize each other because you all have those spiffy new Y logo shirts [and you all look GOOD in them!]. Our bring-a-friend promotion continues: Any member who brings in a new member will receive a Y logo t-shirt. Help someone you care about discover all that the Y has to offer. Let them know how much the Y has improved and everything we have to offer – we are not just a gym or a workout room, we are a community.

KIDS ARE OUR FUTURE

Our Y has countless opportunities for our youth to BUILD STRONG MINDS, BODIES, AND SPIRITS! September was the best month for our Y Child Care programs in recent memory. Thank you to parents, guardians, and participants in our School's Out Programs! We hope to remain your child care preference for years to come.

Our first **Y LEADERS CLUB** meeting will be held on Wednesday, October 6, 6:30 pm to 8:00 pm. Leaders Club is open to anyone ages 12-18, who is dedicated to making a positive impact in the community through volunteer work and setting a good example as a role model to their peers. We meet twice a month and complete one service project each month, and we participate in outside social activities as well.

Y HALLOWEEN PARTY! Friday, October 29, 6:30 pm – 8:30 pm. This is an evening of non-stop fun — games, prizes, a haunted house, a costume contest, and much more! Parents or guardians are required to stay with children, but there will be plenty of activities for everyone. The party is FREE and you do not have to be a Y member to attend, so wear your best costume and come have a good time!

YOUTH FITNESS. Youth Basketball is back at the Y. This program is for both girls and boys, of all playing abilities, ages 7-15. Space is limited and registration ends October 12. Don't miss the **Tumble & Dance, Creative Artisitcs, and Kids Zumba** classes. Registration begins on October 11. For details go to www.ymcaulster.org or stop at the reception desk.

The YMCA is in the running for funds through JC Penney.

JC Penney is letting their Facebook fans determine which charities will receive their money. If you are on Facebook look up JC Penney and become a fan. Once you are a fan you can vote once a day [VOTE EVERYDAY PLEASE!] for the Y! PLEASE pass this on to your friends, fans, and family.

The YMCA is currently in first place!

JC PENNEY ROUND-UP EVENT.

from Wednesday, October 13 – Tuesday, October 26, the Kingston JC Penney store will ask customers if they want to “round-up” to the next dollar amount of their purchase as a donation to our YMCA. If you shop at Penney’s, please visit the store during the round-up event and help support the Y. THANKS!

2009/2010 CAPITAL CAMPAIGN



Historic | Effective | Innovative

YPAY IT FORWARD
2009/2010 CAPITAL CAMPAIGN

SPLISH SPLASH

Our Y Aquatics programs provide a wide range of great opportunities for any age and ability level to learn how to swim. Our newest addition — the Y Developmental Swim Team — allows kids ages 6-16 to develop competitive swimming abilities. For more advanced youth who are not into competition we offer the Porpoise Club. Water fitness classes [included in your Y membership] include: Aqua Zumba on Mondays at 7:00 pm, high-energy Aquarobics [geared for all levels] with Steve Ackerman, on Tuesday and Thursday at 8:15 am, AquaJogging, and AquaCise. Other swim classes include: Parent/Child and Preschool Swim Lessons [6 months-5 years], Youth Swim Lessons [6-12 years], and Lifeguard Certification. Fall Session II registration begins October 11. Classes begins November 1. Pick up a schedule at the front desk.

FOLLOW THE LEADER

Beth Rinder, **ZUMBA** instructor extraordinaire, along with 40+ enthusiastic “dancers” stopped traffic and rocked Broadway on September 22, with an amazing **OUTDOOR ZUMBA CLASS**. Check out a Zumba class on Monday, Wednesday, and Friday evenings, and Sunday mornings. Amy Kapes led the **THIRD ANNIVERSARY CYCLE CELEBRATION RIDE** and party on September 24, where participants were given a commemorative towel and refreshments were served [lo-cal, of course]. Group Fitness Classes are booming at our Y and all of them are included in your membership fee! Pick up a class schedule at the front desk or download it from the Y Web site — we offer early morning, mid-day, and evening classes to fit everyone’s schedule.

YOGA FLOW...FOR PEOPLE ON THE GO! A new yoga class designed to gently guide you through the practice of linking the movement of the body with the flow of the breath, while working on correct alignment of fundamental postures. Build strength, increase flexibility, relax, and rejuvenate. Join Jean in the Yoga Studio beginning Monday October 4, 5:30 pm. We could all use a little rejuvenation!

9:15 AM SATURDAY CYCLE CLASS is back. As the weather gets cooler you have three weekend indoor cycle opportunities.



TO YOUR CONTINUED HEALTH!

Get into the **FALL FITNESS SERIES!** Complete at least 30 minutes of cardio exercise a day [= a base hit] and reward yourself with a star on the chart [in the Wellness Center]. Work out four times a week for 30 minutes and you Score a Home Run Hit! Every Home Run you score enters you in the Y World Series Prize Drawing. Start today — the **SERIES** ends in nine weeks on November 22.

Set your fitness goals before holiday feasting season begins — Body Comps for \$10. Contact Ralph or Steve at 338-3810, ext. 119 or ywellness@ymcaulster.org.

Want to take your training to the next level or get a personalized workout? Try **BASE CAMP** [an 8-week, 4-person group training session] and **TEEN SPEED, AGILITY & QUICKNESS TRAINING CAMP** [8-week primer for ages 10-13 and 14-18]. **PERSONAL TRAINING** sessions are individualized and ongoing [the workouts are designed and supervised by a trainer, specifically for you and your fitness goals]. Contact ypersonaltraining@ymcaulster.org.

YMCA MEMBERS AND FAMILIES

Thank you for your incredible support with the Back to School Drive. With your help, seven after school sites and three before school sites received enough supplies to do homework, arts and crafts projects, and gym activities — for almost 300 participants.

YOUR SUPPORT IS MUCH APPRECIATED!