

It is a New Day at

the



August-September 2010

Volume 3, Issue 5

THE YMCA HAS A NEW LOGO

BUMPER STICKER OF THE DAY

Yesterday is history.
Tomorrow is a mystery.
Today is a gift. That's why
we call it the present.

Fitness Opportunities:

CHECK THE SCHEDULE FOR NEW CLASSES!!!

- Zumba and Power Riding
- Cardio Kickboxing
- Power Abs
- Yoga
- Masters Swimming with Ellen
- Aqua Aerobics

Highlights:

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UPCOMING DATES

- ✓ *August 5* Last Day of Summer Day Camp
- ✓ *August 14* Care for Kids Day at the Tift County Recreation Department
- ✓ *September 3* Last day to sign up for Fall Sports.

The YMCA has a new Logo. If you have seen some of the media attention, you may have heard that we are taking the YMCA and the Christian out of our name. While it is true that the capital Y is prominent, you can plainly see that YMCA is still a part of it. In no way have Christian principles been removed. I recently returned from the General Assembly of Y-USA in Salt Lake City. The entire focus of this assembly was to unveil the new logo with new emphasis on the Christian mission of the Y. The mission statement of the YMCA remains "To put Christian principles into practice through programs that build a healthy spirit, mind and body for all" and our new statement is "Building the Foundations of our Community." In fact, a survey was done in recent years where it was shown that the majority of the population believes that the Y is just another gym and swimming pool. Nothing could be further from the truth! The results of this survey are in fact what spurred the re-addressing of the purpose of the YMCA. While it is correct that there is a certain amount of autonomy as far as local chapters go, I want to share just a little of what the Tiftarea YMCA is doing. We are fairly new in the world of the Y (recently celebrating our 10 year anniversary). We are partnered with local churches, Tift Regional Medical Center, ABAC, the Board of Education and local law enforcement agencies to further mission work to the disadvantaged children and youth in our city by way of after school care, recreation and support in a Christian atmosphere. Currently, money is being raised to make this mission dream into a reality for Tifton. Our county has a very high teenage

pregnancy rate as well as a huge gang problem. Our Y is leading the way in making sure this mission outreach happens. All of this is done under the clear understanding that Christianity will be a part of any mission undertaken by the Tifton YMCA. As I write this, our summer camp is ongoing, where young children are given an opportunity to experience learning and fun under the guidance of Christian leaders. No child is turned away. We are in preliminary talks to partner next summer with ABAC for our camp next summer. The Y offers scholarships to those who cannot pay their own way. A misunderstanding of the work of the Y only impedes our growth into these types of important areas. I would hate for anyone to get the idea that the Y is moving away from its original overall mission. While yes, it is a gym, swimming pool and home to youth sport leagues; it is just so much more! For me, this is not just a job; but rather, a calling to do for others. It is great to have a job where you can pour your passion and love into an organization. I would consider it a huge favor if you would at least mention THIS role of the YMCA to your friends; if for no other reason than to help us get the word out of what good the YMCA does and COULD do to hopefully change lives. It would be a disservice to the public if they came away with the idea that the Y is nothing more than a glorified gym. The YMCA is not moving away from its original intent but rather intensifying and reinforcing its primary goals.

Jimmy Moore—CEO



STAFFORD AQUATICS CENTER OPERATION HOURS

Due to the start of the new school year the Tiftarea YMCA will be changing the pool's hours of operation for August.

If you have any questions please feel free to call the Tiftarea YMCA at 229-391-9622.

AUGUST HOURS

Monday-Thursday

12:00-7:00 PM

Friday

CLOSED

Saturday

10:00-7:00 PM

Sunday

1:00-7:00 PM

Fun in the Sun!



FALL SPORTS INFORMATION

It is time again for fall sports to kickoff! This fall, the Tiftarea YMCA will be offering Flag Football and Soccer for all ages of kids. Flag Football will begin at age four (4) and the cut off is age twelve (12). Soccer will begin at age three (3) and the cut off is age eight (8). Our sports programs are designed to stimulate the children's mind, using every game as a "practice" to learn something new. The Tiftarea YMCA is not competitive and we use each game as a motivational tool to help the children work on something new for their next game. Most of the coaches are

dads or a family member to one of the children. The Tiftarea YMCA is very family oriented and encourages everyone to come to all the games.

This year, the Tiftarea YMCA will be using a program called Quickscores, making each schedule, rainout, e-mail or any other tool easily accessible, quick and convenient for all parents.

The last day for registration will be September 3, 2010

*\$45 for members
\$65 for non-members*



Employee Spotlight of the month!

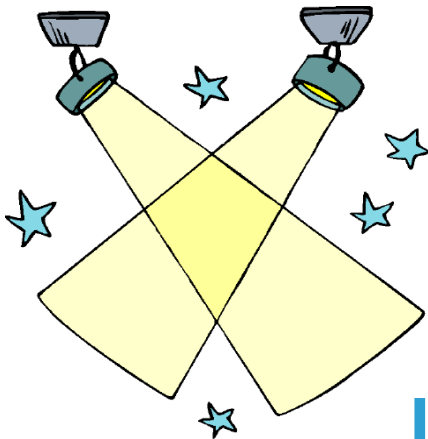
CONGRATULATIONS to
Jay Lacy!

**She is Spirit Stick
Winner for the
month of August!**

Jay is our newest staff member at the YMCA. She is the Director of Memberships. Jay graduated from Reinhardt College with a Bachelor's Degree in Sports Management. She has

proven to be a wonderful asset and we are excited to have her on our team. She is dedicated and very motivational when it comes to working in the front office. Jay has an uplifting personality and always has a smile on her face.

**Help us
congratulate
Jay Lacy!**



The YMCA has designed an e-mail account created specifically for your needs! If you have any questions, comments or concerns and it is after office hours just shoot us an e-mail at:

tiftareaymca9622@yahoo.com

Fall Aerobics Schedule

Phone: 229.391.9622		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING CLASSES								
9:00	Swimming Pool		Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	
9:00	Aerobics Room			Mega Mix-Up Zumba				
9:00	Spinning Room							Power Ride
9:15	Yoga Room					Gentle Flow Yoga		
10:00	Different Locations			Pool Aqua Aerobics		Pool Aqua Aerobics		Yoga Room Yoga
10:15	Spinning Room			Power Ride				
10:30	Different Locations		Aerobics Zumba				Spin Room Power Ride	
12:30	Different Locations		Spin Room Power Ride	Spin Room Power Ride	Yoga Room Pilates			
12:45	Different Locations		Pool Aqua Aerobics	Yoga Room Pilates		Yoga Room Pilates		
12:45	Aerobics Room			Concentrated Core	Fat Burning Mix	Fat Burning Mix	Fat Burning Mix	
EVENING CLASSES								
4:00	Yoga Room	\$5.00 HOT Yoga						
4:15	Spinning Room						Power Ride	
4:30	Spinning Room			Power Ride				
5:15	Swimming Pool		Aqua Aerobics	Aqua Aerobics		Aqua Aerobics	Aqua Aerobics	
5:15	Aerobics Room			Power Abs		6:00 Circuit Training		
5:30	Aerobics Room			Zumba <i>Start time: 5:35</i>		Power Abs		
5:30	Yoga Room		Yoga	Yoga	Yoga	Yoga		
5:45	Aerobics Room		Concentrated Core					
6:15	Aerobics Room		Fat Burning Mix					
6:30	Different Locations		Spin Room Power Ride	Aerobics Room Cardio Surprise		Cardio Effect		