

OUR CAUSE



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HANOVER AREA YMCA ASSOCIATION

500 George Street, Hanover, PA 17331

717-632-8211

www.hanoverymca.org

SPRING 2012

A newsletter for members and volunteers of the Y

ANNUAL DINNER

Over 150 YMCA volunteers, parents, youth leaders, staff members, honored guests, and Y members attended the 44th Annual Dinner Meeting on April 23 at Bay City in Hanover to celebrate the previous year's achievements and to recognize past Board members, volunteers and staff of the year, youth leaders in Y sports, and the Achievement Award recipient. We extend our deepest gratitude to those who continue giving and supporting the YMCA as volunteers, staff, and YMCA members.



Mr. Paul Spears (Board of Trustee) and Liam Behrens (Chief Executive Officer)



Achievement Award Winner **Jeremy Frey** is pictured above with Liam Behrens (Chief Executive Officer) and Bobbi Little (Board President)

Jeremy Frey current Hanover Area YMCA Board of Directors Vice President, was awarded the Achievement Award at the annual dinner. Jeremy serves on multiple committees, and he continues to volunteer his time and knowledge to the Hanover Area YMCA.

SUMMER HOURS

May 1 thru September 30, 2012

HANOVER

Monday- Friday 4:30am - 9:30pm

Saturday 6am - 6pm

Sunday 10am - 5 pm

SOUTH HANOVER and LITTLESTOWN

Monday-Thursday 5am - 9pm

Friday 5am - 7pm

Saturday 7am - 1pm

Sunday Closed

(Littlestown only members may use the Hanover facility on Sundays)

SUMMER MEMBERSHIPS

Youth memberships will be available starting April 16th for summer camp sign ups only.

FULL FACILITY Use of all 3 Y's

Youth \$55

College \$70

Adult \$125

Senior \$115

Family \$185

SPF \$175

LITTLESTOWN ONLY

Youth \$50

College \$55

Adult \$100

Senior \$100

Family \$155

SPF \$140

Our Mission:

To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

www.hanoverymca.org

TOUCHDOWN!

Kids Come First Campaign Surpasses Goal

The Hanover Area YMCA would like to thank our dedicated volunteer campaigners who worked to ensure that the 2012 campaign reached and surpassed our goal of \$200,000. At this time, we have raised \$228,587!

The Y would like to specifically thank our Campaign Chair, David Wells. David definitely hit the ground running with this campaign, as he has been a member of our Y since 2003, and this is his tenth year of volunteering for the campaign. His generosity of time is sincerely appreciated.

Additionally, our Campaign Team Leaders were instrumental in getting information out to their teams of campaigners, raising money, and providing countless suggestions and new ideas to make our campaign even better. The Campaign Team Leaders include: Tyler Clabaugh, Misty Coffman, Jeremy Frey, Joan McAnall, Baird McIlvain, Carolyn Rhodes, Penny Rostamali, and Janak Vidyarthi.

And most importantly, the Hanover Area YMCA would like to thank all of our generous donors for helping ensure that regardless of ability to pay, children and families in our local community can be members and participate in Y activities such as swimming lessons, summer camp, baseball, soccer, basketball, gymnastics, and preschool.



SHE'S NOT JUST HANGING OUT!

Selena Swanger is a 17 year old Hanover YMCA gymnast that recently achieved the tremendous accomplishment of competing in regionals. She is a level 10 Gymnast and it was her first year competing at this level. "It definitely is one of my biggest accomplishments", she said with a smile. First, she qualified for the state competition; where she went on to obtain an overall score that brought her into regionals. She has been doing gymnastics since she was four years old and said that as the years have passed she has only grown more focused. Selena spends a total of twenty-two hours a week practicing with coaches Dana Wertz, Casey Rohrbaugh, and Reggie Thompson. As inconceivable as it may seem, she still somehow manages to make time for extra-curricular activities and schoolwork. She is a junior at New Oxford High School where she receives excellent grades, is in the National Art Honor Society, is in the National Honor Society, and is a member of the student council. She also has a part-time job at Subway in whatever small amount of time she still has to spare. Her dreams of being a college level gymnast are what motivate her through all of the long hours of practice. She is unsure of what college she will be attending, but it can safely be said that the future of this dedicated young woman will be filled with even more success. The advice that she would give to young aspiring gymnasts facing all of the long hours is to "set a goal, and work towards that goal every day, never give up no matter how much of a struggle it may be, because it can always happen for you."

HANOVER WELLNESS CENTERS



The Hanover YMCA has dedicated two rooms for adult YMCA members to work out as well as to relax and enjoy a positive, healthy environment to meet your health/wellness goals. The rooms contain a complete line of Life Fitness selectorized weight equipment, free weight, cardio equipment, whirlpool, sauna (women), steam room (men), lockers, showers, and more. Amenities are provided such as towels, hair dryers, toiletries, and more. It also gives you the convenience of storing personal belonging at all times in the YMCA. You can add this benefit to your membership for only \$26 per month. Please stop by the Customer Service Desk for a tour.



LET YOUR KID, BE A KID THIS SUMMER AT SUMMER CAMP

Summer is approaching fast and it is time to get ready for summer camps! Registration for all camps has started. All the camp staff is looking forward to another exciting summer of fun in the sun. The 2012 camp season will be bringing some new changes. Drop off and pick up will be held in the back of the Hanover YMCA branch. Parents are asked to enter the parking lot from Wilson Ave., drop off campers and continue out on to George Street. We hope to cut down on confusion of where to drop off from week to week. Campers will be available for pick up at this same location every day starting at 3:30pm.

Before and After Camp Care has been changed to Camp Extended. Now for just one price of \$25 you can drop your camper off as early as 6:15am and pick up at 6:00pm. Transportation to and from South Hanover YMCA is included with this price. Littlestown Camp Extended will be held at the Littlestown YMCA. Littlestown will be offering Variety Camps as well as Adventure Camps again this year.

Sports camp will be offering different specialized camps every week throughout the summer. A description of each camp along with dates they will be held is available in the camp brochure which you can pick up at any Hanover Area YMCA or by going online to www.hanoverymca.org and clicking on the camp brochure on the main page.

Arts & Humanities camps will be offering some old favorites like Funky Fashion & Jewelry, and Tastes from Around the World. We will also be offering new camps like Author, Illustrator & You where campers will be able to create their own books which will be professionally bound. Spaces for this camp are limited (only Arts & Humanities camp that has limited space, all others will be open) so register early! Going Green will be a camp where campers will have the opportunity to use recycled materials to create art and learn how they can help Mother Nature.

Camp Hickory has gone through a big transformation over the winter months. Camp Hickory is now known as Camp Hickory A.C.E. The A.C.E. stands for Activities you Choose to Explore. Now campers ages 7-12 will have a choice to make when registering for camp. They will have a minimum of 4 A.C.E.'s to choose from each week. We will spend 2 hours every morning exploring the activities the camper enrolls in. The afternoon will be spent swimming, doing sports/games, arts & crafts or special activities. Campers will be able to choose how they want to spend their afternoon. Campers 4-6 will have a special field trip to a local park or attraction every Tuesday, as well as the all Camp Hickory A.C.E. field trip every other Wednesday. Previous years C.I.T. and L.I.T. program has been combined to make the Camp Leaders program. Campers who enroll in this camp will have the opportunity to get involved in leadership and team building activities.

Activities and trips will include the high ropes course at Camp Thompson in Carlisle, York Revolutions Baseball Game, teaching York campers canoeing and kayaking skills, and projects at Codorus State Park.

Registration forms are available in the brochure as well as online at www.hanoverymca.org. If you have any further questions or need any help please contact George O'Brien gobrien@hanoverymca.org concerning Littlestown Camps, and Sports Camps. You can contact Adam Martin amartin@hanoverymca.org with anything concerning Camp Extended, Arts & Humanities Camp, and Camp Hickory A.C.E.



CARDIO AND WEIGHT ROOM UPGRADES



The Hanover Area YMCA has recently made quite a few upgrades in the cardio weight rooms. Since January, we have made some major purchases to improve our equipment at all three branches. In January, the YMCA introduced a new brand of cardio equipment to the members by purchasing two treadmills, two ellipticals and two ascent trainers by Matrix Fitness. Also, during this purchase there was also Life Fitness recumbent bikes and up right bikes added to the Hanover branch. In South Hanover, we added three Life Fitness treadmills as well as an inspire cross trainer at our Littlestown branch. In early April, the YMCA made a second investment in continuing to upgrade more equipment. The South Hanover Branch received two Matrix ellipticals, two Matrix steppers, and one climbmill. Lastly, the adjustable strength equipment was upgraded to 13 pieces from the Cybex Eagle Line as well as two Cybex Arc Trainers. If you would like to find out more information about these recent changes, please check out our website for pictures or contact Cory Conrad, Health and Wellness Director to schedule a fitness orientation at cconrad@hanoverymca.org or 717-632-8211.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NON-PROFIT ORG.
U.S. POSTAGE PAID
HANOVER, PA
PERMIT NO. 50

HANOVER AREA YMCA

500 George Street
Hanover, PA 17331
717-632-8211

SOUTH HANOVER YMCA

1013 Baltimore Street
Hanover, PA 17331
717-632-0294

LITTLESTOWN YMCA

95 Keystone Street
Littlestown, PA 17340
717-359-9733



Member Agency

www.hanoverymca.org

MEMBERSHIP SPOTLIGHT



Ruth Smith – South Hanover YMCA Member

When did you join the YMCA?

I have been a member of the Hanover Area YMCA since 1987. The Y is a wonderful place to work out! The members are friendly, and you can develop yourself as an individual by working on your mind, body, and spirit at the Y. Also, I like to be a part of an organization that is not going to leave the community. Other gyms come and go, but the Hanover YMCA will always be here.

What is one of your favorite YMCA memories?

My favorite memory took place at the Hanover facility. The weight room was located where the sports closet is located. There were not very many women that lifted weights in the late 80's. However, I was one of the ladies that enjoyed lifting weights. A small group of us ladies would have such a great time lifting weights and telling jokes. When I first joined the Y, I did not know anyone. I was able to meet some very nice people by working out at the Y.

What advice can you offer to others to have a healthier and happier life?

Everyone needs to keep moving. Exercise is very important for all ages. The Y's group fitness classes are excellent, and since they are free with your membership everyone should take advantage of them.

Would you recommend the YMCA to a friend? Why?

Absolutely I would recommend the Y to a friend, because it is a great place to be. I would never go any other place.

Ryand Stevens– Hanover YMCA Member

How long have you been a YMCA member and what keeps you coming back?

I have been a YMCA member of the Hanover YMCA since 1993. I keep coming back because I enjoy working out, playing racquet ball, and talking to the friendly staff.

What made you decide to start a healthy life style?

I knew I needed to lose weight, and I made a commitment to do so. I wanted to be healthier so I could have quality time with my kids.

How much weight did you lose and how did you lose it?

I lost a total of 301 pounds by eating healthier and working out. I really enjoy coming to the Hanover Y and playing racquet ball with the guys. It is very easy to go back to your old eating habits, but I know I need to work out every day.

What is your favorite Y memory?

My favorite YMCA memory would be when I was interviewed by Channel 8 News at the Hanover Y. It was a great way to celebrate my accomplishment of losing my weight.

What advice can you offer others to live a healthier and happier life? Everyone needs to exercise. Find an activity you enjoy doing and get moving every day. Exercise is needed to stay healthy.

Would you recommend the YMCA to a friend? Yes. The Hanover Y has a great positive atmosphere and friendly staff. The Y offers programs for everyone.



The official registration and financial information of the Hanover Area Family Young Men's Christian Association may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 800-732-0999. Registration does not imply endorsement.