



F E B R U A R Y 2 0 1 2

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

New Day, New Month, New You

The Y has had its yearly influx of January resolutioners – you’ve probably noticed the extra bodies marching on the treadmills, the full cycle classes, and the even larger crowds in Zumba. We welcome the return of members whose attendance has lapsed and offer a big hello to all the new members who have joined in search of their healthy new selves at the Y.

Y Indoor Tri

REGISTER NOW for the 23rd Annual **Y Indoor Triathlon**. Sunday, 2/26. The first heat begins @ 8:00 am. The event consists of 15 minutes swimming laps in the pool, 20 minutes on a Schwinn Airdyne stationary bike, and 20 minutes running on the track. You have 5 minutes to change/rest/transition between each leg of the tri. Everyone who participates is a winner! **All Indoor Tri proceeds benefit our YMCA Strong Kids Scholarship Campaign.**

Worried about finishing? Check out the **Triathlon Training Program** on Fridays @ 5:30 pm. We are adding two more sessions to this very popular class. Session III: 2/24-3/30. Session IV: 4/6-5/11. Workouts are Friday nights 5:30-7:30pm and you have two other optional workouts each week. Members \$36.50. Non-members \$75.

Volunteers are needed to help with the Indoor event – sign up at the front desk. We are also securing sponsors – corporate and individuals are welcome as sponsors.

Breakfast is Served!

MARK YOUR CALENDAR NOW for the **YMCA Pancake Breakfast** at Spring Lake Fire Department – Sunday, 3/25. This all you can eat “BIG BREAKFAST” is a fundraiser for the Y. A perfect prelude to a workout at the Y. Details to follow in the March issue.

Water-ology

We have two swim lesson sessions left before summer [it’s not that far away!]. Make sure your child is prepped for a safe summer water sports season. Registration for our next session [Winter II] begins 2/13. The session starts the week of 3/5. Sign up today! In addition to our swim lessons and open swim times, we offer aquatic fitness classes — FREE TO MEMBERS — with no sign up required: **Aqua Zumba, Aquarobics, AquaJogging, and AquaCise.**

Lifeguard Certification Course - Wednesdays 3/28-6/6 OR Fridays 3/30-6/8, 6:00-9:30 pm. Fee: \$300. You must be 15 years old by the completion of the course AND you must be able to swim 300 yards [front crawl/breast stroke]. Register 3/5-3/29. Lifeguarding is a great summer job – but you must have the proper certification.

Lifeguard Re-Certification Course - Fridays 3/2-3/16, 6:00-9:30 pm. Fee: \$150. Register 2/6-3/2.

CPR Re-Certification - Friday 3/23, 6:00-9:30 pm. Fee: \$70. Register 2/6-3/23.

For the first time we will be holding a **Water Safety Instructor Course** [WSI]! Thursdays 3/29-6/7, 6:00-9:30 pm. Fee: \$300. Register 3/5-3/29. You must be 17 or

23RD ANNUAL Y INDOOR TRIATHLON

Sunday, February 26

First heat begins @ 8:00 am.

Swim 15 minutes

Bike 20 minutes

Run 20 minutes.

All Indoor Tri proceeds benefit our YMCA Strong Kids Scholarship Campaign.

Register now!

CANDLELIGHT CYCLING

Friday, February 10

8 - 9 PM

**Join Brittany for a very special
Candlelight Ride!**

Members \$5

Non-members \$10

All proceeds will be used for the Y Cycle Program.

Register now at the front desk!

MISSING – AED DEVICE

The AED Device in the Wellness Center has disappeared.

This device is a critical piece of equipment that saves lives. Additionally, if used incorrectly it can be very harmful. The serial numbers are tracked on these devices and most local pawn shops will notify the police when one is being sold to see if an incident report has been filed – an incident report has been filed. If anyone comes across this device, we ask that it be returned to our membership desk immediately. **No questions will be asked.**

YMCA GIFT CERTIFICATES

are available all year and can be used for membership, summer camp, swim lessons, or personal training sessions.

**GIVE THE GIFT OF
HEALTH!**

older to participate. Most outdoor facilities will hire and pay more for lifeguards who have the WSI certification. We will be the only facility in the area running this course. Happy swimming! Contact Mark Johnson, Aquatics Coordinator, aquatics@ymcaulster.org for program/class information.

Wellness Center/Fitness

Are you an early bird? Our early morning classes are very well attended, so much so it begs the question – should we consider offering more early morning classes? If you would like to see a new early morning exercise class [5:30/5:45 am] please send an e-mail to info@ymcaulster.org. Indicate that you would like an early morning class – also specify what kind of class in which you'd participate – Zumba, kickboxing, tai-chi? Let us know – we want to hear what you have to say!

TRX SUSPENSION TRAINING EveryBODY welcome! Develop strength, balance, flexibility, and core stability – SIMULTANEOUSLY. Work your muscles like never before. TUESDAY and SATURDAY [begins 2/4]. 9:30-10:00 am, 10:00-10:30 am, 10:30-11:00 am, or 11:00-11:30 am. Join trainer Bill in the DEN. Sign up required.

Looking for a way to jet-start your metabolism? Try a new class or add additional time to your cardio sessions. Interval training helps as well. Most classes are free to members and the schedule is available at the front desk or on the Y web site.

EQUIPMENT CARE REMINDER: Your monthly dues contribute to the purchase and upkeep of equipment – please don't abuse the equipment and be conscientious of the next person to use it. Wipe off the machines, benches, and mats after you use them. When cleaning your cycle after spin class PLEASE DO NOT SPRAY THE BIKES – this causes corrosion which causes handlebars to stick, messes up the tension knobs, and corrodes the pedals. Spray a towel and wipe the bike down thoroughly. If you sweat alot, you might want to wipe the mat too!

Join Brittany for a very special **Candlelight Cycling Fundraising Ride!** Friday, 2/10, 8 - 9 PM. Members \$5. Non-members \$10. All proceeds will be used for the Y Cycle Program. Sign up now to reserve a bike!

For information on the above programs, please contact Ralph at 338-3810 x119, rmerante@ymcaulster.org or ypersonaltraining@ymcaulster.org.

Membership Promo

Bring a guest to a class during February, introduce them to the instructor and the guest will receive a free one-week pass to the Y. The pass can only be used by someone 18 years or older AND they must provide id when they come to the Y. The pass allows your guest to try our classes or use any part of the facility for the week.

Community Mission

Put on your thinking caps! We are interested in your ideas for fundraising efforts for the YMCA. Our community has many needs – through our Y volunteers and fundraising efforts we can fulfill our mission to help members of our community meet their needs. Please submit your ideas via e-mail, info@ymcaulster.org, or use the suggestion box at the front desk.

St. Patrick's Day Parade

Calling all leprechauns [young and old]! Our Y will be participating in the Kingston St. Patrick's Day Parade this year. We invite all of our members and their families to join us in the 2-mile parade. Show your Y PRIDE and walk with us! Contact the Membership Office to sign-up, or e-mail info@ymcaulster.org.

The Y: We're for youth development, healthy living and social responsibility

THIS BEARS REPEATING! ATTENTION MEMBERS!

PLEASE follow our 2-step check-in procedure!

- 1] BRING YOUR MEMBERSHIP CARD each time you visit the Y.
- 2] SCAN/SHOW the card at the front desk.

This is for all members, all ages, all program participants! Karate, DEN, Swimmers — EVERYONE who comes into our Y needs to stop at the front desk and show a card. If you do not have a card, stop by the membership office between 9 am and 5 pm to get your photo taken and get a card.

GUEST POLICY

We encourage our members to bring potential new members to the Y as their guest. You are our best marketing tool - you enjoy the Y, you bring a guest and hopefully, they realize all the great things our Y has to offer and they become new members. Members are allowed 1 guest per month. The guest is required to bring ID unless they are a minor. Minors MUST come with someone 18 years or older. Teen and Young Adult memberships DO NOT have guest privileges, however they can bring a guest for the day by purchasing a day pass for \$10.

EQUIPMENT CARE

Your monthly dues contribute to the purchase and upkeep of all the Y equipment - PLEASE DO NOT ABUSE OUR EQUIPMENT!

PARKING LOT REMINDER

Please park in the lined spaces! Unless the lots are totally full, please do not park along the curbs between the lots or make your own spaces. This is for the safety of our members and for your car's protection.