



S E P T E M B E R 2 0 1 0

e.news

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

OPEN HOUSE

THE Y IS THE PLACE TO BE ON SATURDAY, SEPTEMBER 18. STOP BY BETWEEN 9 AM AND 3 PM AND SAMPLE EVERYTHING THE Y HAS TO OFFER.

- Fitness Class Sampler
- Aquatic Activities
- Teen Training Center
- Karate Demo
- Gymnasium Activities
- Teen Center Demo
- Facility Tour
- and more!

YMCA SUMMER PLEDGE

Lucky Christine Buday was our August winner of a 45-minute personal training session.

Where is Everybody?

Our E-newsletter hits 3,500 e-mail addresses each month. We'd love to see all 3,500 of you at the Y each week!

Visit the Y Web site and take Virtual Tour:
www.ymcaulster.org

There's something special about our Y. It's not the building. It's not the equipment. It's the people and our values. It's our community coming together to learn, grow & thrive.

WHAT'S NEW!

THE Y HAS A NEW LOOK – new logo, new branding, new signage – a new beginning, but our primary focus and underlying mission remains unchanged: **to strengthen the foundations of our community.**

Fall Session II for **KIDS ZUMBA, TUMBLE & DANCE**, and **CREATIVE ARTIST CLASS** runs November 1 - December 23. Registration begins on October 11.

Attention all you budding, young hoop stars – the Y is bringing back the **KIDS BASKETBALL LEAGUE** starting this fall – schedule to be announced soon!

MEMBERSHIP PROMOTION

September is member appreciation month! Bring a guest to the **OPEN HOUSE** on Saturday, September 18 and receive a Y t-shirt [*one shirt per member*]. There will be group fitness class demonstrations, a beginners cycle class, karate demo, teen center tours, teen agility "den" tours, and Y facility tour. We are proud of the positive changes happening all around our Y – we hope you are too. Bring your significant other, a friend, and your kids – the Y has something for everyone. **9:00 am–3:00 pm.**

GET WET!

The summer season maybe over, but here at **the Y**, it is summer all year round. The pool is always between 82° - 85°. Come in and experience the traditional Y swim lessons [which follow the National YMCA model]. This fall we have expanded our lesson schedule to include a **Y Developmental Swim Team** for ages 6-16 [a competitive swim group that will practice regularly at our Y] and we are also offering new programs including **Water Zumba – our Y is the first facility in the area to offer this exciting new** water exercise program.

Resister now! On-line registration is available for all Y members as well as for past swim registrants. It's fast and it's easy! Pick up the Fall schedule at the front desk or download it from the Y web site. **Fall Session I** begins September 7.

Contact **Aquatic Director, Carol Vigeant**, for information: cvigeant@ymcaulster.org. **See you in the pool!**

SHAKE, RATTLE, AND ROLL

Group Fitness Rules! And the **OPEN HOUSE FITNESS SAMPLER** is your opportunity to "test drive" our classes. From 9:00 - 10:30 am, sample the classes [Barbell, Body Fusion, BootCamp, CV Fitness, Cycle, Noon Energizer, Pilates, WillPower & Grace, Yoga, and Zumba] or just stop by and watch. We have something for everyone and all classes are geared for newbies as well as experienced workout aficionados. **What's all the buzz about cycle?** See for yourself – from 10:30 - 11:00 am, a **BEGINNER CYCLE SESSION** will be held - learn all the basics. Instructors will be on hand to answer any group fitness questions.

Zumba is a party waiting for a place to happen and it will happen big on Broadway, right in front of the Y, at our rockin' **END OF SUMMER ZUMBA PARTY**. Wednesday, September 22 @ 4:30 pm.

September marks three successful years of our Y group cycle classes. Come help us celebrate with an **ANNIVERSARY CYCLE RIDE** on Friday, September 24 @ 4:30 pm. Details and sign-up information will be announced soon.

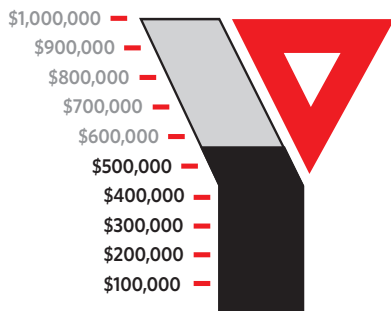
**LABOR DAY
HOURS
MONDAY,
SEPTEMBER 6
9AM—2PM
NO GROUP CLASSES**

**Y FALL
HOURS
BEGIN
TUESDAY
SEPTEMBER 7
MONDAY-FRIDAY
5:30AM-9:30PM
SATURDAY
7:00AM-5:00PM
SUNDAY
9:00AM-4:00PM**

**WILTWYCK
YMCA
PRO-AM GOLF
TOURNAMENT**

Thank you to Chairman, Todd Jordan, and the Pro Am Committee for their outstanding work on the 33rd Annual Pro Am Golf Tournament.

2009/2010 CAPITAL CAMPAIGN



Historic | Effective | Innovative

YPAY IT FORWARD
2009/2010 CAPITAL CAMPAIGN

KIDS CORNER

SUMMER CAMP SEASON A SUCCESS! This summer we had nearly 1,100 children come participate in our summer camp programs. For that, we here at the Y of Kingston and Ulster County owe you a big "Thank you!" Thank you to all campers, parents, guardians, staff members, donors, and supporters. You helped make 2010 one of our best summers ever!

Don't forget — our **AFTER SCHOOL PROGRAMS** will be in full swing once school starts. This year, the Y will run programs serving the Kingston, New Paltz, Ellenville, Tri-Valley, Highland, and Marlboro School Districts. For more information check out the Y Web site or call our **Child Care Coordinator, Lenny Iannizzotto** (845) 338-3810 ext. 116. *Have a wonderful school year!*

SPOKED WHEELS

Don't miss the Y Bike committee **RAIL TRAIL RIDE** – Saturday, September 11 @ 9:00 am. Bike the Hurley Rail Trail from the Esopus Creek to the hamlet of Cottekill and back. The 15 mile, flat ride is suitable for your whole family. We'll follow the Rail Trail for 6 miles [paved and unpaved sections], and then travel a short distance on a low-traffic road for a lunch stop at the Crossroads Deli [or bring your own lunch]. You can choose 6- or 12-mile options. Bike helmet is required for all riders. Bring water. Contact Tom Polk at 338-2153 or tpolk@hvc.rr.com for more information. Rain date: Saturday, September 18.

BIKE IT! A **YOUTH CYCLING PROGRAM** for kids ages 10 - 14, that runs four consecutive Saturdays: September 25, October 2, 9 & 16, from 9:00 am - noon. The price is only \$20 for members, \$30 for non-members. Learn proper bike and helmet fit, how to fix a flat tire, basic bike maintenance, safe riding skills, group ride on trails, and group ride on the road. Contact Joan in the membership office for details and to register: 338-3810 — space is limited – call today!

CUSTOM TRAINING

Fall session start dates and times will be announced soon for **BASE CAMP** [the 8-week, 4-person group personal training sessions] **TEEN SPEED, AGILITY & QUICKNESS TRAINING CAMP** [8-week primer for Fall and Winter sports for ages 10-13 and 14-18]. **PERSONAL TRAINING** sessions are ongoing [workouts supervised by a trainer, designed specifically for you and your fitness goals]. For information contact ypersonaltraining@ymcaulster.org

TESTIMONIAL



*My name is Cassie Diehl. I am 14 years-old and I have had a wonderful experience participating in the **TEEN AGILITY PROGRAM** run by Steve Ackerman.*

*This program has helped to increase my endurance in order to play as a freshman on the Varsity Soccer Team. As the program progressed I was able to increase the lengths of my runs, to jump higher, and to sprint faster. I even started to beat some of the guys. It is a terrific program for young teens who want to become physically stronger and faster. The **TEEN AND AGILITY PROGRAM** is also a great way to make new friends.*



POUNDING THE PAVEMENT

The **YMCA RUNNING CLUB** resumes their Saturday morning training runs in September - stay tuned for meet time. This is a great group experience, whether you are an experienced runner or a novice, come and run with us. Studies show that we all perform a little better, push ourselves a little harder, and we are more likely to follow a training routine/schedule, when we train with other people. Contact **Steve Ackerman** for details at ywellness@ymcaulster.org