

STAUNTON-AUGUSTA FAMILY YMCA NEWSLETTER

DECEMBER 2021



HAPPY
HOLIDAYS!
FROM
"SANTA"

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WHAT IS **OPEN** HERE AT THE STAUNTON-AUGUSTA FAMILY YMCA

COVID-19 IMPACTS

The Y is *Open: Mon. – Fri. 5:30 a.m. – 9:00 p.m., Sat. 7 a.m. – 7 p.m. and Sun. 1 – 7 p.m.

You can make appointments on the SAYMCA website saymca.org.

▶ **AROUND THE FACILITY:**

Social Distancing is encouraged: six feet around the building and 10 feet while you are exercising.

Masks are to be worn as recommended by CDC guidelines

Nationwide Members and Guests are welcome!

Men's, Women's and Family Locker Rooms are available. Locks available at the Front Desk for day use.

Hot Tub, Steam Room, and Saunas: No appointments needed.

Water Fountains and bottle fillers are available.

Towel Service is not available.

▶ **FITNESS AND SPORTS:**

Wellness Center: No appointments needed: Available to members 12* and older. Sanitation bottles provided in the Wellness Center and around the facility.

*12-14 y/o **must** complete **Youth Strength Training** to use the Wellness Center.

***Equipment Orientations** for Members **15+** are available. Sign-Up at the Front Desk.

Pool: Lap Swimming and Family Swim: No appointments needed.

Group Fitness Classes and Wellbeats: No appointment needed.

Pickleball: on Basketball Court: Monday – Friday 9:00 am – 12:00 pm / Sunday 1:00 pm – 3:45 pm

Raquetball Courts can be reserved for one hour on the hour.

Tennis Court is available for use by appointment.

▶ **YOUTH DEVELOPMENT:**

The Teen Center is available to youth age 12+ with membership. Open Monday – Friday, 3:30 – 7:30 pm

Playroom: limited availability by 1.5 hour appointments for ages 2-10 years old. Appointments available:

Monday – Thursday, 8:30 – 11:30 am / 4:30 – 7:30 pm

Saturday, 8:30 – 11:30 am



- ▶ **SAW Tutoring:**
Free K-12 online tutoring available! Go to sawtutoring.org to sign up. Read feature story on pages 8-9.
- ▶ **Tennis:**
Tennis lessons and privates available. Meet our new tennis pro, Chris Stambaugh, on pages 10 - 11.
- ▶ **Gift Wrapping:**
Need someone to wrap your gifts? See page 6.
- ▶ **Christmas Plant Sale:**
Poinsettias and Christmas Cactuses for sale December 7th & 8th.
- ▶ **Referral Program:**
Guidelines and December Prize on page 13



Next Upcoming Swim Clinic:

Sign Up at the Front Desk

Jan 17th – Feb 23rd

Registration open Dec. 15th – Jan. 14th

Clinics offered to ages 4 – 18. Swimmers need to be able to swim 25 meters on their own.

Time: 5:00 PM – 6:00 PM

Days: Mondays and Wednesdays

Rates: Member: \$75 / Non-member: \$90



Courtney Clawson
Swim Coach

COAT DRIVE



COATS FOR OUR COMMUNITY

By Chris Lassiter

It's one thing to have a good idea.

It's quite another to see your good idea in action.

Local realtor Sherry Andersen was gathering up some of her family's gently used coats. A member of the Young Professional Network of the Great Augusta Association of Realtors, Andersen and the others had decided on a coat drive.

"Many folks have been affected by COVID, and they have had funds shortened and can't always afford a coat or a jacket to keep warm as the season changes," Anderson said. "We think it's great to help out by donating coats to our community to help one another."

When she went to drop the coats off at the YMCA, she knew it was the right call.

"I brought in about five coats for the coat drive," Andersen recalled. "I was in the parking lot, and I was texting. I went by the front, and there was someone there trying on a coat. That just warmed my heart so much, because I was like, 'Hey, I'm actually doing something that's actually helping people.'"

The coat rack is the STAUNTON-AUGUSTA FAMILY YMCA lobby. If you need a coat, we urge you to take one from the rack. Donations are encouraged.

"We ask anyone that has extra clean coats or jackets that they aren't using to donate them to the rack, so that someone can get a continued use of them, and to hopefully make their day,"

Andersen said. "We need to see more people happy, and this is a small thing that can make a big difference!"

GROUP FITNESS GIVES BACK



By Chris Lassiter

It's more blessed to give than receive.

STAUNTON-AUGUSTA FAMILY YMCA fitness director Wendy Shutty was reminded of this lesson when she attempted to get Christmas presents for her group fitness instructors this year.

In the past, Shutty has provided nice sweatshirts, quarter zip pullovers, athletic shirts and other gifts.

But not this year.

Collectively, the group fitness instructors came up with an alternative to presents.

One staff member decided she wanted the money toward her gift to be donated back to the YMCA.

"She said 'I'd really liked my gift to go back to the YMCA to support a program,'" Shutty said. "She hit

reply all... and then I started getting one e-mail after the other saying, 'I like that.'"

The gesture warmed Shutty's heart.

"It showed their involvement and their buy-in of what the YMCA does for the community," Shutty said. "And they've always been that way. They appreciate what we do."

The group fitness staff is comprised of a diverse group of people. Some have been with Shutty for decades. Although their gifts vary, they share a few things in common. One is a passion for fitness.

The other is a love for people.

"Knowing those instructors, that's their nature," Shutty said. "That's why they teach, too. It's certainly not about the money. It's about giving back. And that's what their message was. They wanted to give back."

GIFT WRAPPING

December 13th, 14th, and 21st

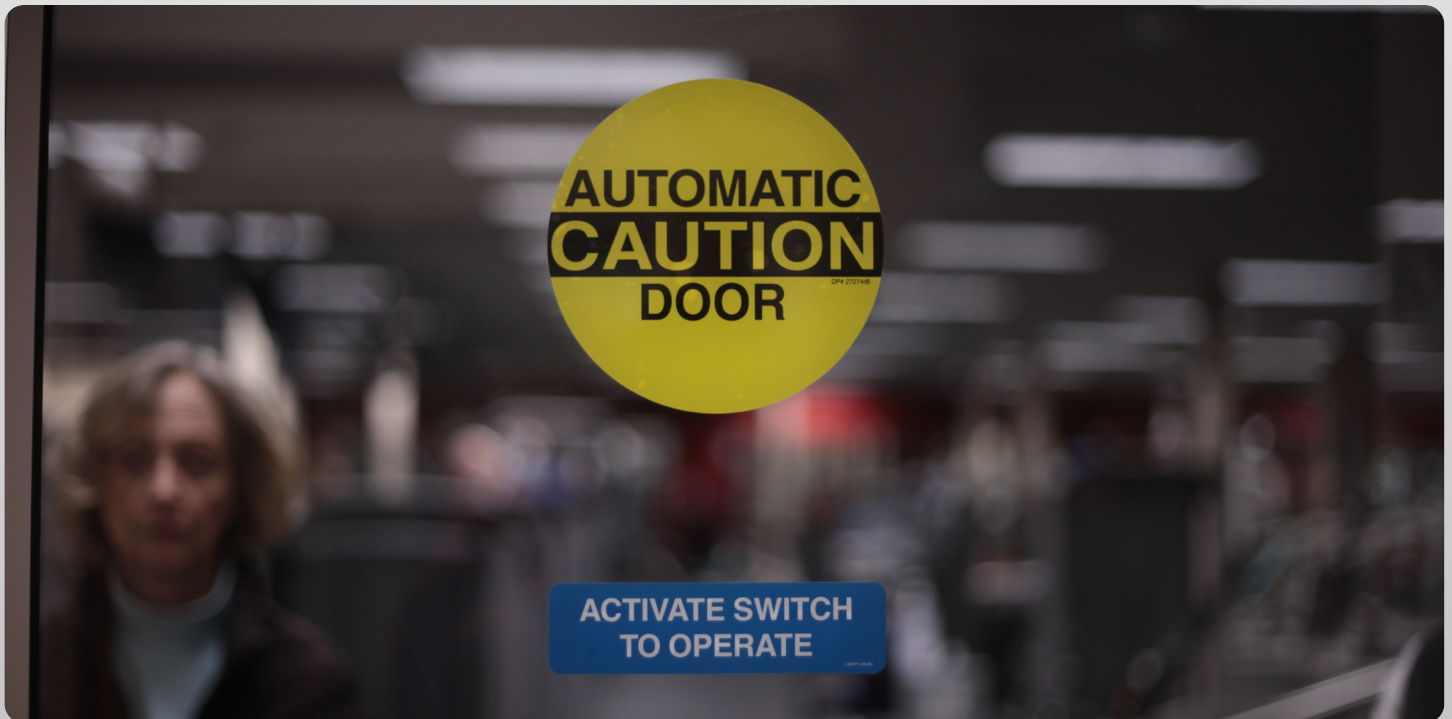


**Looking for someone to do
your gift-wrapping for you?**

**Let the "elves" here at the
STAUNTON-AUGUSTA FAMILY YMCA
do it for you. We supply the paper,
bows and ribbon. Donations are
appreciated (suggested donation is
\$2 per package).**

**For more questions about our gift-wrapping services,
contact Candace Martin at
candacemartin@saymca.org.**

AUTOMATIC ACCESSIBILITY



NEW DOORS IN THE SAYMCA FACILITY

By Chris Lassiter

The STAUNTON-AUGUSTA FAMILY YMCA has an open-door policy.

Now it literally has the doors to match.

The YMCA recently installed automatic doors into the multi-purpose room and the wellness center.

It's a months-long project overseen by the YMCA's associate executive director Candace Martin.

"I realized certain employees and members realized they were having a hard time getting in and out of places here," Martin said. "We needed to make it a little more accessible."

The STAUNTON-AUGUSTA FAMILY YMCA runs several community mission outreach programs that would benefit from the automatic doors. For instance, the neuro-wellness program exists to

help people with neuro-related conditions recover.

It will help others, too.

"We have a few members who are wheelchair-bound, and also an employee," Martin said. "It was the logical thing we needed to do."

The doors have been in place since mid-November.

"I have had so many people say, 'The doors are so easy now,'" Martin said. "It made my heart happy to make it easier for people."



MENTAL HEALTH MENTORSHIP



STAUNTON-AUGUSTA FAMILY YMCA'S
**SAW TUTORING
NETWORK**

By Chris Lassiter

It's the type of problem that can't be solved with a calculator.

Since its inception, the STAUNTON-AUGUSTA FAMILY YMCA'S SAW Tutoring Network has been a Godsend to families needing additional academic help.

The numbers prove it.

Ninety-two students have registered so far in the 2021-2022 academic calendar, and 18 volunteers serve between 25-30 students each week.

"It's other stresses from life that are making school a challenge," [Getsey] said.

During the sessions, however, tutors observed the emotional needs of the students were as tangible as the academic needs.

"A lot of it bubbled up through what we observed in tutoring sessions," YMCA SAW Tutoring Network Program Coordinator Hillary Getsey said. "We've seen certain things kids are struggling with, and it's not always just the subject material. It's other stresses from life that are making school a challenge."

The mental and emotional health of students also weighed heavily on the heart and mind of Bruce Blair, president of Mental Health America of Augusta.

"We realized it was a common theme that teens are struggling with," [Ringgold] said.

With STAUNTON-AUGUSTA FAMILY YMCA executive director Josh Cole introducing the two organization leaders, they began brainstorming on how they could work together to help students.

The result was a four-week pilot program to help students with their mental and emotional health in addition to providing academic help.

At the time the article was printed, two weeks of the four-week program had been completed.

"[In] our second session, we talked about grief and loss," said Brian Ringgold, YMCA SAW Tutoring Network Program Monitor. "We realized it was a common theme that teens are struggling with."

"I think regardless of the format, any way you can help people in a preemptive way to make sure they are OK, you should do it," [Ringgold] said.

The first one we did was on anxiety, because of what's currently going on, and the future's unknown."

Allowing students to name some of their struggles is one part. Giving them tools to work through those struggles is another part.

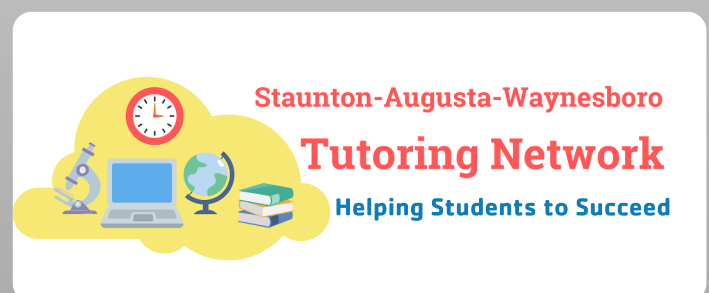
"We're not just talking to kids about anxiety and stress," Blair said. "It's not just a lesson. It's walking through skills and activities that they can actually apply to life, and then coming back the next week and having a conversation about 'How did you apply that?'"

Although being virtual has presented obstacles, the adults running the pilot program remain optimistic.

"I think it's promising," Getsey said. "I think it's been challenging virtually, but even virtually we're seeing some communication from the kids. It feels to me like something that would work much better in person. I wouldn't let having it be virtual again stop us running another session. If we see an interest in January, but COVID numbers are crazy high, I'd want to try again virtually."

Ringgold agrees.

"I think regardless of the format, any way you can help people in a preemptive way to make sure they are OK, you should do it," he said.



MEET CHRIS STAMBAUGH:



YMCA'S NEW TENNIS PRO



By Chris Lassiter

As a kid, Chris Stambaugh just liked tagging along.

His dad Bob and his dad's best friend Neil would travel throughout West Virginia playing in doubles' tennis tournaments, bringing home lots of championship hardware in the process.

It had a profound impact on Stambaugh.

"They'd play together and win all these tournaments," Stambaugh said. "This was in Martinsburg, West Virginia in the late 1970s and 1980s. I would just tag along. I wanted to be just like them. Every chance I got, I begged them to hit tennis balls with me. That's where it began."

Stambaugh became a great player in his own right, continuing his career after high school at Division II Shepherd University. He'd eventually become the coach at Shepherd after his playing days.

Most recently, Stambaugh is coaching the men's and women's tennis teams at Mary Baldwin University.

"My wife is from Staunton," Stambaugh said. "We were in North Carolina. I was coaching there.

She got a job offer up here. Her parents are here, and we have two kids. It just seemed to work."

Working at Mary Baldwin University opened up the door for Stambaugh to become the new tennis instructor at the STAUNTON-AUGUSTA FAMILY YMCA.

"You get an option to get a membership at the YMCA if you're an employee at Mary Baldwin," Stambaugh said. "I knew about the YMCA. I got the membership, so I knew about the tennis court. I saw that they needed a person to teach tennis, and I said, 'I could do that.'"

Stambaugh's philosophy is to strengthen the natural abilities of each athlete.

"The first thing I want to do is find out what they do well on their own," the YMCA's new tennis instructor said. "Usually, kids from any age have some type of talent for doing something a little better. There a lot of things you can look out to figure what they do well. You can start there. If they gain confidence in something that they do fairly well, that confidence can spread to other things and other shots that they try."



GARBAGE SOUP

DON'T TOSS YOUR LEFTOVER VEGGIES FROM THE HOLIDAYS – TURN THEM INTO SOUP!

PREP TIME:
15 MINS

COOK TIME:
1 HR

TOTAL TIME:
1 HR 15 MINS

INGREDIENTS:

- 1 lb lean ground beef
- 6 potatoes, diced
- 1 14.5 oz can diced tomatoes
- 1 onion, chopped
- 1 cup chopped celery
- 1 10.5 oz can beef broth
- 2 cups mixed vegetables
- salt and pepper to taste
- 1/8 tbsp dried rosemary
- 1/8 tbsp dried thyme
- 1/4 tbsp dried basil
- 1/2 lb bacon cooked and crumbled

INSTRUCTIONS:

1. In a large stock pot, place beef potatoes, tomatoes, onion, celery, broth, and vegetables.
2. Add enough water to cover ingredients.
3. Cover pot and cook over medium heat for 1 hour or until vegetables are soft and beef is cooked through.
4. Season to taste with salt, pepper, rosemary, thyme, and basil.
5. Add bacon bits.
6. Stir and serve!

SERVINGS: 4 | CALORIES: 947 | CARBOHYDRATES: 74.6G | PROTEIN: 52.5G | FAT: 48.2G | SATURATED FAT: 17.5G | SODIUM: 1944.3MG | FIBER: 12.1G | SUGAR 6.6G



NUTRITION WITH KAREN DECEMBER RECIPE

Weekly Nutrition Tips from our Nutrition Coach, Karen, on Facebook

@stauntonaugustafamilyymca every Monday!

Sign-up for Nutrition Counseling at the front desk

MEMBERS:

Refer a Friend for a Chance to Win

How it works:

- 1.If you refer a friend to the STAUNTON-AUGUSTA YMCA and they join then you are entered into a monthly drawing for a gift certificate from a local business.
- 2.The friend must tell us at the time of sign-up who referred them in order for you to be eligible for entry into the monthly drawing.
- 3.If you refer multiple "friends" you will be entered in the drawing multiple times,
5 friends = 5 entries.
- 4.Drawings will be held on the last weekday of each month.
- 5.The prizes will vary from month to month.



We 
Referrals

PRIZE FOR DECEMBER:





**Giftcard to
CHIPOTLE**

December 2021 AQUATICS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1:00-6:45PM LAP SWIM	5:30AM-8:45PM LAP SWIM	5:30AM-8:45PM LAP SWIM	5:30AM-8:45PM LAP SWIM	5:30AM-8:45PM LAP SWIM	5:30AM-8:45PM LAP SWIM	7:00am-6:45pm LAP SWIM
	9:00-9:45am AquaFit1 Peggy	9:00-9:45am Splashburner Karen	9:00-9:45am AquaFit1 Peggy	9:00-9:45am Splashburner Karen	9:00-9:45am AquaFit1 Karen No Class (24)	
						8:30-12:00pm Swim Lessons
	10:00-10:45am AquaFit2 Julie	10:00-10:45am Aqua Yoga Karen	10:00-10:45am AquaFit2 Julie	10:00-10:45am Aqua Yoga Karen	10:00-10:45am Aqua Barre Sheree (3,10) Julie (17,31) No Class (24)	
				11:00am-4:30pm Family Swim		
		11:00-11:45am Deep Water Julie	11:00-11:45am Gentle AquaFit Peggy (1,15) Carol (8,22,29)		11:00-11:45am Gentle AquaFit Carol No Class (24)	12:00-6:45pm Family Swim
1:00-6:45pm Family Swim	11:00am-6:00pm Family Swim	12:00-4:30pm Family Swim	12:00-8:45pm Family Swim		12:00-6:00pm Family Swim	
	3:30-4:30pm Afterschool Swimming	3:30-4:30pm Afterschool Swimming		3:30-4:30pm Afterschool Swimming	5:00-6:00pm Teen Swim	
	5:00-6:00pm Swim Clinic Ends 12/15 Will resume January 17	4:30-7:00pm Swim Lessons	5:00-6:00pm Swim Clinic Ends 12/15 Will resume January 17	4:30-7:00pm Swim Lessons	6:00-6:45pm Splashburner Karen No Class (24) No Class (31)	
	6:00-6:45pm Splashburner Jenn Karen (27)					
	7:00-8:45pm Family Swim	7:00-8:45pm Family Swim	12:00-8:45pm Family Swim	7:00-8:45pm Family Swim	7:00-8:45pm Family Swim	
<p>Only one lap lane will be available during Swim Clinic</p> <p>During Winter Break the Afterschool Swimming hours may vary, please watch for signs in the pool area</p> <p>Private Swim Lessons may be scheduled during any operational hours</p> <p>The Y will be closed on Friday, December 24 and Saturday, December 25. The Y will close at 6pm on Friday, December 31</p> <p>*We are currently hiring for Lifeguards and Swim Instructors*</p> <p>**If interested please email Beth Valentine your resume at beth@saymca.org**</p>						

Group Fitness Classes December 2021


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Key: CS= Cardio Studio MB= Mind/Body Studio BB= Basketball Court TC=Tennis Court SH=Staunton High RB=Racquetball Court		1 5:45 BCamp(CS) <u>Iris</u> 8:30 Zumba(CS) <u>Eleanor</u> 8:00 Men's Yoga(MB) <u>MK</u> 9:30 Strength(CS) <u>Avis</u> 5:00 Barre(CS) <u>Melissa A.</u> 5:30 Cycling(CS) <u>Donna</u> 6:00 Zumba(CS) <u>Melissa S</u> *Please note the Barre class time change to 5pm*	2 5:45 Lift&Pump(CS) <u>Iris</u> 8:30 BCamp(BB) <u>Eleanor</u> 8:30 Gentle Flow Yoga(MB) <u>Nancy</u> 11:00 Senior Fit (CS) <u>ER</u> 11:15 PACE(MB) <u>Mason</u> 4:30 Lift&Pump(CS) <u>Iris</u> 5:30 Vinyasa Yoga(MB) <u>MP</u> 6:00 Zumba(CS) <u>Melissa S</u>	3 5:45 Cycling(CS) <u>Iris</u> 8:30 Fit For Life(CS) <u>Cathy</u> 8:30 Pilates(MB) <u>Sheree</u> 9:30 Tabata(CS) <u>Avis</u> 9:45 Tai Chi Y24(MB) <u>Linda</u> 10:15 Tai Chi S73(MB) <u>LR</u>	4 8:30 Cycling(CS) <u>Lisa</u>
5 3:00 Gentle Flow Yoga (MB) <u>Ginger</u>	6 5:45 BCamp(BB) <u>Lisa</u> 8:30 Zumba(BB) <u>Eleanor</u> 8:30 Fit For Life(CS) <u>Cathy</u> 8:30 *Wall Yoga(RB) <u>SBJ</u> 9:45 Tai Chi Y24 (MB) <u>Linda</u> 10:15 Tai Chi S73(MB) <u>LR</u> 11:15 Chair Yoga(MB) <u>MP</u> 6:00 Zumba(CS) <u>Melissa S</u> 6:30 Cycle(CS) <u>SBJ</u>	7 5:45 Cycling(CS) <u>Iris</u> 8:30 Barre(CS) <u>Sheree</u> 8:30 BCamp(BB) <u>Eleanor</u> 8:30 Vinyasa Yoga(MB) <u>Marsha.</u> 11:00 Senior Fit (CS) <u>ER</u> 11:15 PACE(MB) <u>Peggy</u> 4:30 Lift&Pump(CS) <u>Ginger</u> 5:30 Vinyasa Yoga (MB) <u>Sarabeth</u>	8 5:45 BCamp(CS) <u>Iris</u> 8:30 Zumba(CS) <u>Eleanor</u> 8:00 Men's Yoga(MB) <u>MK</u> 9:30 Strength(CS) <u>Avis</u> 5:00 Barre(CS) <u>Melissa A</u> 5:30 Cycling(CS) <u>Donna</u> 6:00 Zumba(CS) <u>Melissa S</u>	9 5:45 Lift&Pump(CS) <u>Lisa</u> 8:30 BCamp(BB) <u>Eleanor</u> 8:30 Gentle Flow Yoga(MB) <u>Ginger</u> 11:00 Senior Fit (CS) <u>ER</u> 11:15 PACE(MB) <u>Mason</u> 4:30 Lift&Pump(CS) <u>Iris</u> 5:30 Vinyasa Yoga(MB) <u>MP</u> 6:00 Zumba(CS) <u>Melissa S</u>	10 5:45 Cycling(CS) <u>Lisa</u> 8:30 Fit For Life(CS) <u>Cathy</u> 8:30 Pilates(MB) <u>Sheree</u> 9:30 Tabata(CS) <u>Avis</u> 9:45 Tai Chi Y24(MB) <u>Linda</u> 10:15 Tai Chi S73(MB) <u>LR</u>	11 8:30 Cycling(CS) <u>Ginger</u>
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26 *No Group Classes Today*	27 5:45 BCamp(BB) <u>Lisa</u> 8:30 Zumba(BB) <u>No Class</u> 8:30 Fit For Life(CS) <u>Cathy</u> 8:30 Gentle Flow(MB) <u>Nancy</u> 9:45 Tai Chi Y24 (MB) <u>Linda</u> 10:15 Tai Chi S73(MB) <u>LR</u> 11:15 Chair Yoga(MB) <u>MP</u> 6:00 Zumba(CS) <u>Melissa S</u> 6:30 Cycle(CS) <u>Sarabeth</u>	28 5:45 Cycling(CS) <u>Lisa</u> 8:30 Barre(CS) <u>Melissa A</u> 8:30 BCamp(BB) <u>NoClass</u> 8:30 Vinyasa Yoga(MB) <u>Marsha</u> 11:00 Senior Fit (CS) *Virt 11:15 PACE(MB) <u>Peggy</u> 4:30 Lift&Pump (CS) *Virt 5:30 Vinyasa Yoga(MB) <u>Sarabeth</u>	29 5:45 BCamp(CS) <u>Lisa</u> 8:30 Zumba(CS) <u>No Class</u> 8:00 Men's Yoga(MB) <u>MK</u> 9:30 Strength(CS) <u>Avis</u> 5:00 Barre(CS) <u>Melissa A</u> 5:30 Cycling(CS) <u>Donna</u> 6:00 Zumba(CS) <u>Melissa S</u>	30 5:45 Lift&Pump(CS) <u>Lisa</u> 8:30 BCamp(BB) <u>Eleanor</u> 8:30 Gentle Flow Yoga(MB) <u>Melissa A</u> 11:00 Senior Fit (CS) <u>ER</u> 11:15 PACE(MB) <u>Mason</u> 4:30 Lift&Pump(CS) <u>Virtual</u> 5:30 Vinyasa Yoga(MB) <u>MP</u> 6:00 Zumba(CS) <u>Melissa S</u>	31 5:45 Cycling(CS) <u>Iris</u> 8:30 Fit For Life(CS) <u>Cathy</u> 8:30 Pilates(MB) <u>Sheree</u> 9:30 Tabata(CS) <u>Avis</u> 9:45 Tai Chi Y24(MB) <u>Linda</u> 10:15 Tai Chi S73(MB) <u>LR</u>	

Visit [SAYMCA.org/programs/group-fitness/class-schedules/](https://www.saymca.org/programs/group-fitness/class-schedules/) for monthly Aquatics, Basketball Court, Group Fitness, and Playroom schedules.



Visit Us:
708 N Coalter St
Staunton, VA 24401

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