

FALL EDITION 2009

NEWSLETTER

HANOVER AREA FAMILY YMCA ASSOCIATION
▼ QUARTERLY MEMBERSHIP NEWSLETTER ▼

You Help Us Go Above and Beyond

Kids Come First Campaign Goal Is to Grow: Community Support Needed



Especially during tough times, the American spirit of giving endures. In fact, it is times like these that remind us all that the human spirit thrives in the most difficult of times, making a BIG difference in the lives of people who need our kindness the most. The YMCA plays such a pivotal role in thousands of lives...and so can you.

The YMCA is for all. We will not turn anyone away due to inability to pay. Recently, the YMCA has seen a significant increase in requests for financial assistance from members and program participants who need help to pay their membership or program fees. More than ever, people are reluctantly reaching out for support. Reluctantly because hard working people strive to make it on their own. But the troubling economy has hit most average American households in some way or another.

Fortunately, the Hanover Area Family YMCA Association can offer assistance due to the generous contributions from our members and community through the Kids Come First Annual Support Campaign held every year. The sole purpose of the campaign is to raise funds to provide financial assistance to any family or

individual who cannot afford a program or membership fee. In 2009, the Hanover Area Family YMCA Association gave \$479,718 in membership and program assistance to 2,808 children and families right here in the greater Hanover and Littlestown areas.

This year, the Hanover Area Family YMCA Association will be asking every member to pledge to the campaign. We will be seeking a wider array of businesses for support and our community at large will be challenged to give.

Today's families need the YMCA now more than ever. They need after school programs for their children. They need nurturing childcare. They need early learning opportunities while their parents work to support

their family. They need to know their teens have a place to belong. They need a place to go where they can develop a healthy spirit, mind, and body. They need us... and we need you.

The 2010 Kids Come First Annual Support Campaign kicks off in January under the leadership of Chairman Mike Fink. We urge you to please consider a donation this year.

To make a donation, please visit any customer service desk at one of our three branches, visit our website at www.hanoverymca.org to make an easy on-line donation, or email Stephanie Reams at sreams@hanoverymca.org or call 717-632-8211. Thank you for supporting and helping your friends and neighbors! ▼



Littlestown YMCA Gearing Up for Community Auction & Open House

An Open House will be held Saturday, November 7 from 12-5pm to celebrate the Littlestown YMCA newly refurbished weight room plus annual pasta dinner & auction. The Open House will offer personal fitness attendants in the weight and cardio rooms assisting visitors with any questions on equipment use, personal limits, and will give advice on starting a work out routine. Body assessment tests will also be available at no charge.

Families and children will enjoy an afternoon of events that include several arts/crafts make & take projects, an inflatable gymnastics tumble strip, and family games in the gymnasium. Teenagers in grades 5-8 will enjoy an evening of sports and music from

7-10pm in the Littlestown gymnasium during Teen Sports Jam.

The annual Littlestown YMCA Community Auction and Pasta Dinner will be open to adults starting with dinner at 5pm on November 7 and the auction at 6pm. Participants can expect to bid on items ranging from Southwest Airline round trip airline tickets to all sorts of local donations from businesses. The proceeds from the auction support children and families seeking financial assistance and fund the Littlestown YMCA Kids Come First Annual Support Campaign.

Visitors do not need to pre-register for the auction or dinner. A \$5 fee is required for the meal. Donations for the

auction and the pasta dinner are being accepted. Please call 717-359-9733 to let us know what items you wish to donate. Thank you for supporting your YMCA! ▼



Master Swim Team Coming Soon

The Hanover YMCA is joining the Masters! Masters Swimming is an organized program for adults 18 years of age and older. Members participate in a variety of ways ranging from lap swimming to international competition. The USMS competes year round in pool and open water events.

Each year more people participate in the sport of swimming than any other sport. Swimming is the nation's #1 activity because no other sport or activity produces as many or as varied benefits for the individual throughout one's life. It is safe, with less risk of injury than most other activities.

If you are interested in competing and having fun, please join us for an informational meeting on November 21 at 6:30pm in the Hanover YMCA meeting room or contact Kim Capone at kcapone@hanoverymca.org or 717-632-8211. ▼

Weight Lifting Competition Series Kicks Off 2010

The Hanover, South Hanover, and Littlestown YMCA's will be hosting a series of weight lifting competitions for the first time beginning January of 2010 at the Hanover branch. This series will invite novice as well as experienced lifters to compete in a family friendly atmosphere. People age 13 and above can compete in age and gender specific groups.

Each branch facility will host a variety of lifts including bench press, dead lift, and squat. This competition will be a collaborative effort between the YMCA and the local American Power Lifting Association (APA). The APA was chosen for this collaboration because of its philosophy of inclusion for all, its family atmosphere, and their drug free stance for competitions. Each competition will include an overall winner plus a winner for all divisions which include age, gender, and raw/assisted equipment.

Competitors can also compete in all three branch competitions for the chance to become the overall grand champion of the YMCA weightlifting competition series of 2010.

Look for details on the first event to be hosted at the Hanover YMCA branch on George Street in January of 2010. YMCA personal trainers and fitness attendants are ready to assist you any time to begin your training! ▼



J. William Warehime Foundation Pool Slated to Open in November



The last phase of the original building expansion which started in 2007 with a Capital Campaign will conclude this November with the completion of the new J. William Warehime Foundation Pool in honor and recognition of the foundation's gift of \$750,000. The newly completed warm water pool is tentatively scheduled to open November 9, 2009. YMCA members and the community will enjoy free trial programs, weekend family events, recreation swim, and more during November and December until the first session of regular programming begins January 4, 2010.

A complete schedule of the events for the remainder of 2009 will be available on our website or in the YMCA.

Registration is not required for any event. Y members can bring any number of guests to try the programs offered in the warm water pool. The weekend events will be geared toward family participation activities. And every Sunday will offer free community swim from 1-6pm.

When regular programming begins in January, YMCA members will have the opportunity to use the warm water pool as well as the existing 50 meter swimming pool for programs and recreational swim. Pool schedules will be posted and available. The 50 meter pool will be used primarily for lap swimming, swim team practice, aquatic/fitness programming, newly created programs such as water polo,

and will include some recreational swimming. The warm water pool will be used primarily for preschool and parent/child programming, arthritis programs, shallow water programming, pool parties, and recreational swimming. All schedules will be monitored closely and will be adjusted as warranted by our members and community needs.

Check the Hanover YMCA website for photos and program updates at www.hanoverymca.org. Bring your family, friends, and neighbors during November and December to try out the special programs and events in both YMCA swimming pools! ▼

Hanover 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

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**We build Strong Kids
Strong Families
Strong Communities**



Member Agency

HANOVER AREA FAMILY YMCA ASSOCIATION

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.

YMCA Board Member News

The following Hanover YMCA Board members will be ending two consecutive 3 year terms on the Hanover Branch Board of Directors effective December 31, 2009: Gina D'Agata, Roxanna Grimes, Jane Miller, and Rod Rager. We are deeply grateful for their collective contributions serving as committee chairs, fundraising chairs, special event leaders, program volunteers, fundraisers, and dedicated board members. Thank you for giving so much to the YMCA!

The Hanover YMCA is pleased to announce the following new board members who begin their term in January of 2010: Michael Hockenberry, Joan McAnall, Jim Miner, and Tom Moul. We thank all board and committee volunteers for their devotion in serving the YMCA of their communities! ▼

Our Mission:

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

Jane and Amanda Laughman: Honorable Member Spotlight

YMCA: How long have you been a Y member & what keeps you coming back?

Jane & Amanda: Since January 1, 2001. My husband bought the family membership for Christmas in 2000. I want to stay healthy for my family. I also like my classes.

YMCA: What programs and activities do you enjoy at the Y?

Jane & Amanda: (Jane) the CIT class Amy Despines teaches and the Power Ride taught by Patti Baxter. My daughter Amanda has started participating in my fitness classes during summer vacation and school holidays. (Amanda) I like youth swim lessons.

YMCA: What advice can you offer others to stay healthy & happy in life?

Jane & Amanda: Do what you enjoy doing and have fun while living life to the fullest

YMCA: How does the YMCA enhance your spirit, mind, and body?

Jane & Amanda: We can come in, do our exercise, and feel better. It helps reduce stress and keeps us healthy.

YMCA: Name 3 people you most admire and tell us why.

Jane & Amanda: (Amanda) Taylor Swift-great singing voice. (Jane) Julia Fritz, Y member. She never gives up. And Doug Laughman, great husband and dad.

YMCA: Share a very brief success story about your life....

Jane & Amanda: With Weight Watchers (I joined in December 2002) and the YMCA, I lost 50 pounds and have kept it off for 6 years. My exercise classes are part of that success. ▼



www.hanoverymca.org