

STAUNTON-AUGUSTA FAMILY YMCA

NEWSLETTER

FEBRUARY 2024

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UPDATE ON 575

CHECK OUT THE PROGRESS ON OUR NEW YOUTH DEVELOPMENT CENTER



In a photo taken January 31, our new pavilion sits under the glow of the new outdoor lights.

We are currently recruiting volunteers to help us undertake the Capital Campaign to pay for the new pavilion and build our phase 2. Please let executive director, Josh Cole or associate executive director, Candace Martin know if you would like to help with this effort.

We are currently working to get a certificate of occupancy for the pavilion. After that, our next step will be to begin process of child care licensing.

There are many people to thank for their efforts and support of our new facility 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, Julian Moffett & Family and several anonymous donors.



Weight Room Attendants Maddie Langston and Jacques Mathews holding down the fort.

MEETING CHANGING NEEDS

Across the country, YMCAs strengthen the foundation of their communities by being a place of connection, volunteerism and growth. Each day at the Staunton-Augusta YMCA, families are supported through youth programs, child care and day camp; seniors find a safe place to stay active and connected; and people of all ages grow healthier in spirit, mind and body.

While Staunton and Augusta County are wonderful places to live and work, we are not free from the challenges facing many American communities, including childhood poverty, rising youth and adult obesity rates, and a lack of affordable, safe and enriching child care options for families.

In 2023, the SAYMCA was offered two opportunities to increase its ability to serve. Both opportunities require an investment from the wider community to come to full fruition.

The SAYMCA acquired a 37-acre property that will allow for potential development of outdoor and indoor facilities for all ages. This will become our Youth Development Center. In addition, the SAYMCA was asked by the United Way of Staunton, Augusta County and Waynesboro to help the Community Child Care Center as they approached license renewal. We now look to help the operations of the local child care center, ensuring a continuity of care for these children and their parents. If things progress well, the 53-year-old Community Child Care Center will be coming under the umbrella of the SAYMCA in the near future.

By strengthening the Y's capacity to serve, critical community needs will be addressed including:

- Chronic disease prevention and management
- High quality, affordable child care for working families
- Reduced incidents of drowning through water safety and swim lessons
- Programs and activities to promote mental wellness
- Connection and support in safe, caring communities that are open to all

Now is our chance to positively impact our community through Youth Development, Healthy Living and Social Responsibility. We need your help to improve access to quality child care in our community, to help those afflicted with Parkinson's disease to fight back against the disease, to help our residents learn to be safe around water and to help improve your mental and physical fitness.

Now is our time!

Please join our Annual Giving Campaign.

Please join our Capital Fundraising Campaign.

Please be our ambassadors and tell others about the good things that are happening at 708 N. Coalter St and the good things to come at 575 New Hope Road.

PLEASE JOIN US!



We, the STAUNTON-AUGUSTA YMCA, are a charitable organization committed to putting Christian principles into practice through programs that promote the health of spirit, mind and body for all.

MEN'S BASKETBALL LEAGUE



Registration Starts February 5th

****You must pay when you register****

Registration closes March 1st

Fees: Members \$80 / Non-members \$120

- Non-Competitive Games on Tuesdays
- March 19 - May 14
- Competitive Games on Thursdays
- March 21 - May 16
- Games at 6:00 PM SAYMCA Gym

REFLECTING ON OUR 150TH ANNIVERSARY

Morris Peltz, Former Executive Director Shaped Vision, Facility of Current Y

By Dawn Medley

In case you haven't heard, this is a big year for the STAUNTON-AUGUSTA FAMILY YMCA. In November 1874 – just a few decades after the very first YMCA was established in the U.S. – a few dozen Stauntonians met in a rented room downtown to charter what would eventually become the SAYMCA.

As we celebrate 150 years, we're bringing the story of the SAYMCA to life through the voices of those who have molded it. In January, we highlighted longtime Board member Paul Vames, who was introduced to the SAYMCA as a youth in the 1940s. This month, we catch up with the man Vames dubbed "Mr YMCA" for his experienced leadership during the early 2000s, Morris Peltz.

Reflecting on his tenure – which included large-scale fundraising for dramatic programmatic and physical changes to the Coalter Street facility – Peltz is equally appreciative and humbled by Vames' attribution.

"I want to be clear that I might have come into town with ideas from my time at YMCAs around the country, but it was the incredible staff – many of whom are still at the Y – that are the ones who actually made it happen," Peltz said.

Peltz describes himself as "one of those rare individuals who worked for the YMCA my entire career." His first job was at the Y in Princeton, New Jersey, where he taught gymnastics part-time as a college student and later served as a program director. A series of positions took Peltz to YMCAs in South Carolina, Tennessee, and Richmond, Virginia, before he arrived in Staunton in 1999.

According to Peltz, what he found was a Y that was



Former SAYMCA Executive Director, Morris Peltz in an undated photo.



150 in 150
years characters

My job was to tell the story of the Y. The community was very supportive of what we wanted to do, and that is a testament to the Y's legacy.
– Morris Peltz, Executive Director
1999-2014



still re-establishing its footing after several years of operating without a permanent home. The staff was enthusiastic and compassionate, but the building wasn't well-suited for their needs and programming was pieced together.

"It was a Y in name, but really still functioning like a racquet club," Peltz said, recalling that cardio equipment occupied one of the three existing courts, and another was set up for young children to play.

"We needed to figure out how to take what we had and make it work as a YMCA – a place to support youth and families and seniors. That involves a lot more than just physical fitness," he said.

But before that transformation could happen, Peltz and his team had to convince the community to support the SAYMCA financially, beyond membership fees.

"We launched a capital campaign within a few months of my hiring. We couldn't wait," he said.

Peltz began telling the SAYMCA story to anyone who would listen, garnering support from large donors as well as the general population. A large plaque at the entrance notes the names of many of the contributors Peltz talked with personally.

Soon an inviting playroom took the place of one former racquetball court, and players started gathering for the Youth Basketball League on a resurfaced tennis court. Cardio and lifting equipment was given a proper home, and seniors began convening in designated spaces.

"Looking back, what I'm really most proud of is how we grew ... how we grew to serve parts of the community that we couldn't have reached before," Peltz said.

Volunteer Youth Basketball Coaches Leave Lasting Impact

By Chris Lassiter

It's mid-morning on a Saturday, and lawyer Duane Barron is still strategizing.

On this occasion, however, Barron isn't thinking about a legal strategy. The court he's preparing for this particular morning is the basketball court.

His dapper three-piece suits have been exchanged for a comfortable pair of Nikes, blue jeans and a purple T-shirt emblazoned with the STAUNTON-AUGUSTA FAMILY YMCA youth basketball league logo.

Gathered with his team of pre-teen girls, The Dream, Saturday's goal is to remain competitive against Bears & Blankets, a worthy opponent.

Midway through the game, with Barron's team trailing, he employs some creative strategy. The coach huddles with the girls, and moves one of his tallest players to the point guard position. The strategy works, but not enough for The Dream to complete the comeback. Barron, however, does not look like a defeated man.

Judging by the sparkle in his eye and sheer joy on his face, onlookers might assume that Barron has just led his team to the championship.



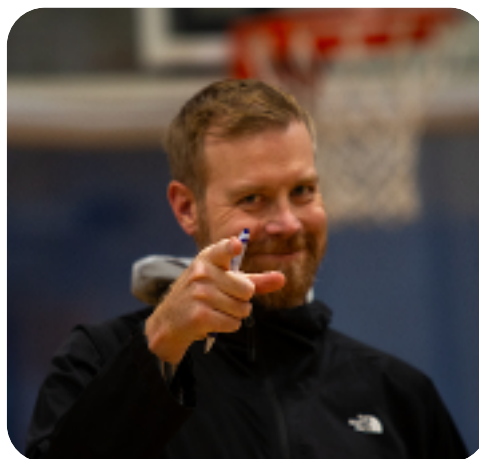
Coach Duane Barron gives one of his players an encouraging smile and high-five.

Whether it's the high-fives he's giving to his players or the continual affirmations, it's clear that Barron enjoys his coaching gig at the SAYMCA.

"I love just watching the kids have fun," he said. "I'm just trying to have fun with the kids, and teach them the fun of playing games."

THEY KEEP COMING BACK

Barron's reasons for coaching resonate deeply with Tanner Boyle, a volunteer coach who has been coaching for the past 15 years.



Coach Tanner Boyle knows the importance of youth sports leagues.

"I truly believe in sports, teamwork and camaraderie, especially in youth," Boyle said. "I think it builds character. It builds leadership skills, and then obviously I was a huge sports fan myself growing up. I just love the look of excitement on their face when they score. That's one of the reasons why this has been so important to me to give back." Adding to the joy for Boyle is being able to coach his own kids.

Jeramy Bunch, a long-time volunteer coach with the SAYMCA, continues to shape and mold youth through sports even though he doesn't currently have a child participating.

"This is my fifth or sixth year coaching," Bunch said. "I took a two-year hiatus during COVID. I

don't have any kids in the program, but I had to get back in it. I have a buddy whose son wanted to play, and I was like, 'I'll coach him if he plays.' He signed up to play, so I had to coach."



Coach Jeramy Bunch is dedicated to the kids.

DEEPLY APPRECIATED

Barron, Boyle and Bunch all coach in a league jointly organized by SAYMCA program director Windsor Vaughn and Teen Center supervisor "Mr. Eddie" Santiago. They divide teams, schedule practices, and manage all the Saturday morning logistics.

"We appreciate the coaches," Vaughn said. "They do the most work. We appreciate them coming back year after year."

Santiago agrees. "It shows a dedication to helping kids," Santiago said. "It shows that a lot of people actually care about kids."

When caring adults like Barron, Boyle and Bunch volunteer their time, the SAYMCA can keep the cost more affordable for families. "I have three or four coaches that are actually doing more than one team," Santiago said. "They didn't even hesitate to say, 'Yeah, I'll do two. That's fine.'"

KEEP ON KEEPING ON

Like Bunch, Barron took a few years off but eventually returned to the sidelines. "I did it with the boys, then took a few years off," Barron said, "and this is my first year back."

Like Barron, Boyle and Bunch, coach Michael Martin keeps coming back, too.

"I love seeing kids get their first basket," the long-time SAYMCA volunteer coach said, "and seeing the joy on their face."

Bunch can also envision a scenario where he sticks around to coach for a while longer, too. "I love teaching the game; watching them learn and develop," Bunch said. "I teach 8 to 10-year-olds, and I think that's the perfect age. They're getting ready for middle school basketball."

It won't be long before Bunch himself has a son in that age range. "This is getting me ready," he said, "to coach my little man when he comes up."



Coach Michael Martin demonstrates what it means to be committed to seeing youth flourish.

YOUTH BASKETBALL LEAGUE GAME SCHEDULE

Saturdays

January 6 - February 24



STAFF SPOTLIGHT ON AFTERSCHOOL

By Caleb King

The Afterschool Adventure Club has long been one of the STAUNTON-AUGUSTA FAMILY YMCA's most important resources for families with children in kindergarten through 5th grade. Expanding to serve 78 children at three separate locations under the SAYMCA umbrella in recent years has created a need for staff to rise to leadership positions. Makenzie Shirey (pictured above) and Teegan Lewis (pictured bottom right) are two valued staff members who have done just that, and they continue to shine as Afterschool site leaders.

CARING FOR THE WHOLE CHILD

Shirey has been at the helm of the Clymore Elementary School Afterschool site since early October 2023, while maintaining a part-time job as a server at a nearby restaurant and keeping up with studies as a junior at Mary Baldwin University. A lifelong desire to work with children - specifically in a position with Child Protective Services - led her to pursue a degree in Social Work as well as four years working at a local preschool.

As part of leading her team of three support staff members at Clymore, Shirey stresses the importance of communication between not only one another, but also with the children in their care.

"We definitely have different kids from different backgrounds and areas, so we all try to keep an open mind and realize that their situation may not be what we're used to, and we have to find ways to work around that," Shirey said.

"If a child was to get upset and start throwing things, that might just be normal for them. We just sit down and stay calm and work through it," she added.

The benefits of Shirey's approach have been twofold: A better understanding of the children, and stronger interpersonal relationships between the staff and the kids. Shirey is quick to note how critical her staff is to day-to-day operations at the site, and she doesn't hesitate to share her appreciation for their dedication.

PERSISTING THROUGH CHALLENGES

Lewis was initially hired by the SAYMCA as a camp counselor for summer 2022, and she transitioned to Afterschool Adventure Club site leader at Wilson Elementary School in August 2023. Like her counterpart at Clymore, Lewis is a Mary Baldwin University senior, pursuing a degree in Criminal Justice with a full-time campus job as Area Coordinator for Residence Life.

Lewis has demonstrated impressive tenacity dealing with the growing pains of staffing shortages and scheduling conflicts at the new site. She explained that employees from the Staunton Afterschool location are often called in to supplement the two on-site staff members.

Lewis also noted the potential need for a more permanent location, as they continue to work around the relatively inconsistent elementary school schedule.

"Every day is different," Lewis said, "they have a lot of events, so we have to relocate pretty often throughout the day, but we're super flexible and we always find something for the kids to do."

However, when asked what the most important aspect of the job was, Lewis was quick to point out the care given by staff that was poured into the children as a result.

"Andrea [Ryder, Childcare Program Director] is the best boss, and getting that love and care from her makes a huge difference," Lewis said.

"[Her example] means we can pass that feeling onto the kids," she added. "We actually care about what we're doing and we're not just there to be there."

The SAYMCA is excited to see the continued impact that these young women will have on the vital afterschool programs.





Nolley Demonstrates Determination, Fitness Benefits Following Major Hip Injury

By Dawn Medley

One minute, Wellness Center Attendant Eric Nolley was spraying cleaning solution on his home's metal roof during a pleasant November day. The next, he was trying to push himself up from the ground in his front yard.

"Don't you dare try to move," said his wife, Suzi - also a SAYMCA staff member - who had watched him slide down the sloped surface and fall about 12-15 feet.

After a quick adrenaline-fueled assessment of his ability to feel and move his fingers and toes, the searing pain from his lower left side hit him.

"That's when I realized I wasn't going anywhere on my own," Nolley said.

But it wasn't long after the surgery to place metal rods in his hip that Nolley was thinking about how long it would be before he was back to his regular activities.

"I didn't want it to be more than a week," he laughed about eight weeks after the injury, realizing that his surgeon's prediction of "80 percent in three months" is proving to be on target.

There is still work to be done, but Nolley, 63, is encouraged by incremental victories along the way. Standing up stabilized by a walker. Shedding the walker for a sturdy, black, four-pronged cane. Taking a few steps at home without the cane.

He is also motivated by knowing that his longtime fitness routine likely prevented a more serious injury and tougher rehabilitation.

"[The doctor] said that it definitely could have been worse, if I didn't have the muscle and strength there to support the bone," he said.

Not surprisingly, Nolley felt the embrace of his SAYMCA family as soon as they learned about the accident. Several members and colleagues visited him in the hospital - one even brought resistance bands so he could keep up with a bit of physical activity and counteract stiffness when he was ready.

Nolley's supervisor, Healthy Living Coordinator Krystal Clark, was by his side with Suzi soon after surgery, not to rush him back to work, but to encourage him to heal and keep a positive outlook.

"I knew ... he would bounce right back. As soon as he got up and started moving around a little bit [with the walker] it was about holding him back from doing too much," Clark said.

Nolley said that his bond with regulars who use the Wellness Center has also been a major factor in his healing process.

"Getting back was as much about being here for them as it was about my recovery," Nolley said.

Member Scottie Bell connected with Nolley more than a year ago and continues to depend on his care and companionship while working through the physical complications of neuromuscular disease and myelitis.

"I look up to him; he's like a father figure to me," said Bell, adding that having Nolley and the rest of the SAYMCA staff by his side is invaluable to his own rehabilitation.

"Eric was already a major motivational factor for me, and now that I see the way he's coming through his own injury, I just know I can't stop trying for myself," Bell said.



RALLY *for the* Y

February 1 - 29



OUR GOAL IS TO RAISE \$8,000!!!

EVERY MILE COUNTS!

Blue Goji will donate **\$0.10/mile** to SAYMCA for every mile ridden in February.

Every year we rally to raise money for our mission programs.

Follow these steps to JOIN, RECRUIT & RIDE!

STEP 1. JOIN the challenge
at expresso.com/Challenge
OR scan the QR code



STEP 3 RIDE Set a
personal goal and set out
to meet it.

Challenge other riders to
meet or pass your goal.

STEP 2. RECRUIT pledges

Pick up a Pledge Card at the
front desk so you can get
supporters.

Pledges can be a flat rate OR
per mile.

You can pledge to support
yourself!



Goji Games

On the Blue Goji
CyberCycles!

National Tournament

Over \$200,000 in prize donations!

Compete to Win!

**Go Head-to-Head with
riders all over the nation!**

3
Games

4
Levels

12

Tournaments

Qualifiers Begin 03/02/24



Stories that Inspire!

Growing up in Romania, Gabriel Niculescu (pictured above holding a 1959 photo of his father, Niculae) and his brother spent a lot of time on their bicycles. But their father cautioned the boys against getting involved with street bike races. It was an unforgiving sport, he warned, and as a semi-professional rider, he had the scars - visible and unseen - to prove it.

Niculescu has honored his father's guidance not to race to this day, but he continues to enjoy bike riding for fitness and fun. Niculescu began using the SAYMCA's unique Espresso stationary bikes in fall 2022, when his son, Alex, started working in the Wellness Center.

In February, each mile Niculescu rides will not only be in memory of his father, but it will also raise funds for our SAYMA through Blue Gogi's Rally for the Y program.

Jump on a bike this month and join Niculescu and our strong core group of riders in supporting the SAYMCA while staying fit.



Change Came Quietly

By Chris Lassiter

As a kid, John Wayne Hite knew where to find the best pick-up basketball games.

Nicknamed "Slim" due to his thin frame, the 82-year-old former SAYMCA Executive Director grew up on Sears Hill, a stone's throw from the outdoor courts at Bessie Weller Elementary School. Although Staunton City Schools were segregated at that time, the impromptu hoops games were not.

In those pick-up games, skin color wasn't the biggest factor; being good at putting the ball through the hoop was.

"I spent all my spare time at Bessie Weller playing



**"If everyone realized that people are people,
everyone would get along a lot better"**
- Former SAYMCA Executive Director Slim Hite

basketball with a mixture of Whites and Blacks," Hite said. "I don't remember all of those guys' names, but all of those guys were great basketball players at Booker T. Washington as they got older. That's how I first started associating with a lot of the Black kids."

Hite didn't know it at the time, but those lively games and a special dinner guest would prepare him to be the leader to help integrate the STAUNTON-AUGUSTA FAMILY YMCA.

BEFORE INTEGRATION

Boy Scout Troop 156 just needed a place to swim year-round.

When former City of Staunton Vice-Mayor Ophie Kier was a teenager in the mid-1960s, organizations in Staunton weren't integrated like Hite's informal basketball games at Bessie Weller. Kier was part of an all-Black Boy Scout group out of Mt. Zion Baptist Church.



Ophie Kier

"They were able to negotiate with the YMCA for us to come down on Monday evenings," Kier said. "We could swim for an hour. I think we might

have paid 50 cents to swim."

It was not the first time integration of the pool had been an issue.

In a December 6, 1963, issue of The News Leader, Scoutmaster Harden of Troop 111 requested that a city commission meet with the YMCA's board of directors. Harden had five boys who needed to access the pool to earn their life-saving merit badges for an Eagle Scout rank.

When Kier and his friends were allowed to visit the pool downtown in the mid-1960s, they were extremely careful navigating the facility.

"We went through the door to the pool," Kier said. "We swam by ourselves. And we got our clothes on, cleaned up and left. We did that every Monday for a year or so. We all knew and understood at that time we couldn't go anywhere else in the YMCA. We couldn't go to the weight room, and we didn't even know if there was a gym in there, because we never made it that far. We did have the single opportunity to go swim at the YMCA."

GUESS WHO'S COMING TO DINNER?

Before Wendell Scott became one of the first Black NASCAR drivers elected into the NASCAR Hall of Fame, the organization's first full-time Black driver was a regular at Hite's home for dinner.

"My dad and some friends had a racecar, and he used to race at Devil's Bowl right outside of Staunton," Hite said. "Wendell used to drive for dad. And dad, of course, always invited Wendell to the house for lunch or dinner. It was just always a great get-together."

Not only would the integrated dinner table give Hite the courage to join racially mixed games, it also gave him a vision for an integrated YMCA.

DOING THE RIGHT THING, QUIETLY

It's hard for Hite to pinpoint a specific integration date.

There's a reason for this.

There were no huge celebrations.

Nor, in his recollection, were there any riots or negative outcries.

"It happened in the sixties and seventies," Hite said. "I think it went really well for the YMCA. Even when I was Physical Director (prior to being named

Executive Director), I convinced the Board of Directors that we needed to start helping the integration problem by making scholarships available. That really helped."

Former Virginia Delegate Dickie Bell served as Youth Director and Program Director at the YMCA.

Like Hite, he remembers integration happening without much fanfare or uproar.

"It was pretty seamless," Bell said. "I have to give Slim Hite credit for getting that ball rolling, and Kenneth Jones at the funeral home was instrumental in making sure Black kids didn't get turned away because they couldn't afford it."

When Bell left to fulfill military obligations in 1967, the YMCA was still segregated. When he returned in 1971, it had integrated.

"I went back to the Y when I got out of the service," Bell said. "Things just rolled in the place." I think the YMCA was ready for [integration] I think the Y was probably ready before that. It just took a while to get around that membership fee. Once we did that, it opened everything up."

Hite still makes it to the Staunton-Augusta YMCA on occasion. He's glad to see the good work he started continue.

"I'm just proud of the fact that I had people that felt like I did," Hite said, "that integration shouldn't be any big deal. People are people, if everyone realized people are people, everyone would get along a lot better."



Past Meets Present: Slim Hite with current Executive Director Josh Cole.

YOUTH PROGRAMS

TEE BALL COACHES NEEDED

Pickup a volunteer application and background check at the front desk!

YOUTH TENNIS

With Chris Stambaugh

Early Hitters

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

February Session:

Tuesdays, February 13 - March 5 | 5:30-6:30 PM
OR

Thursdays, February 15 - March 7 | 5:30-6:30 PM

Pre-Teen Tennis

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

February Session:

Wednesdays, Feb. 14 - March 6 | 5:30-6:30 PM

Fees:

\$65 Members per session

\$80 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.

February Session:

Wednesdays, Feb. 14 - March 6 | 6:30-8:00 PM

Fees:

\$75 Members per session

\$90 Non-members per session

Private Tennis Lessons

1 HR: \$60 Members / \$75 Non-members

30 MIN: \$35 Members / \$60 Non-members

Semi-Private Lessons

Per person

\$38 Members / \$55 Non-Members

*If siblings, second person receives 10% off

YOUTH EQUIPMENT ORIENTATION

Ages 12-14

Fees: \$25 Members for four classes. Sign up at front desk

PROGRAM DIRECTOR CONTACT:

Windsor Vaughn | windsor@saymca.org |
540-885-8089

HOMESCHOOL P.E.

Come join us for fun, games and sports at the SAYMCA. 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!

Ages 9-12:

Mondays, 11:00 AM - 12:30 PM

January 22 - February 26

Ages 5-8:

Wednesdays, 10:00-11:30 AM

January 24 - February 28



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

Next session starts in March

Youth Volunteer Corps

YVC is a free program for youth ages 11 - 18. Together we discover and provide fun community service projects in the Staunton and Augusta County area.

For more info find us on Facebook:

Youth Volunteer Corps - Staunton, Va.

or visit yvc.org

Contact Stephanie Mason
at saymca.yvc@gmail.com
with any questions.



TEEN TAKEOVER

SAT. FEBRUARY 24

7:30 - 9:45 PM

\$5 MIDDLE SCHOOLERS

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

**Siblings receive
10% off!!**

the



SWIM LESSONS at the SAYMCA

TUESDAY/THURSDAY

February 20 - March 14

Times and Levels TBD

Member Registration: Feb 8 @ 5:00 PM

Non-Member Registration:
February 9

Fees:

\$60 Member

\$75 Non-member

Registration closes February 15

SATURDAYS

March 2 - April 13

Times and Levels TBD

Member Registration: February
17

Non-Member Registration:
February 18

Fees:

\$60 Member

\$75 Non-member

Registration closes February 24

SWIM CLINIC

March 11 - April 22

Mon & Wed 5:00 - 6:00 PM

Member Registration: Feb 21 @ 5:00 PM

Non-member Registration: Feb
22

Fees:

\$75 Member

\$90 Non-member

Registration closes March 11

Getting Started in the Wellness Center

By Eleanor Rixey

So, you've signed up for membership, tried a few classes and taken the free equipment orientation. Are you unsure of what to do next? Does the wellness center feel intimidating? If so, I've prepared a simple beginner program to help you get started on that equipment.

This plan covers the first through third weeks of initiating your exercise program. It gives you two days of strength training plus the recommended minimum of 150 minutes of cardio per week. If you are starting from what would be considered a sedentary lifestyle, please reduce that cardio input to 100 minutes per week and then gradually add more time to each cardio session that feels appropriate for your body. Always consult your physician before beginning any exercise program.

Week 1: On the machines start light and I mean really light with a rep range of 8 - 15. Perform one set of each exercise. The right weight setting should elicit muscle fatigue during the last two reps of your set but it shouldn't feel like you are straining to complete the set. Don't aim for muscle soreness as a way to measure success. It can take up to 48 hours for the muscles to become sore. This is referred to as Delayed Onset Muscle Soreness. Any sensation that limits your ability to move is not considered a healthy level of soreness and should be avoided.

Week 2: If you got through the first week without any major soreness or pain then it is safe to add a second set at the same rep range. For the chest and back, I gave choices so that one week you perform the first set of options and the second week you perform the other options. This gives you variety and keeps your body working to adapt.

Week 3: I hope by now you are getting the hang of your program and are feeling more confident using the machines in the Wellness Center. It isn't time to increase the weight just yet. Add a third set on the machines. If you haven't maxed out the rep range of 15, then work up to three sets of 15 reps on any machine before increasing weight.

From this point on increase your cardio to 150 - 200 minutes. Do this slowly over the next few weeks. The recommended weekly amount of light to moderate intensity cardio is 250 - 300 minutes.

Remember, when you increase the weight on the machines, you will need to adjust your rep range. Higher weight means fewer reps. You can add additional strength training days, too. During your second month try adding a third day. And by month three you can be up to four days and alternating muscle groups.

Don't try to get there all at once. It is better to start light and gradually increase then to start heavy, get injured and then have to start all over again. Good luck and I hope this helps.

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.

WEEKS 1-3	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
CARDIO: 150 min. per week	30 min. walking	Dynamic Stretches then 30 min. walking	Rest Day	30 min. walking	Dynamic Stretches then 30 min. walking	30 min. walking	Rest Day
CHEST		Pec Fly OR Chest Press					
BACK		Cable Row & Lat Pull down OR Rear Delt & Assist Pull up					
LEGS		Leg press, Tibialis, Leg Abduction			Leg extension, leg curl, Adduction, calf press		
ARMS					Bicep curl, tricep pressdown, shoulder press		
CORE		Abdominal crunch, torso rotation			Back Extension, decline bench sit up		
STRETCH		Static stretches, hold for 60 sec.			Static stretches, hold for 60 sec.		

MEDITATION WORKSHOP

February 10, 17 & 24, 2:00-3:30 PM

**Register at the SAYMCA front desk by
February 5****Cost: \$75 Members/ \$90 Non-members
(for all 3 days)**

RE:DESIGNING NUTRITION PROGRAM

PACKAGE A:
**Food Diary
Review**

OR

PACKAGE B:
**Full Nutrition
Work-Up**

**Sign up at the
Front Desk
Today!!**

Join us March 16 from 10:00 - 11:00 AM for a special presentation

"A NEW APPROACH TO THE MANAGEMENT OF TYPE 2 DIABETES"

NO MEDICATION!

FOOD AS MEDICINE!

We are honored to host this talk by Dr. Cox from UVA's Department of Medicine. Dr. Cox is an NIH investigator and has been managing his own diabetes for the past 14 years on no medication and maintaining an A1C below 6.0. This is a FREE lecture open to members and non-members.

LAND and WATER GROUP FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AQUAFIT 1 9:00 – 9:55 AM Tammy	AQUA YOGA 9:00 – 9:55 AM Karen	AQUAFIT 1 9:00 – 9:55 AM Tammy	AQUA YOGA 9:00 – 9:55 AM Karen	AQUAFIT 1 9:00 – 9:55 AM Julie
AQUAFIT 2 10:00 – 10:55 AM Julie	SPLASHBURNER 10:00 – 10:55 AM Karen	AQUAFIT 2 10:00 – 10:55 AM Tammy	SPLASHBURNER 10:00 – 10:55 AM Karen	AQUAFIT 2 10:00 – 10:55 AM Julie
GENTLE AQUAFIT 11:15 AM – Noon Tammy	AQUA YOGA 11:00 – 11:55 AM Karen	GENTLE AQUAFIT 11:15 AM – Noon Carol Tammy (14)	AQUA YOGA 11:00 – 11:55 AM Karen	GENTLE AQUAFIT 11:15 AM – Noon Carol
SPLASHBURNER 6:05 – 7:00 PM Karen		SPLASHBURNER 6:05 – 7:00 PM Karen		SPLASHBURNER 6:05 – 7:00 PM Jenn Karen (16)



Tabata with Cordell

GROUP FITNESS CLASSES IN THE CARDIO/STRENGTH STUDIO

Arms & Core	Lift & Pump
Align	Senior Fitness
Barre	Step
Bums & Tums (BB Court)	Strength
Fit 4 Life (BB Court)	Tabata
Full Body Fusion (BB 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)	



PACE with Billie

ADULT PROGRAMS



WOMEN'S INTERMEDIATE TENNIS

with Tennis Pro Chris Stambaugh

Thursdays 10:30 - 11:30 AM

February Session: February 8 - 29

March Session: Mar. 7 - 28

Fees:

\$65 Members per session

\$80 Non-members per session

Register at the front desk!

WOMEN'S BOXING

Thursdays 6:30 - 7:45 PM

March 28 - May 2

Fees:

\$60 Members

\$75 Non-members

Bring gloves or purchase ours. Price TBD



CPR CLASS

Thursday, March 9
8:00 - 1:00 AM

Fees:

\$75 Members

\$85 Non-members



**FREE Weight Room
Equipment Orientation to
anyone ages 15 and up!**

ONCOLOGY YOGA

This ongoing one-of-a-kind program is designed for cancer survivors and those still undergoing treatment for any form of cancer. This gentle program is being taught by Melissa Anderson Morgan, a certified **yoga4cancer** teacher. Stop by the front desk to pick up a brochure or register.

Tuesdays at 4:20 PM in the Mind/Body Studio
Each session begins the first week of the month

Fees:

\$25 Members per month

\$40 Non-members per month

Remember to bring a yoga mat

ROCK STEADY BOXING

RSB enables people with Parkinson's disease to delay the onset of the symptoms through a non-contact boxing style of fitness. This method has been proven to improve the participants' quality of life and sense of efficacy and self-worth. RSB provides encouragement through a "tough love" approach, inspiring maximum effort, speed, strength, balance and flexibility. Registration is on-going and available at the front desk. Pick up a brochure today!

Fees:

\$50 Members per month

\$60 Non-members per month

ADULT PROGRAMS

REFORMER TRAINING

with Sheree Kiser

Looking for a full-body workout that targets large and small muscle groups? Build strength and tone muscles while improving range of motion.

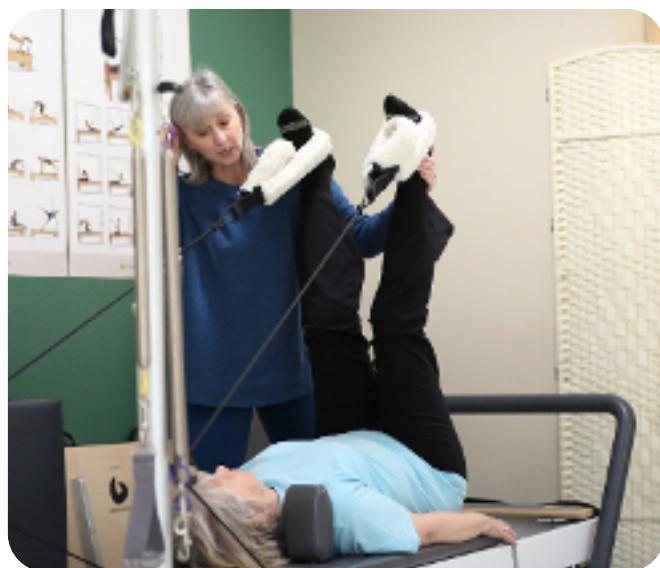
The reformer provides a low impact and non-weight-bearing strength training experience because of the resistance provided by the ropes and springs.

Improve your core strength and posture!

Reduce stress and improve mental health!

\$40 an hour or \$30 for 30 minutes

Pick up an application at the front desk!



DANCE FOR PARKINSONS

Monthly Program that meets

Tuesdays at 10:00 AM

Members: \$35/Non-members: \$50

Drop in fee:

Members: \$10/ Non-members \$15

Pickup intake form at front desk and complete prior to registration

*Amazing new
program starts
this month!*



YOU'RE INVITED!

Annual Valentine's Day Banquet

Wednesday, February 14

1:00 PM Christ Evangelical

Lutheran Church

This is a covered dish luncheon.

Please sign up at the front desk by
February 7.

We will meet in the small social hall
to the right at the rear of the building



"Y" Not Sing Singers Winter/Spring Tour Dates

Our "Y" Not Sing Singers are hitting the road.

February 1 @ 2:00 PM Birch Gardens (12 Royal Dr., Fishersville)

February 8 @ 2:00 PM Staunton Post Acute Care (512 Houston St., Staunton)

February 15 @ 2:30 PM Shenandoah Nursing (39 Westminister Dr., Fishersville)

February 22 @ 2:00 PM Garber Manor (1131 A Montgomery Ave., Staunton)

February 29 @ 2:00 PM Gypsy Hill House (500 C St., Staunton)

March 7 @ 2:00 PM Brightview/Baldwin Park (31 Woodlee Rd., Staunton)

March 14 @ 2:00 PM Bridgewater Retirement Community (302 2nd St)

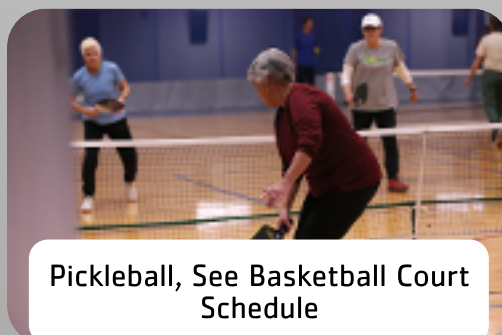
March 21 @ 2:00 PM Rivers Edge (1221 Rosser Ave, Waynesboro)

March 28 @ 2:00 PM Stuarts Draft Retirement Community (94 Mountain Vista Dr.)

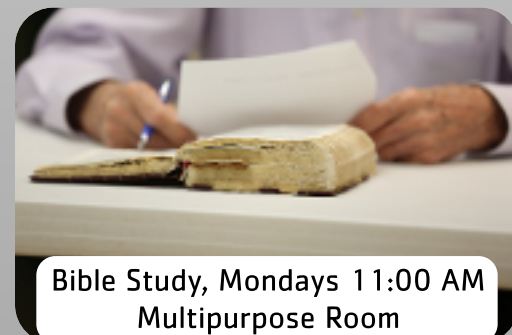
April 2 @ 2:00 PM Stuarts Draft Retirement Community (94 Mountain Vista Dr.)



Mahjong, Fridays 10:30 AM
Multipurpose Room



Pickleball, See Basketball Court
Schedule



Bible Study, Mondays 11:00 AM
Multipurpose Room

MISSION PROGRAMS



**Frozen Friday at
Community Child Care**



**Frozen Friday at
Community Child Care**

Mario Inspired Obstacle Course at Wilson Elementary

Youth Development Counselor and art guru Angeline Profitt set up a fun activity inspired by Super Mario Bros. for the children enrolled in the Wilson Elementary Afterschool Site. Our Youth Development Director, Andrea Ryder, asked her a few questions related to the project.

How did the kids react to the project?

"They were very excited! I asked them to use their imagination and envision as if they were in a game. They took the assignment and had so much fun with it. They even asked for it again."

Why create an activity that's physically active with the kids?

"It's a way to use our limited space to get energy out and also a chance to stimulate the mind with physical activity while being aware of the directions. If they hit the bar, they died (like they were in the game) so they had to be aware of when they had to start over."

Can you reflect on your time spent with the kids?

"It was just great seeing the kids smile and laugh during the activity, it put a smile on my face. All the hard work put into it made it all the worth while. The teachers at the school were amazed at the efforts that were made just for the kids."



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/AIDES

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

COUNSELORS must be at least 18 years old AND possess 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

SOCIAL RESPONSIBILITY



WE ARE CURRENTLY RECRUITING VOLUNTEERS TO HELP WITH OUR:

- 2024 ANNUAL GIVING CAMPAIGN
- CAPITAL CAMPAIGN FOR THE NEW PROPERTY AT 575 NEW HOPE ROAD
- BOARD OF DIRECTORS AT COMMUNITY CHILD CARE
- PLANNING FOR OUR 150th ANNIVERSARY CELEBRATIONS

PLEASE LET THE FRONT DESK KNOW OF YOUR INTEREST!

FEBRUARY 2024

the

YMCA

SUN	MON	TUES	WED	THURS	FRI	SAT
				1 Join the Rally for the Y! Blue Goji will give \$0.10 for every mile ridden in February. Sign-up to ride or sponsors a rider.	2 Interested in playing Mahjong? Join the Mahjong group that meets at the Y Fridays at 10:00 AM	3 Meditation Workshop begins next Saturday 2:00-3:30 PM - don't forget to pre-register
4 Ride the Expresso Ride of the Week! Stormy Hollow (7.4 miles)	5 Bible Study: Mondays @ 11:00 AM Last day to sign-up for the Meditation Workshop	6 Join Melissa Anderson-Morgan in our New Dance for Parkinson's class on Tuesdays at 10:00 AM, pre-register at the front desk	7 Adult Volleyball 6:15-8:30 PM	8 Tues./Thurs. Swim Lessons sign-ups begin at 5:00 PM for members CPR/FA 4:00-9:00 PM, pre-register at the front desk	9 Tuesday/Thursday Swim Lessons sign-ups for Non-Members begin at 5:30 AM	10 1/2 off the joining fee special starts today and ends February 17
11 Ride the Expresso Ride of the Week! Billy Goat Falls (5.3 miles)	12 Bible Study: Mondays @ 11:00 AM	13 Please consider helping us with our Annual Giving Campaign. Let the folks at the Front Desk know.	14 Happy Valentine's Day! Valentine's Day Banquet at Christ Lutheran Church - pre-register at the Front Desk.	15 Last day to sign-up for the next session of Tuesday/Thursday Swim Lessons.	16 Be on the lookout for info on summer camp registration!	17 Last day of our 1/2 off the joining fee special Member sign-up for Saturday Swim Lessons begins at 7:00 AM
18 Ride the Expresso Ride of the Week! Bent Spoke (4 miles) Non-Member sign-up Saturday Swim Lessons begins at 1:00 PM	19 Bible Study: Mondays @ 11:00 AM	20 Tuesday/Thursday Swim Lessons begin.	21 Swim Clinic sign-ups for Members begins at 5:00 PM	22 Swim Clinic sign-ups for Non-Members.	23 Join us as WE WEAR BLACK in unity with those who are working daily to fight injustice, prejudice and inequity.	24 Teen Takeover 7:30-9:45 PM \$5.00 entry fee Last day to sign-up for Saturday Swim Lessons.
25 Ride the Expresso Ride of the Week! Lost Valley (11.5 miles)	26 Bible Study: Mondays @ 11:00 AM	27 Don't forget to pick up a Group Fitness Schedule and try something new!	28 Adult Volleyball 6:15-8:30 PM	29 Don't forget to register for Oncology Yoga before March 1		

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY