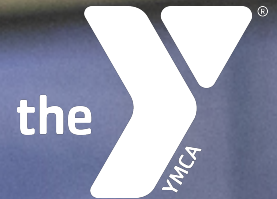


STAUNTON-AUGUSTA FAMILY YMCA

NEWSLETTER

NOVEMBER 2023



P. 2 - UPDATE ON OUR PROJECT AT 575 NEW HOPE ROAD

P. 4 - COPING CORNER

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ONE OF OUR TEEN MEMBERS
LEADS THE WAY FOR OUR
EXPRESSO TEAM DURING THE Y
MADNESS QUALIFYING ROUND.

UPDATE ON 575

CHECK OUT THE PROGRESS ON OUR NEW YOUTH DEVELOPMENT CENTER



The photo above was taken at sunset on October 27, when the sun highlighted the back wall of the pavilion, showing how much space we will have under the cover of the roof.

As of the end of October, trusses are in and the roof is complete. Framing for the interior of the pavilion is also finished.

We look forward to the pavilion being open for Summer Camp 2024 and thank all of our staff, members, and donors for their help in making this all possible.

There are lots of people to thank for their efforts including: Moffett Paving & Excavating, Nielsen Builders, Inc., Lineage Architects, P.C., Balzer & Associates, Inc., SAYMCA Board Members and Trustees, and SAYMCA staff

YMCA TASK FORCE: Alison Denbigh, Jason Lackey, Julian Moffett, Maggie Ragon, Paul Vames, John Keene.

OUR EARLY DONORS: The Houff Family Foundation, David Didawick & Family, Paul Vames, Billy Sowers, and several anonymous donors.



NO JOINING FEE

1/2 OFF JOINING FEE

NOVEMBER 24
5:30AM-5:30PM

NOVEMBER 27,28,29
Open to close



The **STAUNTON-AUGUSTA FAMILY YMCA** the **Y**

CELEBRATING

150 YEARS

Serving our community since 1874

We are excited to announce the countdown to our 150th anniversary on November 17, 2024! Contact Eleanor Rixey at eleanor@saymca.org with your memories or family connections throughout the history of the SAYMCA.

ANNUAL GIVING CAMPAIGN

Event Calendar



A BETTER US STARTS WITH YOU

● NOVEMBER 4

SPAGHETTI DINNER & TRICKY TRAY RAFFLE

Christ Lutheran Church in Staunton

4pm - 7pm

\$10 Adults \$5 12 & under

● DECEMBER 9

HOLIDAY BAZAAR

SAYMCA Multipurpose Room

9am - 5pm

● DECEMBER 9 & 11

POINSETTIA SALE

SAYMCA Lobby

9am - 5pm

While supplies last

● DECEMBER 14 & 20

GIFT WRAPPING

SAYMCA Lobby

9am - 6pm

Thank you to everyone who supported our
Jack & Davis Reid fundraiser.
We raised \$5,000!! Every cent funds our mission
programs.
Together we are building a healthier community.



COUNT ME IN!

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

Check enclosed ☐

Credit Card: _____

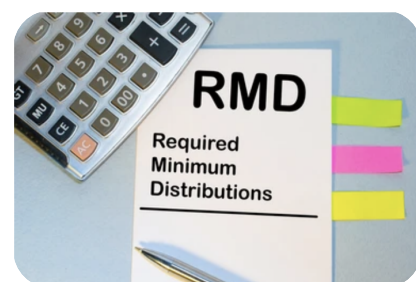
Exp. _____ CVV: _____

Signature: _____

The Annual Giving Campaign is
the lifeblood of our YMCA.

Each year the campaign raises
money through charitable
donations from individuals,
businesses and community
organizations. These funds
help to ensure that no one is
ever left behind regardless of
their financial circumstances.

Together we are building a
healthier community!



Are you required to take a Minimum Distribution from your retirement account? You can use these funds to benefit the community by making a donation to the STAUNTON-AUGUSTA FAMILY YMCA or COMMUNITY CHILD CARE. Check in with your financial advisor or ask SAYMCA Executive Director Josh Cole for more information about this way of giving.

The Gift of Gratitude

By Brian Ringgold

Now is the time of year when everyone is reflective on the things for which they are thankful. It is great to be reflective, but do you know that there are added benefits to gratitude, particularly for children? These benefits include:

- Higher levels of happiness and optimism
- Improved sleep
- Less stress and an improved ability to cope with stress
- Fewer physical problems
- Reduced depression
- Less aggression
- Increased self esteem
- Improved resilience

The sooner we teach children to be grateful, the stronger the impact can be on their wellbeing. Psychology suggests beginning with children between the ages of 3 and 5 years old by simply teaching them to understand and use the term "thank you." By introducing this term, caregivers can begin to expose young children to the concept of empathy, which is the ability to understand how others are feeling and why that is important.

One simple activity to try with your children is a daily gratitude reflection. This is when you spend time together as a family talking about your day and discussing the things for which you are thankful. It is also important to talk about why you are thankful for that person or thing. For example, your child might tell you they are thankful for their friend at school. This is great, but if you don't ask them why, then you are missing a critical opportunity to make a connection and understand what this individual does to make your child feel good.

In addition to encouraging our children to express their gratitude for others, it is also important that we tell our children that we appreciate them. Recently I had a conversation with a parent who expressed that they were thankful that their child helps to provide some structure in their life. In this case, their child's routines—getting up and going to school at a certain time, returning home at a certain time, working on homework and end-of-the-day chores—helped the parent create structure and routine in their own life. I asked the parent if they ever thanked their child and they said no. I encouraged them to do so, because expressing gratitude can strengthen the bond between parent and child and help each person realize the importance of the other in their lives.

Something else I would recommend is giving your children age-appropriate chores. This helps them

feel like they are contributing to the well-being of their environment. When they make mistakes, resist the urge to say that they are doing something incorrectly and, instead, praise them for their effort. Remaining positive and grateful for their effort will increase the likelihood that they will want to help you again. In time, you can work alongside them to help them learn the proper techniques to accomplish the task.

For example, I have a two-year-old nephew who loves to help regardless of the task. One of the things that he loves to assist me with is making sure that I am in my wheelchair correctly. He has watched caretakers raise and lower my foot pedals to help me get in and out of the chair, so now he takes it upon himself to do that for me. Or he realizes that if I am getting in or out of my chair then I put my seatbelt on, so I've recently shown him how to do that so he can feel included and contribute.

Another example that I can give you is this: I was recently working with the young children in our afterschool program here at the Y and I was telling them how finding a penny is believed by some people to be a blessing or a sign of good luck. I printed out an article that I found on social media that explained why pennies are valuable and that every penny adds up to something. Then I handed each student two pennies to go along with the article. Their assignment was for them to keep one penny and to give the other to someone who they felt needed good luck or a blessing. To my surprise, a student walked up to me a few minutes later and asked if they could give the a penny to a friend who had recently lost someone close to them. I certainly encouraged them to do so! Keep in mind these are elementary students, so the fact that they were able to take the concept of a penny and extrapolate such a big concept from it was a major reinforcement to me that we need to keep teaching gratitude and the effects that it can have on others!

Having a great attitude about gratitude can make an everlasting impression!!

For a more detailed list of gratitude teaching activities please visit the Y's front desk. We will have a few resources for you there.

The Staunton-Augusta YMCA offers spectacular opportunities for youth to develop gratitude as well as other essential life skills through our elementary and teen programming. More information can be found on our website at saymca.org/youth-programs/

Do you have thoughts other ideas that you would like to share? Feel free to contact me at brian@saymca.org



Why did you decide to be on the Staunton-Augusta Family YMCA Board of Directors?

The YMCA organization is an excellent example of community collaboration at work. It brings people of all different backgrounds together to foster physical and mental health. I am very proud to be a part of this effort.

What's your favorite childhood memory?

Spending time with my family. Several times a month on weekends, we would go to historic sites in the Northern Virginia area and learn more about historic events. My parents instilled a great love of history in their children.

What are your current hobbies, collections, interests?

I enjoy all things HOME! Home is my happy place! I

enjoy reading, painting and gardening. I am very involved in my church, St. Francis Catholic Church, and I enjoy my volunteer work at SACRA (Staunton Augusta Church Relief Association).

What is your favorite memory or favorite thing about the Y?

I love seeing people of all ages and physical abilities come together to spend time doing healthy things!

What did you want to be when you grew-up? What is/was your current job/profession?

I always wanted to be a teacher. I taught for only 10 years before I had my children and then I was blessed to be able to stay home with them. I did have a company for several years where I worked as a home stager, which involved helping clients prepare their homes for sale.

What is a fun fact about you?

This is hard ... I love to dance!

GRETCHEN MCMANUS: SERVING THE VOTE

Gretchen McManus has only been part of the STAUNTON-AUGUSTA FAMILY YMCA staff since the start of 2023, but this will mark her seventh season serving as a local election officer.

The twice-yearly shift is a doozy – 5 a.m. to 9 p.m. – but it's a small commitment for McManus and fellow election volunteers, who recognize it as a vital part of the democratic process.

"We are there because we want to be, and there are always veteran workers who help the rookies. It's also a great opportunity to reconnect with neighbors you haven't seen in a while," she said.

Recently appointed Assistant Chief Officer of Election for the Cedar Green Precinct, we asked McManus to share a glimpse into her unique service in advance of Election Day on November 7.

The Motivation: "My grandmother was an election officer, and I grew up hearing how important it was to be aware of what was happening in our country and to vote. When we lived in New York State, I ran for elected office five times and was elected twice."

The Reward: "Each election season brings a new opportunity to make voting a pleasant and smooth experience so people will continue to make the effort to participate."

The Voters:

"In recent years, [I have observed that] local voters are involved and engaged, vocal ... and more divided. Those we see on Election Day are always polite, congenial, and grateful to have us providing their opportunity to vote."



The Changes: "It is much easier to vote now than ever before. You can request an absentee ballot for any reason, and mail-in ballots are available so you don't have to leave your home. More time is provided before Election Day to cast your vote at early voting locations. Many organizations provide rides to polling places. Handicap access and assistive machines are provided on-site, and curbside service is available in local precincts."

The Takeaway: "I am very grateful to live in a country with a representative form of government, and I do what I can to preserve that privilege."



Metz Driven to Create a Better Community for All

By Dawn Medley

Debbie Metz always looks forward to her morning workouts, but this month, she has a little extra motivation for pausing in the lobby of the STAUNTON-AUGUSTA FAMILY YMCA.

On her way to Yoga or Pilates, or before exiting the building after an invigorating Tabata or Zumba class, Metz instinctively peeks into the circular Blue Ridge Area Food Bank collection bin by the doors.

The veteran SAYMCA member isn't just curious about what people have donated. As Vice Chair of the Board of Directors for the food bank – also known as BRAFB – she is looking for hope.

"I have learned so much about the faces of food insecurity in our area," Metz said about her two-year tenure on the board.

"Sometimes it's daunting to accept the idea that [the food bank] has been doing this for more than 40 years, and the issue is still here; in fact, hunger is a more widespread problem in our area today than it was before and during the pandemic," she explained.

Metz is encouraged by BFRAB's commitment to get to the root of the uptick in the number of "our neighbors" who need food bank services. Local data indicates that those issues include health care access, special dietary needs, lack of transportation, and language barriers.

"I am very excited about the diverse makeup of the board, and the direction we are headed. Our mission has become focused on ways to 'shorten the line,' which is how we really make progress toward ending hunger," she said.

"Shortening the line" refers to reducing the number of people who rely on food bank resources, rather than

focusing on how to provide enough food for those who need it.

The food bank already boasts partnerships with more than 400 organizations from Lynchburg to Winchester, but they are perpetually on the lookout for new alliances that can help address hunger's underlying causes, such as homelessness, health crises, and job market instability.

Metz traces her interest in social issues and community service back to her undergraduate studies at William & Mary in the early 1970s.

After earning her sociology degree, she landed a position in women's health care with an organization supported by the U.S. Department of Health, Education, and Welfare.

A carefully planned venture to open an equipment rental business brought Debbie and her husband, Dave, to Staunton in 1976, where they operated Taylor Rental for nearly 30 years.

In recent years, Metz has been grateful to give her time and efforts to Community Foundation of the Blue Ridge, Blue Ridge Community College Educational Foundation, and Staunton City School Board, in addition to BRAFB.

"To me, service is any attempt to make the world better for someone else," she said. "It has always been important to us to find ways to elevate our community for everyone."

There's no doubt that Metz will continue to monitor the collection container at the Y. She knows all too well how far the food bank stretches just \$1 to provide four meals for its families, and how the organization will use each can and box to feed more people than seems possible.

Every year the SAYMCA serves as a collection site for various charitable organizations. Below is a schedule of collection by these organizations and how you can help.



Operation Christmas Child: delivers great joy and the good news of Jesus Christ to children in need around the world through gift-filled shoeboxes.

1. Pick up a shoebox from the lobby.
2. Visit samaritanspurse.org to print out a label for your shoebox.
3. Fill your shoebox with gifts. Ideas include a "wow" item, personal care items, school supplies, clothing and accessories, crafts and activities and small toys.
4. Pray for your recipient.
5. Donate \$10 for shipping costs.
6. Return to the front desk by **November 6**.

Visit samaritanspurse.org for more info.

Please donate the following items that are **tear-open** or **pop-top** only:

- prepackaged tuna/chicken pouches
- individual peanut butter cups
- Vienna sausages
- Individual packs of crackers
- fruit cups
- pudding
- granola bars
- water/ Capri Sun/ juice boxes
- hand wipes, emergency blankets, hand warmers
- gallon-size Ziploc bags

All donations will be distributed to the homeless population in Staunton the week of Thanksgiving. For more info or to make monetary donations contact Elaine Rose at 540-448-6822.



Serving Staunton's homeless population

COLLECTING DONATIONS THROUGH NOVEMBER 14



AND



"CANS ACROSS THE CONFERENCE "

Collecting canned foods
through **November 16** for the
Blue Ridge Area Food Bank

MOST NEEDED ITEMS (NO GLASS PLEASE!!)

- canned soups, stews and chili (low sodium)
- canned veggies (low sodium)
- cereal (low sugar, whole grain)
- peanut or almond butter (low sugar)
- spaghetti sauce (low sugar)
- boxed mac & cheese
- pasta and rice (whole grain)
- canned tuna and chicken
- paper products
- baby food, formula, and diapers
- soap and feminine products
- toothbrushes

Y Serves as Hub for Organizations Gathering Donations

By Dawn Medley

Almost as soon as falling leaves signal the seasonal transition, the bins, racks, and flyers start appearing in the common area of the STAUNTON-AUGUSTA FAMILY YMCA.

The Y's reputation for outreach and extending a hand to those in need is well known, and local organizations recognize that the giving spirit of members and staff helps them reach their goal of providing essentials for the underserved in the community, particularly as cold weather settles in.

The efforts dovetail with the national observance of Hunger and Homelessness Awareness Week, held annually during the week preceding Thanksgiving. First held at Villanova University in 1975, today events are organized around the country to build a base of volunteers to combat food and shelter insecurity.

"We know that the Y is a central place where everybody goes, and a place where people are giving and community-focused," explained The Rev. Elaine Rose, a local pastor and leader with Building Bridges for the Greater Good, which is collecting food staples to distribute to the local homeless population before the holidays.

Canned and boxed goods – as well as hand wipes, emergency blankets, and hand warmers – donated through November 14 will be assembled into "blessing bags" and handed out with the aid of Valley Homeless Connection, the Valley Mission, and Waynesboro Area Refuge Ministry (WARM), Rose said.

Born in 2012, Building Bridges' original mission to raise awareness about race relations continues today, and it has expanded to include several service projects and community conversations each year.

This year, the organization decided to focus its efforts on addressing homelessness in Staunton, Waynesboro, and Augusta County, Rose said. Although the idea of trying to eliminate the problem is overwhelming, Rose realized that something the group can accomplish is meeting the "immediate needs" of the unhoused in our area.

"No one wants to see another person spending the night out on the street in the cold," Rose said.

"They are our community, too. They are our coworkers, our family members, our church members, and they matter," she added. "To be able



to reach out and give them a bag of food or a warm blanket sends the message, 'I know you're having a hard time, but you're a fellow human being, and you still matter.'"

Building Bridges' collection drives will culminate in a public forum featuring representatives from local homeless agencies at the Blackfriars Playhouse on November 13. For more information or to participate, visit buildingbridgesstaunton.weebly.com.

The project is just one of several highlighted at the SAYMCA this month.

Flanking the Building Bridges collection box is a round bin designated for donations to the Blue Ridge Area Food Food Bank (read more on page 6) and a stack of bright boxes for members to support Operation Christmas Child. Tucked beside an Espresso bike in the front window, visitors find a coat collection rack sponsored by the Greater Augusta Association of Realtors.

A sign on a nearby wall encourages people to drop off non-perishable food at sites on the nearby Mary Baldwin University (MBU) campus as part of Cans Across the Conference.

And it won't be long before the familiar Salvation Army Angel Tree appears in the lobby, giving members the opportunity to bless children with Christmas gifts.

These seasonal activities give a glimpse into the SAYMCA's year-round generosity, according to Associate Executive Director, Candace Martin.

"Any time there is a family in crisis or in need and we ask for contributions, we fill that need and

beyond in a matter of days," Martin said.

"It's just an incredible group of people that look out for each other and the wider community," she said.

While describing why MBU takes part in Cans Across the Conference each year, Athletics Director Tom Byrnes said the school works to instill that same character in its students.

"We want our athletes to be part of the community, and we take seriously our responsibility to teach them the value of giving back while they are young adults," Byrnes said.

In 2022, the friendly competition between the 10 institutions in the USA South Athletic Conference generated nearly 14,300 food items that were given to local food banks.

Donations for this specific project are not being collected at the YMCA, but the facility serves as a natural place to advertise, since a handful of MBU coaches and staff also instruct at the Y.

Over the past few weeks, jackets of various sizes have started to fill the hanging rack sponsored by local realtors through the Young Professionals Network (YPN).

Juaquadia Howard, committee chairperson, explained that anyone is welcome to leave coats or to take pieces for themselves or others in need, they just need to inform the front desk staff. The rack will remain at the Y through spring, when warmer weather returns consistently.

In addition to providing warm clothing, Howard hopes that the visibility of service projects at the Y encourages people to have conversations – particularly with children and youth – about the challenges faced by some members of our community.

Valley Community Services Board (VCSB) representative Lydia Campbell will continue to reinforce that message during the upcoming Building Bridges panel.

"We all need to truly understand that homelessness is not a character issue, and that we could all be just one major life event away from the same situation," said Campbell, who serves as VCSB's Community-Based Services Manager as well as coordinator for Virginia Housing Connection.

"Homelessness is solvable and can be rare, brief, and non-recurring," she said.

One can. One box. One coat at a time. The SAYMCA has the ability to change the face of hunger and homelessness just outside its doors.

By the Numbers: Hunger and Homelessness

When we know how many people are in need of food and shelter in our community – and where they are – we are able to funnel resources and develop programs to better address those issues. The Blue Ridge Area Food Bank (BFRAB) and Valley Community Services Board (VCSB) keep detailed records of the populations they serve. We are grateful to those organizations for providing the following data.

451

Individuals currently experiencing homelessness in our area, according to reports from the Valley Homeless Connection

86

Residents at the Valley Mission, the local homeless shelter in Staunton. 13 additional people on waiting list (as of Oct. 24)

1 in 12

People living in the Blue Ridge area experiencing hunger, including 1 in 12 children

127,500

Average number of people served monthly by the Blue Ridge Area Food Bank

7,900/10,500

Number of seniors and children in our region served by the Food Bank

1,399

Active volunteers at BRAFB, contributing 26,280 hours in 2021-22



By Caleb King

Health Sciences major. Marine-in-training.
Multi-sport athlete. SAYMCA Swim Clinic Coach.

Describing Antonella Zullo's life as "busy" would be an understatement. But the enthusiastic staff member considers every challenge an opportunity to learn and grow.

One of Zullo's favorite phrases, "pain is weakness leaving the body," reflects her philosophy and hints at the direction she intends to take through future pursuits.

Originally from New York, one of the biggest challenges in her young life has been adjusting to life apart from family.

Zullo came to Virginia to enroll in Mary Baldwin University's renowned Health Sciences program, setting her sights on intensive medical school studies and a career as a cardio-thoracic surgeon.

She has also served with the Marines since she signed on with the ROTC in 2018, and she participated in the unique Virginia Women's Institute for Leadership (VWIL) during her first years at MBU. Her experience in ROTC and VWIL has fostered an understanding of the reinforcement that mental strength provides.

Zullo consistently relies on that toughness while balancing her physical fitness, scholastic work, three jobs, and participation in Marine Officer Candidate School.

A lifelong athlete, Zullo participated in a wide range of sports – such as martial arts, track, and lacrosse – before swimming took center stage.

She competed at the regional level as a member of her high school swim team in 2017-18, solidifying her commitment to the sport that she has loved since childhood.

"My mom had me swimming since I was 10 months old, probably, although I don't really remember that," Zullo laughed. "The pool is my happy place."

A few years ago, Zullo used the YMCA pool to for a swim qualification that furthered her progress in the Marines. At that time, she began talking with Aquatics Director Beth Valentine regarding potential employment opportunities. Soon after, she was hired as a Lifeguard and Swim Instructor. Being tapped for the Swim Clinic Coach position brought her goals full circle.

"First time I met Beth I was like 'This lady is wonderful, I love her, she's great!'" Zullo beamed. "It's a warm welcome from a group of strangers who eventually became family."

Working with children is a natural environment for Zullo, who often watched her older siblings' children before moving to Virginia.

Her plans for the Swim Clinic center on incremental improvements and tracking progress for the kids, as both were motivational in her own experience in the sport. Her affinity for the YMCA staff and children participating in aquatics is palpable not only through her actions, but also her words.

"I always try to make them feel included. I do it for them, I don't do any of this for me," Zullo said. "This is about their success and making sure they're having fun."

Zullo has proven not only to be a remarkable employee, but also an exemplary individual.

November 2 will mark the third round of the annual Y Madness Challenge. The Y Madness Challenge is a nationwide competition to ride the most miles on the virtual expresso bikes while competing against other YMCAs. Our Y (AUGUSTA in the bracket above) is one of 391 YMCAs competing and we have maintained our position as No. 1 nationally, with some of our riders also boasting Top 10 rankings in the nation. Our team is a fierce group of tenacious competitors who never say die!

Our journey as national champions started back in 2019. That first year, the SAYMCA was knocked out in the first round. In 2021, we lost to Powhatan (VA) in the semifinal round. In 2022, we pulled off a miracle and defeated Chambersburg (PA), taking the championship title and winning the coveted Golden Spokes trophy.

During the Electric 8 round on November 2, we ride against North Andover (MA). Register on the bike and join our team. Together we can surely defend our title.

If we can win on Nov. 2, we will have a slot in the Final Four and ride on Nov. 9 for 24 hours as we work to get to the championship round on Nov. 16.

Expresso riders unite!! Compete for prizes, cash and some serious bragging rights! The winning team will earn the title of Y Madness Champion and earn the Golden Spokes Trophy.

Riders must have a complete account including a Rider ID, password and additional information in order to participate. It's easy! Go to Espresso.com/Register. One of our staff members would be happy to assist. You must JOIN the challenge in order for your miles to count.

Ride every THURSDAY beginning October 19 until our team either gets knocked out or wins! You can begin riding at midnight each Thursday, and continue logging miles for 24 hours. The team that rides the most miles in each round advances.

For every 10 miles you ride you are automatically entered to win a prize from Blue Goji as well as from the SAYMCA. Blue Goji will reward one lucky rider with \$500 and the top 25 riders will win their own official tournament t-shirt. The SAYMCA will also hold drawings each week to reward individuals.

11

YOUTH PROGRAMS

PROGRAM DIRECTOR CONTACT:

Windsor Vaughn | windsor@saymca.org
885-8089

YOUTH TENNIS

With Chris Stambaugh

Early Hitters

Will teach the basics of tennis for ages 5-8. Must pre-register at the front desk.

November/December Session:

Tuesdays, 5:30-6:30 PM

November 28-December 19

OR

Thursdays, 5:30-6:30 PM

November 30-December 21

Pre-Teen Tennis

Will teach your pre-teen(s) intermediate tennis skills. Must pre-register at the front desk.

November/December Session:

Wednesdays, 5:30-6:30 PM

November 29-December 20

Fees:

\$60 Members per session

\$75 Non-members per session

High School Tennis

This will get your high-schooler prepared for high school tennis. Must pre-register at the front desk.

November/December Session:

Wednesdays, 6:30-8:00 PM

November 29-December 20

Fees:

\$75 Members per session

\$90 Non-members per session

Private Tennis Lessons

1 HR: \$55 Members / \$70 Non-members

30 MIN: \$30 Members / \$55 Non-members

Semi-Private Lessons

Per person

\$35 Members / \$50 Non-Members

*If siblings, second person receives 10% off

HOMESCHOOL P.E.

Come join us for fun, games and sports at the Y. Your kids will learn new skills, tackle different obstacles and make new friends. Please wear athletic clothing and closed-toe shoes. Each week will feature a different focus (such as yoga, fitness, and dance), so please come prepared to move!

THIS PROGRAM WILL RETURN IN JANUARY!

Ages 9-12:

Mondays, 11 AM - 12:30 PM

Ages 5-8:

Wednesdays, 10 - 11:30 AM

Fees: \$50 Members / \$65 Non-Members

YOUTH BOXING

Ages 14-20

Dates and Times:

Thursdays November 16 - December 21
6:15-7:15 PM

Fees: \$45 Members / \$60 Non-Members

Registration opens November 2

****BRING GLOVES OR BORROW FROM US****

TUESDAY/THURSDAY SWIM LESSONS

NOVEMBER 28 - DECEMBER 21

Meets 2x a week for 30 minutes

Ages 3 - 5

Pike: 4:40 or 5:10 PM

Eel: 4:40, 5:20 or 6 PM

Ages 6 - 12

Polliwog: 4:40, 5:20, 6 or 6:40 PM

Guppy: 4:40, 5:20, 6 or 6:40 PM

Minnow: 6 or 6:40 PM

Members register Nov. 9 **5 PM**

Non-members register Nov. 10

REGISTRATION CLOSES NOV. 16

Fees: \$50 Members / \$65 Non-Members

YOUTH EQUIPMENT ORIENTATION

Ages 12-14

Fees: \$25 Members for four classes

**Did you know siblings
receive a 10% discount after
the first child enrolls?**

**Check out page 14 & 15
for the new Youth Swim
Lesson program!**



TRUNK OR TREAT WAS SO MUCH FUN!!



TEEN TAKEOVER SAT. NOVEMBER 18

7:30 – 9:45 PM

\$5 MIDDLE SCHOOLERS
THANKSGIVING DINNER PROVIDED

Our Afterschool Youth Development Staff participated in the Out of the Darkness Walk to promote suicide awareness on October 21. Here is what Andrea Ryder, our Childcare Program Director, had to say about their experience:

"The Youth Development team felt it was necessary to bring awareness to our community and show our support by joining the Out of the Darkness Walk. Our job as youth leaders is to impact our future generations and one way of doing that is to make each and every child that we serve feel safe and loved."



Parent & Child Age 6 mo – 3 yrs

SWIM STARTERS

A

Water Discovery

Student not yet able to respond to verbal cues and jump on land.

B

Water Exploration

Student not yet comfortable working with an instructor without a parent in the water.

PRIVATE SWIM LESSONS

Are structured to bridge the gap between swim levels and provide one-on-one to those who need it the most.

PRIVATE: \$22 Member/ \$34 Non-Member

SEMI-PRIVATE: \$15 Member/

\$24 Non-Member

Please fill out an application at the front desk. The waitlist is currently 6 months out. Participants will be guaranteed 4 lessons total. Receive 15% off when purchasing 4 lesson bundle.

Preschool Age 3 – 5

SWIM BASICS

1

Water Acclimation

Student not yet able to go underwater voluntarily.

2

Water Movement

Student not yet able to do a front and back float on their own.

3

Water Stamina

Student not yet able to swim 10 – 15 yards on their front or back.

4

Stroke Introduction

Student not yet able to swim 15 yards on their front or back crawl.

SWIM CLINIC

Think swim team without the meets. Once your child graduates from group swim lessons they are ready to level up to swim clinic. Child must be able to enthusiastically swim the entire length of the pool.

Taught by Coach Antonella Zullo

\$75 Member/ \$90 Non-Member

Mondays 5:00 – 6:00 &

Wednesdays 5:15 – 6:15

November 6 – December 20

Youth Age 6 – 12

SWIM STROKES

1

Water Acclimation

Student not yet able to go underwater voluntarily.

2

Water Movement

Student not yet able to do a front and back float on their own.

3

Water Stamina

Student not yet able to swim 10 – 15 yards on their front or back.

4

Stroke Introduction

Student not yet able to swim 15 yards on their front or back crawl.

5

Stroke Development

Student not yet able to swim front crawl, back crawl, and breaststroke across the pool.

6

Stroke Mechanics

Student not yet able to swim front crawl, back crawl, and breaststroke across the pool and back.



SWIM PROGRAM UPDATE

Current Swim Level

Parent Child I & II

Pike

Eel

Polliwog

Minnow

Fish

New Stage

A

B

1

2

3

1

2

3

4

5

6

Siblings
receive 10%
off!!

SWIM STARTERS

A/ Water Discovery

B/ Water Exploration

Infants and toddlers learn to be comfortable in the water and develop swim readiness skills while having fun!

This is an introduction to the water for little ones and their parents. Children learn through play and develop confidence to be in the water.

In Stage B, parents work with their children to explore body positions, floating, blowing bubbles and learn the fundamentals of safety and skills.

SWIM BASICS

1 / Water Acclimation

2 / Water Movement

3 / Water Stamina

In this level children learn two benchmark skills:

Swim, float, swim - sequencing front glide, roll, back float, roll, front glide & exit.

Jump, push, turn, grab

Underwater exploration and learning how to safely exit a body of water is the focus of this stage. This lays the foundation that allows for a student's future progress in swimming.

In Stage 2, students focus on body position, control, directional change and forward movement in the water while continuing learning how to safely exit in the event of a fall.

Stage 3 builds on safely exiting a body of water but includes having to swim a long distance. It introduces rhythmic breathing and integrated arm and leg action.

SWIM STROKES

4 / Stroke Introduction

5 / Stroke Development

6 / Stroke Mechanics

Students learn additional water safety skills and build stroke technique. These skills prevent chronic disease, increase social - emotional and cognitive well-being and foster a lifetime of physical activity.

The specific strokes learned are front crawl and back crawl, breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

In Stage 5, stroke technique is enhanced and all major competitive strokes are introduced. The emphasis on water safety continues through treading water and sidestroke.

In Stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, discover how to develop healthy habits through swimming and are prepared to enter swim clinic.

CONTACT ELIZABETH HILTY WITH ANY QUESTIONS: SAYMCAELIZABETH@GMAIL.COM

By Eleanor Rixey

I began teaching a new class in September called "Align." I am excited that there is already a committed group attending regularly, and have been enjoying meeting members whom I do not see in my other classes. I have been getting quite a few inquiries into what "Align" means and how the class is structured, so this is my opportunity to go more in depth.

I will begin by explaining my motivation for offering this class. Most of the modes I teach are strength based and include high-impact, or HIIT-style, training. I wanted to try teaching a class that is low impact and restorative, not just for the benefit of our members, but for myself as well.

Mother's Day of this year I woke up and could not bear full weight on my right foot. As the day progressed, the pain grew worse, and I ended up at Urgent Care, where I was told I had sprained my foot. (Here come the jokes about being the only person around who can sprain their foot while sleeping!) Since I do not recall doing one thing to result in that injury, I must conclude this is a cumulative wear-and-tear type of injury. It is common for athletes, group fitness instructors, and even dancers to experience sudden ailments like this. My body is talking to me - no, screaming at me - to take a break. I was leading six classes a week and it was catching up with me.

I tell my clients all the time about the importance of rest, and I know how important it is for every class to have a warm up and a cool down included. Where was my cool down? I wasn't giving my body the break it needed.

I had one format for my Senior Fitness class based upon moves that enhance mobility, gentle strength and flexibility. I love that class, but also understand that for most people, myself included, it is so hard to slow down and do the things that bring your body back to a place of restoration. I thought this could be its own class. Everyone can benefit from an opportunity to slow down and move in ways that feel therapeutic or healing.

Group fitness is not just about exercise. The social aspect and the schedule helps with accountability. It works for me, too. I needed a way to make myself slow down and give my body the break it needed.

The purpose of this class is not just to stretch. I called it "Align" because I incorporate moves that bring the body back into alignment. I think about joint movement and range of motion when I plan a class. How can we restore movement in places where the body has become stiff or sore? How can I take the spine, shoulders, hips, knees and ankles safely through their movement patterns? All of that

is with the intention to increase mobility and build awareness.

Then I consider how to incorporate core strength, which is essential for maintaining proper alignment of the spine and hips, without overworking the body. I use a few fundamental positions that adapt well to many body types and abilities. I consider this portion of the class to be gentle strength and is never meant to push the muscles to fatigue.

Flexibility is included as well. I usually use flowing positions instead of static stretches because I understand that being still is challenging for many people. I want to keep everyone moving while we work on creating length through these moves. I also cue breathing patterns to correspond to certain positions, like, "inhale as you lift your arms, exhale as you lower."

Breathing awareness helps build the mind-body connection can help you become more effective when trying to achieve your fitness goals. It also creates a sense of well being and helps calm an anxious or overactive mind.

Many people also ask me what positions we will be in. Sometimes we begin standing and then slowly move down to the floor. I try to limit up-and-down movement and plan the class so we either start on the floor and work our way up or vice-versa. We use equipment to make the positions we are in more comfortable. For instance, if someone is uncomfortable sitting on the mat or can't stretch their legs out in front I will encourage them to use a BOSU or rolled up mat to elevate their hips. We stay in each position for a while and the goal is for everything to feel good.

A typical sequence will begin standing, then transition to seated or quadruped (table) position, then to lying prone (face down) or supine (face up). I may also begin seated and then end standing. I check in at the beginning to find out who may need to modify and we talk about how best to approach that for each individual.

Equipment that you can expect to use includes; a mat, theraband, yoga ball, pilates ball and BOSU. The therabands assist with stretching and some strengthening exercises. Sometimes we sit on the yoga ball to practice range of motion exercises or challenge core strength on an unstable base. The pilates ball comes in handy as a prop to alleviate compression of the hips in certain positions or to support the neck when lying face up. I could easily tell you 100 ways to use the BOSU. I love them! In this class, it helps with stretching, gentle core strengthening, and balance.

Eleanor Rixey is a ACSM Certified Personal Trainer and AFPA Certified Group Fitness Instructor at the STAUNTON-AUGUSTA FAMILY YMCA. You can reach her by email at eleanor@saymca.org



Align is meant to restore the body and help muscles recover. Mobility, flexibility and core strength are the main areas I focus on. We use equipment that supports our position or enhances the movements we perform. It is meant to be gentle and adaptive.



LAND and WATER GROUP FITNESS

AQUATIC GROUP FITNESS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AQUAFIT 1 9:00 - 9:55 AM Peggy	AQUA YOGA 9:00 - 9:55 AM Karen	AQUAFIT 1 9:00 - 9:55 AM Peggy	AQUA YOGA 9:00 - 9:55 AM Karen No Class (23)	AQUAFIT 1 9:00 - 9:55 AM Julie No Class (24)
AQUAFIT 2 10:00 - 10:55 AM Julie	SPLASHBURNER 10:00 - 10:55 AM Karen	AQUAFIT 2 10:00 - 10:55 AM Peggy	SPLASHBURNER 10:00 - 10:55 AM Karen No Class (23)	AQUAFIT 2 10:00 - 10:55 AM Julie No Class (24)
GENTLE AQUAFIT 11:15 AM - 12:00 Peggy	AQUA YOGA 11:00 - 11:55 AM Karen	GENTLE AQUAFIT 11:15 AM - 12:00 Dianne (1,15) Carol (8, 22, 29)	AQUA YOGA 11:00 - 11:55 AM Karen No Class (23)	GENTLE AQUAFIT 11:15 AM - 12:00 Carol No Class (24)
SPLASHBURNER 6:05 - 7:00 PM Karen				SPLASHBURNER 6:05 - 7:00 PM Jenn NO CLASS (24)

Please note the time change
on the Tuesday/
Thursday
classes!!

GROUP FITNESS

Available to members and included with your membership. You can come to ANY scheduled Group Fitness class. No need to register ahead of time. Whether you like dancing, strength, cardio or something gentle, our group fitness classes are sure to get you motivated week after week.

NON-MEMBERS can take advantage of our many offerings by purchasing a Program Participation Card. You get 10 classes for \$90.

MONTHLY SCHEDULES VARY

Set a goal of attending two to three classes a week. There is nothing like having the support of the group to motivate you and provide accountability when you need it the most!



GROUP FITNESS CLASSES IN THE CARDIO/STRENGTH STUDIO

Arms & Core	Lift & Pump
Align	Senior Fitness
Barre	Strength
Boot Camp (BBall Court)	Tabata
Fit 4 Life (BBall Court)	Zumba

Cycling classes available in the Cycling Studio
Mondays and Wednesdays at 6:00 PM

GROUP FITNESS CLASSES IN THE MIND-BODY STUDIO

Adaptive Yoga	Tai Chi Chu'an
Chair Yoga	Vinyasa Yoga
Gentle Flow Yoga	Pilates
Men's Yoga	
PACE	
Wall Yoga (Racquetball Court)	



FIT 4 LIFE
WITH CATHY

SNEAK PEEK

WITH ELEANOR
ZUMBA



ADULT PROGRAMS

"FOR A BETTER ME" HEALTH CHALLENGE

Begins September 1 and runs thru December 31

All you have to do is REGISTER, KEEP COMING
and TRACK YOUR POINTS

IT'S EASY!

Earn points by:

Participating in group fitness classes



Playing racquet sports



Swimming



Using cardio & strength training
equipment



30 MINUTES is all it takes!

Sign up at the Front Desk

Cost is \$20 for members/
\$25 for nationwide members

Need help getting started in the Weight
Room? Sign up for
Equipment Orientation today!
FREE to members age 15+

PILATES REFORMER TRAINING

There are numerous physiological benefits
to training on the reformer. Sheree Kiser has
decades of experience in the field. Email her
at skiser16@gmail.com for more info.

\$30 for 30 min/\$40 for 60 min

WOMEN'S INTERMEDIATE TENNIS LESSONS

with Tennis Pro Chris Stambaugh

10:30 – 11:30 AM Thursdays

November 30–December 21

Members \$70/Non-members \$85

Register at the Front Desk

JOIN
OUR
TEAM!!



Expresso RIDES OF THE WEEK

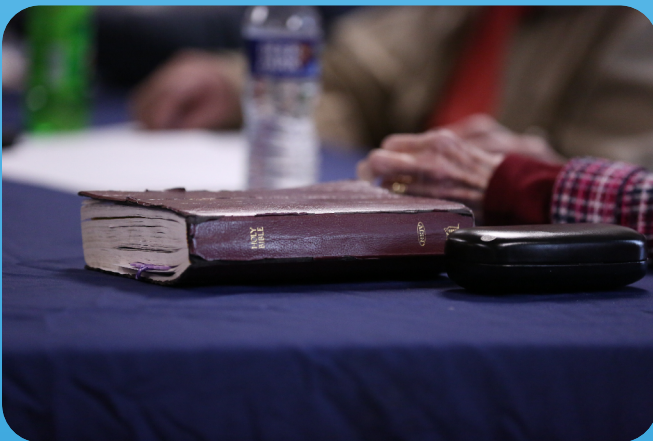
Expresso posts new
challenges weekly. We
are currently # 1 in the
nation! Sign up on the
bike or at expresso.com
today.



Mahjong, Fridays 10:30 AM,
Multipurpose Room



Pickleball, See Basketball Court Schedule
Basketball Courts



Bible Study, Mondays 11:00 AM
Multipurpose Room



Y Not Sing? Singers, Thursdays 1:30 PM
Multipurpose Room

FOR A BETTER ME HEALTH CHALLENGE LEADERBOARD

1

DWIGHT

2

SCRAPPER

3

OLD WOOD

4

MORENITA

5

BFITT

6

J2911

7

DEE

8

J2911

9

PEAKE PRFRMR

10

SWAMP RAT

MISSION PROGRAMS



WE ARE "Y" YOU GIVE



YOUTH AT OUR "SATELLITE" AFTERSCHOOL LOCATIONS - WILSON ELEMENTARY & CLYMORE ELEMENTARY - BENEFIT FROM THE GENEROSITY OF OUR COMMUNITY THROUGH CONTRIBUTIONS TO OUR ANNUAL GIVING CAMPAIGN. ANYTIME IS A GOOD TIME TO OFFER YOUR SUPPORT!



WE'RE HIRING!

CERTIFIED PERSONAL TRAINERS

Must be currently ACE, AFAA or ACSM certified. Comprehensive knowledge of anatomy and physiology is essential.

Contact Krystal Clark at krystal@saymca.org

PLAYROOM STAFF

Must be available mornings, evenings and Saturdays.

Contact: Dee Valentine at dee@saymca.org

FRONT DESK

Must be available evenings and weekends and have reliable transportation.

Contact: Alice Bosserman at alice@saymca.org

YOUTH DEVELOPMENT COUNSELORS

Wilson and Clymore Elementary Afterschool Programs: Monday - Friday 2:30-6:00 PM

Must be at least 18 years old AND posses ONE of the following credentials:

Six months supervised programmatic experience PLUS pursuing a degree/credential where 12-18 hours are in child-related subjects & one year programmatic experience

Three months experience PLUS Child Development Credential or a teaching diploma from a Montessori organization

Three months experience PLUS a one year Early Childhood Certificate

Bachelor's degree in a youth development field

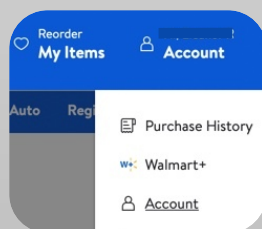
Contact: Teegan Lewis (Wilson Elementary) at Teegan@saymca.org & Makenzie Shirey (Clymore Elementary) at Makenzie@saymca.org

SUPPORT OUR Y WHILE YOU SHOP!

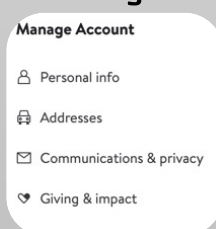
ENROLL IN THE ROUND UP PROGRAM THROUGH SPARK GOOD AT WALMART

Go to walmart.com/sparkgood and login or create an account

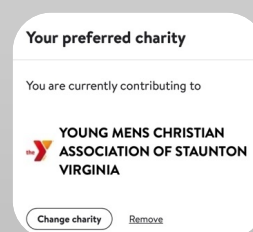
Select "Your Account"



Select "Giving & Impact"



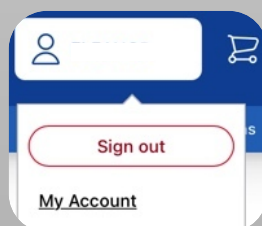
Select our Y from the list



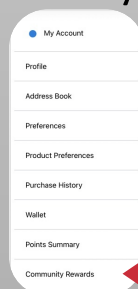
ENROLL IN THE COMMUNITY REWARDS PROGRAM AT KROGER

Go to kroger.com and login or create an account

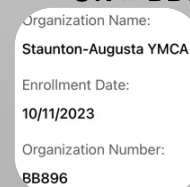
Select "Your Account"



Select "Community Rewards"



Search: Staunton - Augusta YMCA
OR # BB896



THANK YOU!

NOVEMBER 2023 the

YMCA

SUN	MON	TUES	WED	THURS	FRI	SAT
			1 Don't forget to sign up for our Youth Basketball League! Registration Deadline is November 1	2 Espresso Y Madness Electric Eight Youth Boxing Registration Opens	3 Wear Pink Fridays! Keep showing our support for Beth and other breast cancer survivors!	4 Spaghetti Dinner Fundraiser! Christ Lutheran Church 4-7pm
5 Ride the Espresso Ride of the Week! Thunderball	6 Bible Study: Mondays @ 11 AM Swim Clinic Begins	7 Election Day	8 Adult Volleyball 7:15-8:45 PM	9 Espresso Y Madness Fearsome Four Tuesday/Thursday Swim Lesson Registration Begins for Members at 5pm	10 Wear Pink Fridays! Tuesday/Thursday Swim Lesson Registration Begins for Non-Members	11 We are Hiring! Afterschool, Personal Trainers, Swim Instructors Pick up application at front desk
12 Ride the Espresso Ride of the Week! Campus Loop A win this week marks 2 years of Ride of the Week wins!	13 Bible Study: Mondays @ 11 AM	14 Hiring! We are hiring personal trainers, swim instructors, child care workers, group fitness instructors and cleaning crew	15 Adult Volleyball 7:15-8:45 PM	16 Espresso Y Madness Championship Let's Repeat! Tuesday/Thursday Swim Lesson Registration Closes	17 HAPPY 149TH BIRTHDAY STAUNTON-AUGUSTA YMCA	18 Did we win our 104th Espresso Ride of the Week? If we did, that marks 2 years of Ride of the Week wins!
19 Ride the Espresso Ride of the Week! Drifters Peak	20 Bible Study: Mondays @ 11 AM	21 Don't forget to register for Oncology Yoga before December 1	22 Adult Volleyball 6:15-8:45 PM	23 YMCA is Closed in observance of the Thanksgiving Holiday	24 Wear Pink Fridays! No group fitness classes No Joining Fee today only 5:30am-5:30pm	25 Don't forget to pick up a Group Fitness Schedule and try something new!
26 Ride the Espresso Ride of the Week! Bent Spoke	27 Bible Study: Mondays @ 11 AM Half off joining fee Nov 27-29	28 Tuesday/Thursday Swim Lessons Begin! Must Pre-register by November 16 Half off joining fee Nov 27-29	29 Adult Volleyball 6:15-8:45 PM Half off joining fee Nov. 27-29	30 Don't forget to turn in your "For a Better Me" tracking sheet and pick up December's tracking sheet		

**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**