

Athens-McMinn Family YMCA

Sam L. Feezell Wellness Center
2016 Summer Membership Newsletter



Y IMPACT



SUMMER 2016 | IN THIS ISSUE: **The Best Summer Ever!**

SPOTLIGHT | Making a Difference

For Youth Development
For Healthy Living
For Social Responsibility

An Update on Our Campaign: For a Better Us!



As of June 4th, 2016, I have been at the Athens-McMinn Family YMCA for 9 years. They say time flies when you are having fun! It has been such a privilege to be at least a small part in this transformative time for our Y and our community.

Not a day goes by where I don't hear some type of compliment about how we have completely transformed our Y. I'm very proud of the fact that we have updated everything in our facility and expanded with new cardio rooms and strength rooms during those nine years. This is a credit to a generous community, a visionary board, and my outstanding staff. However, what I'm most proud of is our growth in serving McMinn County. We offer low cost childcare, feed over 30,000 meals per year to underprivileged children, advocate for healthy living through the McMinn Health Council and McMinn Living Well, provide opportunities for at risk-youth, and starting this summer, we are working on Summer Learning Loss Prevention to address the Achievement Gap faced by lower income children.

Simply put, we are a service organization that just happens to have a very nice, new facility with all new equipment. So when you participate in Y programs, join the Y, or give to the Y, you allow us to continue to keep doing that great work in the community. We have currently raised over \$18,000 in our campaign For a Better Us, **but we need your help!** Later in this newsletter, you will find out more about those great programs that occur both inside and outside of the Y's walls and what your help does for our community! We are excited to share these with you today!

Thank you and God Bless,



For Youth Development
For Healthy Living
For Social Responsibility

Aquatics: Safety Around Water

71% of the World is Water, Children Are 100% Curious

At the Athens-McMinn Family, the Aquatic Staff believes that teaching children how to be safe around water is a necessity. The YMCA's Safety Around Water program can help you make sure they learn essential water safety skills, which can open up a world of possibilities for them to satisfy their curiosity safely.

What Is Safety Around Water?

Through learning how to perform a sequenced set of skills over eight lessons of 40 minutes each, the risk of drowning is reduced, giving your child confidence in and around water.

A typical session includes:

- Exercises to help kids adjust to being in water
- Instruction in "Jump, Push, Turn, Grab" and "Swim, Float, Swim," two skill sets kids can use if they unexpectedly find themselves in the water
- Specific safety topics, like what to do if you see someone in the water who needs help
- Fun activities that reinforce skills

Enroll in the YMCA's Program Today!

Your YMCA is offering **one free group swim lesson session** per child to any family that qualifies for the income-based scholarship. The scholarship program will be available from June until October! This summer, classes are offered in two week sessions for ages 4-14. We will return to a monthly basis in September. Register at the front desk to reserve your spot and potentially save your child's life!



PREVENTING DROWNING

SWIM LESSONS
YMCA AQUATIC CENTER



Current and Upcoming Aquatic Programs

Summer Programs: 3 Year Old Group Lessons, Group Swim Lessons, Parent-Tot Lessons, Summer Swim League

Upcoming: Athens-McMinn Sea Dragons Swim Team, Parent-Tot Lessons

Ongoing: Senior Splash, Pool Parties, Private Lessons, Water Aerobics

Childcare: Summer Fun Camp

Play. Learn. Grow.

Your Y offers year round programming to help your family with child care needs!

In the summertime, we offer our **Summer Fun Camp** program. SFC includes swimming lessons/free swim time for all program participants, two free nutritious snacks, one nutritious brown bag lunch, nutrition education, S.T.E.M. education, organized and unstructured physical activity in our gym and outside in our yard, and multiple opportunities to develop social skills and learn about the Y's four core values: **Honesty, Respect, Caring, and Responsibility.**

During the school year, we offer **After School Care** to any family in need. Our childcare counselors pick up kids at each of the Athens City Schools, Riceville Elementary, and Englewood Elementary in our Y vans. We bring them to our facility where they have the opportunity to engage in physical activity through free-play or our Y-Kids F.I.T. program. Tutoring is available during the school year at no additional charge, and we provide a nutritious snack for your child. Our After School Care program is available until 6:00pm so we can accommodate most families' work schedules! Your child won't have to ride a bus to an empty home to wait for you after work. Instead, he or she can **play, learn, and grow** together with our Y family!



Child Watch During Workouts

Mondays, Wednesdays & Fridays
8 am to 11 am

Tuesdays & Thursdays
8 am to 10 am



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Fitness: Strength Training

Do More. Be More.

How can the Y have an impact on your health and physical fitness? Your Y now features brand new Matrix strength equipment along with many new pieces of cardio equipment upstairs and downstairs in our new weight room. Strength training can have a huge impact on your physical fitness and your daily lifestyle—it can increase your bone density along with reducing the risk of osteoporosis! Managing strength training can also help you lose weight and boost your metabolism.

The Y's strength equipment upstairs focuses on all body parts in the upper, middle and lower part of the body. To maximize your strength training, focus on using the Matrix machines two to three times a week along with cardio one to two times a week. It's important to have different variations of cardio and strength training included in your weekly workout routine! Here are some examples that include **repeating 2 to 3 times with 8-12 reps.**

<p>Example 1</p> <p>Warm up 5 minutes Chest press machine Lat Pull down machine Shoulder Press machine Bicep Curl machine Dip machine 2 minutes on a cardio machine</p>	<p>Example 2</p> <p>Warm up 5 minutes Leg Extension Machine Leg Curl Machine Abductor & Adductor Machine</p> <hr/> <p>*Repeat both 2 to 3 times with 8-12 reps.</p>	<p>7 Reasons Why Strength Training is Important</p> <ol style="list-style-type: none"> 1. Helps lose weight 2. Protects bone health and muscle mass 3. Makes you stronger and fitter 4. Plays a role in disease prevention 5. Helps develop better body mechanics 6. Helps improve energy and mood 7. Burns more calories
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Sports: Cultivating Fun, Fitness, & Friendships Building Character in Our Community

THE WINNING WAY TO PLAY

YMCA SPORTS



It's the bottom of the ninth with bases loaded, two outs, and your team is down by 3 runs. You are standing at home plate staring at the drops of perspiration raining from the pitcher's brow wondering if his stomach is tied in as many knots as yours. The count is full and the crowd is on their feet. The anticipation builds as the gangly figure towering on a mound of dust sixty feet away nods to his teammate in the trenches behind you and begins his wind up. As you watch the ball leave his

the world seems to stand still as the crowd draws in a nervous gasp sucking the air out of the stadium. Your knuckles go white as you clench the smooth wooden bat handle, and every muscle in your body tightens, preparing for impact. With widened eyes, your body reacts to the round leather sphere speeding toward you, propelling your bat onto a collision course with destiny. The opposing forces meet with a ferocious thunder, and in an instant the game has been decided.

We may not have a stadium here or even a large crowd, but the feeling experienced above can still be the same. Our adult Wiffle Ball League signups run until June 12th with the season taking place June 21st through the first week of August. Bring along up to six friends and join in on the fun as we meet on Tuesday nights between 5:30 p.m. and 8:30 p.m. behind the Y on our wiffle ball fields.

Other sport program opportunities this summer will include youth basketball camps and cheerleading camps. We also offer Tumbling for ages 4-18 years. For more information on both adult and youth sports programming, please stop by our front desk or email Lane Davis at lane@athensmcminnymca.org.

<p><u>Summer Programs</u></p> <p>Adult Wiffle Ball League Youth Basketball Camp Cheerleading Camp</p>	<p><u>Ongoing Sports Programs</u></p> <p>Beginner Tumbling Intermediate Tumbling</p>	<p><u>Upcoming Sports Programs</u></p> <p>Men's Adult 3v3 Basketball</p>
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Community Outreach Programs

Strengthening Our Community Together

Nutrition

Did you know that if a child isn't worried about being hungry then his/her behavior in the classroom is more positive, and school performance is better? A question, however, lingers. What will these kids who really need a good meal eat when school is out? First, there are local churches that provide backpacks of food for the weekends during the school year. Sometimes these backpacks get provided for short breaks, but when summer hits, there are 10 weeks that the kids might not know when or where their next meal comes from.

Your Y helps with this. We participate in state and federally funded programs that enable us to provide healthy nutritious meals to kids while they are not in school. (We even help during the school year, too!) In the summer of 2015, the Y distributed 300 meals per day, five days a week, for 10 weeks to ANY kid under the age of 18. We distributed 15,000 meals in June and July alone! The Y is geared up to provide this many meals again this summer, even more as the community needs it. We are dedicated to the cause of providing meals to kids in need that by the end of 2016, we will have a walk-in refrigerator and freezer so we can provide as many meals as the kids in our area need.

Summer Learning Loss Prevention

Did you know that nearly 1 in 2 youth in U.S. public schools are from low-income communities? Did you know that over 80% of the kids in Athens City Schools qualify for free breakfast and lunch in the school? Did you also know that kids from low-income families often start school unprepared; and that while all kids' learning progresses during the school year at basically the same rate, those kids from the low-income families fall behind each summer. It's called the Achievement Gap. It's a real thing. The Achievement Gap is the phenomenon where low-income kids start school unprepared and each summer for various reasons they continue to lose ground in their learning compared to the rest of the kids and that by 6th grade some kids are almost two years behind their peers.

What does this mean to you and to the Y? First, it means that our community has a higher concentration of low-income families. These families have kids that are likely to be behind kids their age nationwide. This means that these kids have higher possibility of being a high school drop-out, not able to get into college, and ultimately have a negative economic impact. In short, they are at risk to not live to their full amazing potential. This is where the Y is stepping in: helping kids realize who they are and what they can achieve in order to reach their highest potentials!

How? You probably already know that your Y has a Summer Fun Camp. We have always supported children's character development (caring, honesty, respect, and responsibility), physical development (structured and unstructured play, swim lessons, free swim time, sports programs), their social-emotional development, and now we are introducing some academic support into our programming. Beginning this year, we will introduce a **literacy framework** into some of our groups, with the intent that all groups will have this component by 2018. S.T.E.M. (Science, Technology, Engineering, and Mathematics) will continue to be added into our programming; and as always, music and arts will be provided to all groups at least two times per week during the summer. All of this, not only provides a "Best Summer Ever" experience for your kids, but further prepares them to succeed in school and in life. For more information about our Summer Learning Loss Prevention Program, please see our Director of Youth Development, Joe Ratledge or visit www.ymca.net/youth-development.

ACHIEVEMENT GAP WIDENS OVER TIME

Kids from low-income families
Often start school unprepared.
Despite progressing at the same
rates during the school year, gaps
widen each summer—and students
fall farther behind their peers.



SUMMERTIME MEANS ENRICHMENT—music, arts, sports, swimming, field trips—for many youth.

But it is often a time of
learning loss for many
students, especially those
from low-income families.



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SPOTLIGHT: Y Volunteer & Employee

Making a Difference

Caleb Hughes, YMCA Volunteer

YMCA volunteer Caleb Hughes has been with the nutrition program for the better part of a year. As a student of McMinn County High School, Caleb helps distribute meals to children and youth in our community after school. He will also be working with us this summer to provide those same children and youth with meals during lunchtime who otherwise would go without when out of school.

When asked why he likes to volunteer with our program, Caleb stated that he “likes to help out in any way possible.” The most impacting moment for him during his service was at the time of his first trip into the community. He said that the feeding program’s impact was “really surprising to me with how much the Y is helping people.”

Joe Ratledge, the Youth Development and Healthy Living Director, stated Caleb “has helped us reach out to our community by preparing and distributing 100 meals per day to kids who need it. He has asked to stick around this summer to continue helping with our nutrition programming where he will be able to transform between 300 and 500 lives per day. I am very grateful to have such a selfless giver on our staff.”



Without volunteers, our YMCA would not have the impact that we currently have on the Athens-McMinn area. Although he is a sophomore right now, Caleb has plans to major in music production at a university. He was asked if he would like to send a message to others about service and what it can do for the community. He left us with this quote: “We make a living by what we get, but we make a life by what we give,” –Winston Churchill.

Jason Carusillo, YMCA Employee

Jason, our newest addition to our morning and evening staff, has lived in Athens for almost thirty years. After taking courses at Cleveland State Community College, he became heavily involved with acting while also working as a barista at the past businesses of downtown Athens- The Beanery and Java on the Square. As an actor, Jason has worked with the Arts Center and the Gem Theater. He has had some favorite theatrical shows such as *A Street Car Named Desire* and *The Foreigner*. While performing in a *Street Car*, Jason met his wife of three years, Autumn, at Tennessee Wesleyan College. He has also done some work in television with roles in *Snapped* and *When a Murder Comes to Town*. When asked why he has continued to act throughout the years, Jason stated that “the ability to put a smile on someone’s face or make an audience laugh has kept him hooked.”

In late February of this year, Jason became a part of the Y team as a Rover and Front Office Staff member.

Lane Davis, the Sports Director, says “Jason never stops moving. He takes great pride in his work. His friendly disposition and positive attitude is quickly making him a favorite face amongst staff and members.” This statement is all too true. Within a short period of time, he has certainly become a favorite among co-workers, members and guests as someone who takes the time to get to know each individual. This feeling is also mutual. According to Jason, he has felt nothing but patience from everyone around him, especially members. He has been able to talk with them and get their perspectives on health, wellness, and why they love the Y.



As a Rover, Jason takes care of the facility each afternoon and night when it comes to cleanliness and organization. While doing this, he takes it upon himself to check in with instructors to ensure that they have everything for classes and greeting members and guests as he sees them. This position also includes checking in on the youth that are playing ball in the gym, swimming in the pool, or hanging out in our community room. Jason likes to take this part of the job a bit further with setting an example for our younger generation by being kind and ensuring their safety while in our facility.

Jason plays a large role in helping the Y spread a sense of community with his ability to make the environment inviting, which has an overall larger impact on our community itself. We appreciate his hard work!