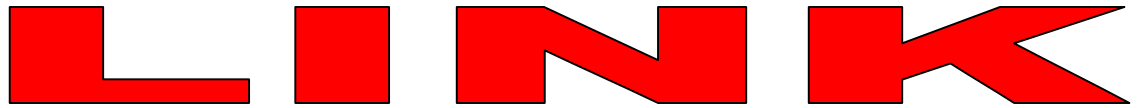




# Greater Johnstown Community YMCA



Your LINK to YMCA news, events, updates and member information.

*"We build strong kids, strong families and strong communities."*

Issue 11

FEBRUARY-MARCH 2006

## ***"INVEST IN THE FUTURE"***

Wouldn't it be great if we had a crystal ball to see what our future had in store for us? Unfortunately that isn't possible but it's still important to plan for things we know we know are important to us. That's why we are asking you to "Invest in our Future" at the YMCA as we kick off the 2006 Greater Johnstown Community YMCA Annual Gifts Campaign.

Last year we were able to raise \$22,000 of which every dollar went back into supporting YMCA programs, scholarships and the purchase of two new elliptical machines. Many children, adults and families benefited from your generous contributions. You provided them with opportunities that may not have been available to them without your support.

This year's campaign is schedule to kickoff on February 25, 2006, and will be held through the month of March. This year's goal is \$25,000 and we are confident that through the generosity of our members, community residents and area businesses we will meet this goal.

We need your help to "Invest in the Future" of your YMCA and the great people who make up our YMCA family. An informational letter and pledge card is included in this newsletter. We ask that you take a moment to make your tax deductible contribution to this worthy cause.

For those of you who may be interested in participation on a team that works together to raise funds for this campaign, please leave your name and phone number at the front desk or contact Vicki Clark or me and we will be happy to get you involved in this rewarding event. We have many fun things planned for the team members throughout the campaign and we would love to have you be a part of the excitement.

I hope you will join me in making a gift to this year's campaign to ensure that the YMCA is available to everyone who wishes to participate.

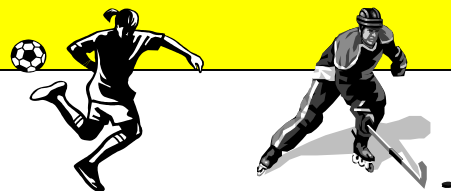
Sharon L. Jones  
Executive Director



| Greater Johnstown Community YMCA   | OUR MISSION:  | INSIDE THIS ISSUE:   | POINTS OF INTEREST   |
|--|---|--|--|
| 100 Haynes Street<br>Johnstown, PA 15901<br><br><b>How to reach us:</b><br>Phone: 814-535-8381<br>Fax: 814-535-8384<br>www.johnstownpaymca.org | Putting Christian Principles into practice through programs that build healthy spirit, mind and body for all. | <ul style="list-style-type: none"> <li>o Executive Corner</li> <li>o At the Pool</li> <li>o Here's To Your Health</li> <li>o Membership</li> <li>o Sports 'n Stuff</li> <li>o Youth Activities</li> <li>o Health &amp; Wellness</li> </ul> | <ul style="list-style-type: none"> <li>• Annual Gifts Campaign</li> <li>• SilverSneakers® Class Update</li> <li>• Let's Dance</li> <li>• Swim Team News</li> <li>• Adult &amp; Youth Sports</li> </ul> |

## SPORTS ‘N STUFF

# ADULT SPORTS



### WINTER INDOOR SPORTS-SOCCER AND ROLLER HOCKEY

Winter seasons of adult co-ed soccer and in-line hockey began in January. Both activities are played on Sundays in the YMCA gym. Several team sponsors have returned along with the entry of some new corporate team names. Both leagues will run into spring, before ending, allowing the players to take their game outdoors.

#### ROUND ROBIN RACQUETBALL



Interest is again trying to be generated for a round robin racquetball league. Sign up at the front Desk. Then you'll be matched with an opponent for the two of you to schedule a game at your convenience.

#### DROP-IN/PICK-UP BASKETBALL

A new activity for adult men started recently: drop-in/pick-up basketball on Tuesday evenings in the YMCA gym. This gives the guys a more structured pick-up format with a weekly designated night and time. New players are always welcome.



## YOUTH ACTIVITIES *Building strong kids.*

### Y-WINNERS SOCCER

Co-ed Y-Winners (instructional) soccer started before the holidays with three different age groups on Monday and Thursday evenings in the YMCA gym and will continue into February. Y Staff run the players through drills before ending each session with a game.

### COMPETITIVE BASKETBALL

A record number of 19 teams have entered into the YMCA Competitive Basketball League on Saturday mornings and afternoons in the gym. Co-ed 1<sup>st</sup> and 2<sup>nd</sup> grade divisions, along with boys and girls divisions for 3<sup>rd</sup> and 4<sup>th</sup> grades "hoop it up" for 8 weeks before heading into the playoff stretch to try to capture the league championship.

### Tumbling

YMCA Tumbling has again started on Tuesday evenings in the gym. Ten students have enrolled for the first month of this 2-month program with summer sessions also planned.

### Music Lessons

Guitar lessons have also begun again with the Y being fortunate enough to be able to replace a longtime instructor with a new instructor. Lessons time slots are available, and can be scheduled through the Front Desk. Unfortunately, our violin instructor has moved out of state, but the Y is attempting to replace him as soon as possible.

### Youth and Teen Clubs

YMCA of the USA sponsored youth and teen clubs are always an option here at our YMCA, so express your interest in these by giving your name to the Front Desk.

### OFF-SITE YOUTH PROGRAMS

Nearly 80 kids have registered for our Co-ed Y-Winners soccer program at Cambria Heights Elementary School in Carrolltown on Saturdays. Six teams of 7-12 year olds and three teams of 5-6 year olds comprise the league. Our Y-Winners Basketball Program ended at Cambria Heights recently with over 100 kids being given their end-of-season medals. This spring will bring back the next season of Co-Ed Y-Winners volleyball at St. Nicholas Community Center in Nicktown. Fifty-six kids were enrolled in the fall season that ended in December.

## AT THE POOL!



### SWIM TEAM

The YMCA Swim Team is having a great 2005-06 season. I would like to thank the swimmers, coaches and parents for a great season so far. The Swim Team has won Division I with a record of::

|                              |     |     |
|------------------------------|-----|-----|
| Johnstown / Valley Points    | 7-3 | Win |
| Johnstown / Indiana          | 8-2 | Win |
| Johnstown / Greensburg       | 5-5 | Tie |
| Johnstown / New Castle       | 9-1 | Win |
| Johnstown / Allegheny Valley | 6-4 | Win |

### *Congratulations to the swimmers and coaches!*

The Swim Team will be competing in the YMCA Western District Swim Meet and the YMCA Pennsylvania State Swim Meet in March. The Swim Team will also be participating in the YMCA National Swim Meet in April in Florida. Good luck to all the swimmers participating in any of the above swim meets.

### OTHER POOL NEWS!

Everything is going great at the pool. I would like to thank our great pool staff and the members for their continued support of all our programs. We have some great water exercise programs and a good variety of swim lessons for all ages. A new 8-week session will be starting the last week of February. Also look for any special or new programs that we might be starting.

When you participate in one of our programs you will get exercise and meet some great new people at the same time. Hope to see you at the pool some time soon.

Sharon Giles, YMCA Aquatic Director

*We strive to promote the YMCA Character Values of:  
Caring, Honest, Respect and Responsibility*

### MEMBERSHIP CARDS

**All Members** must present their membership cards to the front desk staff when entering the facility. The procedure is in effect to insure that only current members are being admitted to the facility. If a membership card is lost, a \$3.00 fee is required for a replacement. Thank you for your cooperation.

## MEMBERSHIP & FRONT DESK

### WELCOME NEW MEMBERS!

We would like to wish all a Happy, Healthy New Year! We would like to also welcome all of our new members to the YMCA family. If you have any questions please let us know and we will do all we can to help you.

Let us please take a moment to remind you to have your membership cards updated at the front desk. Updating is necessary for you to participate in the national YMCA AWAY program and use your card while visiting out of town Y-facilities. It will also allow us to track our membership base and provide better service to you.

### NEW YMCA STAFF

Please welcome the following new staff:

Beth Bidleman, Front Desk  
Judy Piro, Front Desk  
Jolene Gardill, Aerobic Instructor  
Meghan Dixon, Aerobic Instructor  
Mitch Poet, Youth Soccer

February is Valentine month, a time for showing affection to those closest to our hearts. As a Y member, you know firsthand the value of the YMCA. As you plan your charitable giving this year, please remember your own YMCA, and strengthen your heart by giving.

**VOLUNTEER!**

**It's never too late to be what you might have been.**



## NEW CLASS UPDATE

In an effort to encourage participants to add an additional day of exercise, we have recently added a Monday and Wednesday SilverSneakers® I Muscular Strength class at 10:30 a.m.

Ideally, SilverSneakers® participants should strive to exercise at least three days per week. Research shows that three workouts a week help to improve circulation, promote weight loss or maintain a healthy weight, increase muscular strength and endurance. Other benefits from a regular exercise regimen include a decrease in blood pressure, lowered cholesterol levels, better glucose uptake, less joint stiffness and the ability to perform everyday tasks with greater ease. Many of our own participants report having their own doctors reduce the medications they take regularly or in some cases, eliminating medications; another wonderful benefit of exercise! SilverSneakers® classes are available Monday through Thursdays from 10:30-11:30 a.m.

Can't make the morning program? Try the afternoon classes offered Monday and Wednesday at 2 p.m. For the more active SilverSneaker we also have SilverSneakers® II Cardio Circuit Tuesdays, Thursdays and Fridays at 1 p.m. This fun class features strengthening exercises and low impact segments of aerobic conditioning. At the Johnstown YMCA, our goal is for you to get fit, have fun and make friends!

## SIGN IN PROCEDURES

If you forget your card at home and need to sign in at the front desk, please print your full name as it appears on your insurance card (no nicknames, please). Again, you need to print legibly (not your signature) and include the date and your birth date. This makes data input easier for the YMCA and HealthCare Dimensions. Thanks.

## DID YOU KNOW?

- President Reagan was a lifeguard at the Dixon (Ill.) Family YMCA.
- Actor Denzel Washington was a camp counselor at Camp Sloane YMCA in Lakeville, Conn.
- The Latrobe, PA YMCA sponsored the first pro football game in 1895.

**Way to Go Steelers!**

## More from Health & Fitness

### NEW WELLNESS COURSES

We're pleased to announce the addition of two new wellness courses sponsored by the Preventative Health Services division of Highmark Blue Cross Blue Shield. These courses are available free for Highmark subscribers and at a nominal fee for non-Highmark members. *Eat Well for Life II* features another delicious cooking demo, along with exercise tips, meal planning info and more. *Discover Relaxation Within II* brings participants even more tips and techniques for reducing stress levels. Both classes incorporate not only the latest in research but hands on experiences with plenty of input from students. Stop by the front desk today for more information.

### LETS DANCE!

We had such a wonderful time during two of our recent potluck luncheons with the entertainment provided by Sherry Lynn's Dance Center. Sherry Lynn will once again be coming to the Y. This time to *teach us* to dance. Sherry Lynn will be conducting a light-hearted activity based basic ballroom dance program on the following Saturdays: February 25, March 4 & 11, April 15, 22, 29, and May 6 & 13. Classes will be held at 2:30 pm. Class will be free to members and \$5.00 per class for non-members. Bring a partner, bring a friend or come alone no partner is needed. Its lots of fun and great exercise!  
**LET'S DANCE!**

### WELCOME

The Fitness Department would like to extend a welcome to the following:

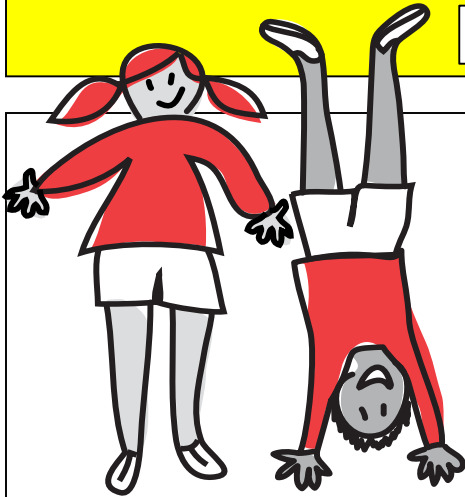
- The Gleason Agency
- NDIC
- Mountain Top Technology

We are very pleased to offer both on-site and outreach fitness and wellness programs to these local businesses.

If you are interested in a program for your business call Debra Smith, YMCA Fitness Director.



## HEALTHY KIDS DAY



### Put Play in Your Day

*More than 1,200 YMCAs to offer YMCA Healthy Kids Day®*

April 8<sup>th</sup> is all about play ... your kid's way! Join in the fun at more than 1,200 YMCAs nationwide and the Greater Johnstown Community YMCA and take part in interactive, health-centered activities designed to get your kids engaged in play.

YMCA Healthy Kids Day events celebrate how fitness can be fun, as well as introduce kids to an array of YMCA programs that teach them healthy behaviors and healthy ways to play—an essential lesson in learning how to take care of themselves throughout their lifetime.

YMCA Healthy Kids Day is supported by the American Diabetes Association, American Heart Association, American Public Health Association, American Cancer Society, and the Chronic Disease Directors.

Activities are being planned at our YMCA, so look for upcoming school flyers for a schedule of events.

### REDISCOVERING OUR HISTORY

Q: What lifesaving program did the YMCA pioneer in the early 20th century?

A: Group swim lessons. In the first decade of the 1900s, Ys committed themselves to aquatic safety. Alarmed by more than 3,300 drownings in 1908 alone, a young man named George Corsan (above) began teaching the crawl and breaststroke to large groups at the Detroit YMCA. Within four years, Corsan was traveling the country, bringing YMCA swim lessons to large groups nationwide. In Newark, N.J., alone, he taught 800 boys in just four weeks. And during World War I, YMCA instructors taught soldiers how to swim, a precaution credited with saving countless American lives.

For more information about YMCA history, visit [www.ymca.net](http://www.ymca.net).

SPRING SWIM LESSONS –MARCH 22 TO APRIL 20  
AGES 5-12 – REGISTER BY MARCH 13  
Class sizes are limited! See the brochure for details.

### JUST A REMINDER...

Spectators are not permitted on the track during YMCA business hours.

### *Get into training now!*

YMCA 3-on-3 Basketball Tournament- Saturday, May 13  
New Month-New Location-New Format

YMCA Triathlon – Saturday, July 29