



# YMCA of the Greater Tri-Valley

## February 2012 Newsletter



### *This month:*

- Benefit for NCMEC pg 1
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- Roller Derby?! Pg 5
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### **SAVE THE DATES:**

- **February 1, 8 and 15th Smoking Cessation Program/ Oneida**
- **February 11th Snowball and Benefit for NCMEC**
- **February 20th—24th winter break SACC care available**
- **February 25th & 26th Kids Need Heroes Basketball Tourney**
- **April 28th Healthy Kids Day**
- **May 18th Ride For Missing Children**

## **Kids Need Heroes Basketball Tournament**

We are gearing up for the 16th annual Kids Need Heroes Basketball Tournament. Games will be played at the Rome Y, Rome Free Academy and Rome Catholic School. The dates are February 25th and 26th. The tournament is for girls and boys in grades 3rd through 10th and the cost is \$300 per team. They are taking registrations now. The registration deadline is February 17th. Please contact Bruce Hairston, Branch Manager and Tournament Chair at 336-3500 ext 228 or [bhairston@ymcatrivalley.org](mailto:bhairston@ymcatrivalley.org).

The Kids Need Heroes Basketball Tournament is a fundraising event for the Tri-Valley Y. All proceeds will go towards scholarships for youth and families in our communities that desperately need our programs and services but cannot afford. The YMCA of the Greater Tri-Valley has been offering programs and services for a combined 160+ years.

This is an important event for the Y and for the communities we serve for several reasons. Most importantly, the monies raised enable our children to be a part of a positive, nurturing organization that teaches respect, caring, honesty, and responsibility for themselves and towards others. It only takes one person to show they care and it can change a child's life forever. "Basketball is a good activity for kids to be a part of and it brings communities together" said Bruce Hairston, Tournament Chair and Rome Y Branch Manager. In addition, the tournament raises awareness for our cause.... strengthening community. The Y is a powerful association of men, women and children joined together by a shared commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility. Finally, basketball was invented at a YMCA in Springfield, MA.

So.... pass the word on to coaches, basketball enthusiasts or anyone that might be interested in getting a team together, volunteering at the event or being a spectator. It's a great way to spend a weekend—away from iphones, ipods and ipads. Get up and get out!!

### **Pasta Dinner Event at the Oneida Family Y to benefit the National Center For Missing and Exploited Children**

The Oneida Y and Weldon Entertainment, an Oneida based multi-faceted entertainment company, are collaborating on a benefit to raise funds for NCMEC. The event will begin with Softball games, aptly called "Snowball" at Vets Field in Oneida starting at 10am on Saturday, February 11th. Following the games from 2pm to 10pm, a pasta dinner complete with bread, salad and beverages will be served at the Oneida Y gymnasium. The food will be donated by Flo's Diner in Canastota. The evening will include live music with Krusin Kountry and Mike McKay, basket and 50/50 raffles plus a mega raffle. In addition, a Jungle Gym will be set up in one half of the gym for children.

You may pre-order tickets to the post-game event by visiting Game Zone located at 173 Madison Street in Oneida or by contacting Jacob Smith at 315-420-6444; you may also purchase tickets at the Y the day of the benefit. Pre-ordered tickets are \$15 per person or \$20 per couple; day of tickets are \$20 per person or \$25 per couple. Children under 12 are \$6. Other special rates are available, see [www.weldonentertainment.com](http://www.weldonentertainment.com) Ticket price includes 10 basket raffles for a single person and 15 basket raffles for a couple. Additional raffle tickets will be available during the event (cash and credit cards will be accepted).

If you are interested in signing up for the "Snowball" game and/or the after game event please contact Jacob Smith from Weldon Entertainment at 315.420.6444. All softball players will receive a free T-shirt.



# YMCA of the Greater Tri-Valley Association News

## Chobani Champions Day

The free day of fun and fitness at the Oneida and Rome Y's on January 14th and January 28th, respectively welcomed about 200 children. They hula-hooped, zumba-ed and jump-roped their way to an active, fun couple of hours. All participants received a free T-shirt and a certificate of participation. A lucky few added a case of yogurt and a Chobani lunchbox to their prizes. Chobani, a local company, has already hosted a handful of these events at YMCA's across Central New York. The company created the day to promote healthy habits for children. Collaborations such as these are becoming more popular as like-minded organizations continue to come up with creative ways to get communities healthy and involved. The Y was a perfect fit for such an event. Thank you to everyone involved, the children's parents, Y staff and volunteers and the Chobani employees that donated their Saturdays to the event.



## Silver&Fit Plus Program

Are you an Excellus BlueCross BlueShield Medicare member that has the Silver&Fit Plus benefit? If you are you can join the YMCA for \$25 a year!!!! This program replaced the Go-Getters program. Simply bring your insurance card into the Y, pay \$25 and you're set for the year. You will have full membership benefits.

Presently, we continue to participate with the SilverSneakers program. If you have any questions about your Excellus Blue Cross Blue Shield insurance please call 1-800-659-1986, Monday - Friday, 8:00am to 8:00pm.

Even though you may take any of our land or water exercise classes there is a Silver&Fit specific class "Dance Powered by Zumba® Gold" on Tuesdays at 10:15 am and Fridays at 11:30am at the Oneida YMCA.

### CPR & First Aid Schedule for 2011-2012

Offered on the following Sundays  
at the Oneida Family Y

**February 26, March 25, April 29,  
May 20, June 17**  
9AM to 3PM

Re-Certification is from 8-9AM

There are new updates so please be prepared to take the whole class. New CPR/AED/First Aid certification is now valid for 2 years

Cost: non-staff: CPR/AED \$35, CPR/First Aid/AED \$45

### PLEASE BE PATIENT WHILE WE MAKE IMPROVEMENTS

In December of 2011 the Tri-ValleyY association converted to a new software system to better serve our members. It will also save money and save time. As with any "new" systems there are challenges, and we've had our share. We are working diligently to "get the bugs" out. Please be patient while we do so. When it is all said and done the new system promises to be more efficient. The new member process time will be much shorter, card scanning will be quicker and eventually, as a member, you will be able to check your account on-line, as well as re-new your membership. We will need to re-take your pictures too. Because of the capabilities of the software, the national sexual predator directory will be automatically scanned, thus making your Y even safer. Thank you to all those who have already been effected by the change.



The Y has a blog!!!! Barbara Wattle, Y member is volunteering her time to blog for us

<http://ymcaofhtgreatertri-valley.blogspot.com>

Keep connected on facebook Like Us  
<http://www.facebook.com/ymcaofthegreatertrivalley>

Check out our new and improved website  
[www.ymcatrivalley.org](http://www.ymcatrivalley.org)

## *YMCA of the Greater Tri-Valley Association News*

**5 months later..... Is she or isn't she? An update to Y member Barb Wattleys story that appeared in the September 2011 newsletter**

Do you have New Years Goals? Are you ready to raise **your** standard?

Every year people make New Year's resolutions and by mid way lose focus on whatever that New Year's resolution might have been. A goal is much different from a resolution. A goal is seeing the end of that goal or the outcome of a situation and staying focused until that goal is achieved regardless of setbacks and disappointments in life. You continue to press forward regardless of opposition, distractions, and everyday lives challenges that try to take your eyes off that goal. You need to have a persistence that won't give up until that goal is met or achieved. Anyone that knows me will tell you I am a positive minded person. One with determination and persistence. This did not happen to me overnight, it was life's experiences and challenges that have made me into the positive minded persistent person I am today. I had to raise the standard in my own life to achieve and get to where I am today. Raising your standard is not only about weight loss but also about changing the way you think about life in general. That can be hard to do for some people but not impossible to do. I believe all things are possible if you believe in yourself.

Since I have accomplished losing so much weight now, and found a love of running in the midst of a healthier me, I have made a New Year's goal for myself. I will be running my first marathon hopefully in the spring. I have not registered for one yet but have my eyes on one in Buffalo, NY. I am not looking to compete or challenge anyone; I am looking to have fun and enjoy the sport I fell in love with, "Running". I sit here and think how over time I have accomplished so much. Learning to take time for myself, take care of my health, and encourage others along the way. A couple months back, I was thinking about running the boilermaker which I still may do but, to raise this standard of a marathon is exciting for me and I feel so good about doing it. Some have said that, "I got bit by the bug". There are classes that I take at the Rome YMCA that help me continue to lose weight, tone, condition, and strengthen are Boot Camp, Spin Class, Body Shop Plus (once or twice a month), and a lot of Cardiovascular Training. I would like to thank the Rome YMCA staff, all the members that attend for their encouragements and warm friendly smiles from being greeted when I come in the morning and evening. I would like to also thank all the runners that have put in miles with me on a weekly basis from the golf course to some Tuesday night runs with the Roman runners.

Remember, don't lose hope and don't give up on your goals, whatever those goals may be, no matter how long it takes, they are achievable.

By: Barbara Wattlely



# ROME FAMILY YMCA

MEMBERSHIP CLASSES AT THE ROME Y

**Cardio Core**—A low impact, high energy one hour class focusing on elevating your heart rate and strengthening your core. The cardio portion will always vary, using the step, ball or classic floor cardio. The remaining portion of the class is dedicated to abdominal and back strength, ending with a good stretch. Modifications are always offered to accommodate ANY fitness level. Mondays 8:45 –9:45am.

**Power Yoga** - Fear not, just about anyone with some level of fitness can join in this class as long as they are prepared to modify per the instructors. Those wishing to really challenge themselves can do that as well. This *Ashtanga*- style flow will elevate your heart rate, challenge your balance and strength while improving flexibility. It is recommended you bring your own yoga mat, towel and a semi-empty stomach.

**Rhythm-Robics** A one hour, twice a week workout will help build coordination through various rhythmic patterns of music and will develop your cardiovascular endurance at the same time. Sessions also include an abdominal routine and stretches to increase flexibility. Tuesdays and Thursdays 9:15-10:15am. Instructor is Chris VonMatt

**Drums Alive** -This is a unique workout! It captures the essence of movement and rhythm and combines it with fun; it delivers real fitness results. The choreographies are designed to burn fat, improve physical and mental fitness and above all, be fun! Thursdays 4:30-5:30pm. Instructor is Kathy Angleton

All classes free to members, non-members may purchase a 20 class punch card for \$75. For more information contact Gary Fahey at 336-3500 ext 242 or [gfahey@ymcatrivalley.org](mailto:gfahey@ymcatrivalley.org)

## ADULT MEN'S 5v5 BASKETBALL LEAGUE

For men 19 years of age or older. Must be out of high school. 8 game season plus single elimination playoffs. The games will be full court, 5v5 format with two certified officials per game. The fee is \$480 per team and includes all referee fees and T-shirts for the Championship team. Max roster is 10 players per team.

Games are played Sunday nights between 4:30 and 8:30pm starting February 12th. For more information please contact Phil Sconzert 336-3500 ext 230 or [psconzert@ymcatrivalley.org](mailto:psconzert@ymcatrivalley.org)

## BASEBALL AND SOFTBALL CLINIC

For boys and girls ages 8 through 18. Clinic covers batting, fielding, pitching, base-running and more. Starts on Sunday, February 26th and runs until Sunday, April 1st.  
Ages 8-12 Sundays 11:30am-1pm  
Ages 13-18 Sundays 1:00pm-2:30pm  
Registration deadline is Friday, February 24th by 6pm.  
Members \$50 / non-members \$75  
After February 24th deadline a \$10 late fee will be charged.  
Register at the Rome Family Y. Contact is Phil Sconzert, Senior Program Director 315.336.3500 ext 230



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FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## MUSIC LESSONS

### Private lessons

*Piano lessons are offered Monday through Friday  
Guitar lessons are offered Tuesday and Thursday  
Drum lessons are offered on Thursday*

### **Cost per lesson:**

*\$20 for 30 minute lesson  
\$30 for 45 minute lesson  
\$40 for 60 minute lesson*

*For more information contact Bruce Hairston— Branch Executive  
315-336-3500 ext 228 or [bhairston@ymcatrivalley.org](mailto:bhairston@ymcatrivalley.org)*

# ONEIDA FAMILY Y

## AQUATICS

### ADDITIONAL SWIM TIMES

During winter recess from school, February 20th through the 24th there will be additional open swim times because there are no swim lessons scheduled for that week.

### SWIM LESSON REGISTRATION

#### Register by February 26th and avoid a \$10 late fee

Participant Registration: February 13th –18th  
Open Registration / Testing:  
Saturday, February 11th 12-1pm  
Monday, February 13th 4-5pm  
Wednesday, February 15th 4-5pm  
Remember to bring your suit, towel & goggles

### SENSORY SWIM

Starts February 28th and runs for 7 weeks on Tuesday evenings from 6:30 –7:15pm  
Members \$15  
Youth members \$40  
Non-members \$100

Sensory Swim is a specially designed aquatic program for children with sensory processing difficulties. It incorporates aquatic activities that promote motor and sensory development. The program serves children 3 to 12 years old. The class is facilitated by specially trained instructors. A responsible adult must accompany each child in the water. Reservations are required as class size is limited. For more information contact Colleen Herzog at 363-7788 ext 230

**Aqua Zumba®** is a spicy Latin version of Aqua Fitness. It is a fitness routine that is meant to improve your body and health, in general. It is great for people who have difficulty moving because of joint pain, back pain or arthritis; the water provides buoyant comfort. It is also a great cardio workout when you give it your all and keep those arms, legs and your core engaged during the workout. The resistance of the water helps to build your strength and tone your body. Burn up to 500 calories per class! Instructor is Esther Rosbrook  
Monday evenings at 7:30pm and Thursday mornings at 9:30

## ROLLER DERBY AT THE Y!!

If you're intrigued, come out and practice with the *Ladies' death & derby society* for 2 weeks. Then decide if you want in! They will be practicing at the YMCA on Friday nights from 7:15-9:15pm and on Sunday mornings from 10-12:30pm. Practices will start on February 17th and run until April 20th. Free for full members. What's the Catch? *Ladies' death & derby society* is looking for more players to field a team.

**Racquetball Tournament** on February 18th starting at 9:00am. 2vs.2 games, double elimination. \$20 buy in per team. Winning team gets Ektelon Power Ring Freak racquets

**Successful Living Seminar** This is a financial awareness class designed for people who want help with personal financial situations. The program will also help individuals who are interested in organizing and budgeting expenses, setting up savings accounts and keeping to a plan. The program will run for 5 weeks. Two additional weeks are for one-on-one counseling if needed.

Members are free / non-members \$10

Start date is Saturday, February 18th from 1-2pm, meetings will be every Saturday until March 17th—last 2 Saturdays of the month will be reserved for one-on-one counseling.

**3vs.3 Basketball Tournament** March 11th start time is 9:00am Single elimination, call your own fouls, maximum of 4 people per team, two 15 minute halves, each time will have one time out per half. Winning Team will receive YMCA T-shirts and trophy and Spalding basketballs. Captain must be a YMCA member \$40 per team.

**BIG MAN & little man basketball tournament** March 18th, start time is 9am. One team member must be over 6 feet tall and one man must be under 6 feet tall. 2 vs. 2 half court, call your own fouls, game is to 21, win by 2 or first to 25. Must be over age 18

\$40 per team MAX of 16 teams. Registration due by March 10th

**Prizes:** 1st place 30% of purse (paid by check); 2nd place 10% of purse (paid out by check), 3rd place YMCA T-shirts

*For more information on any of the above please connect with Steven Eddy, Youth & Family Coordinator at 363-7788 ext 232 or [seddy@ymcatrivalley.org](mailto:seddy@ymcatrivalley.org)*



# YMCA School Age Child Care



The YMCA provides child care for children ages 5-12; Before school, after school, vacation days, snow days and half days. The program is state licensed and affordable. Financial assistance is available and is granted based on available resources of the YMCA. We carefully design our activities to expand your child's imagination, reinforce what they learn in school and encourage life-long positive values. Character development is a big part of our YMCA programs, and values such as caring, honesty, respect and responsibility are an integral part of everything we do.

## *The SACC Program is available at the following Schools:*

**Oneida Area:** Durhamville, E.A McAllister Elementary, J.D. George, North Broad Street, St. Patrick's, Seneca Street Elementary, Stockbridge Valley and Willard Pryor

**Rome Area:** Bellamy, Denti, Gansevoort, John E. Joy, Ridge Mills and Stokes Elementary Schools, in addition to Staley Upper Elementary School.

**New Hartford/Whitesboro Area:** Bradley, Clinton, Conklin, Christopher Columbus, Deerfield, ER Hughes, Harts Hill, H.R. Jones, Marcy, Myles, New York Mills, Sauquoit and Westmoreland Elementary Schools.

Oneida: Holly Panebianco 315.363.7788 x 232, hollyp@ymcatrivalley.org

Rome: Nicolina Calandra 315.336.3500 x 226, ncalandra@ymcatrivalley.org

New Hartford/Whitesboro: Danielle Trzcinski 315.797.4787, dtrzciski@ymcatrivalley.org

## **February Break Register Now**

Enroll your child in the YMCA's School Age Child Care Program during the February Vacation Program! The YMCA provides Child Care from 6:30AM to 6:00PM on all school vacation days for children ages 5-12 years old. YMCA child care is a safe and nurturing environment, state licensed, fun, and best of all-affordable! We carefully design our activities to expand your child's imagination and physical well-being!

Cost of Program: Members \$25 per day, Non-Members \$50 per day in Rome and Oneida and in New Hartford rates are Members \$20 per day and non-members \$40 per day

## **Summer Camp**

### **Why Parents Choose the YMCA Day Camp**

Why our camp? Because our goal is to help boys and girls ages 4-17 years old to grow physically, mentally and socially. The YMCA values of Caring, Honesty, Respect and Responsibility are integrated into each activity with character building experiences your child will never forget. Throughout the day, our campers enjoy fun activities such as swimming, crafts, team sports & games, nature activities, songs and more. Whether at our camp for one week or an entire summer, a YMCA day camp experience will create memories that last a lifetime. Camp is held rain or shine!

### **School Age Child Care**

At the Y, we believe all kids deserve the opportunity to discover who they are and what they can achieve. In our before afterschool programs, youths are cultivating the values, skills and relationships that lead to positive behaviors, better health and education achievement.

Combining play with academics, YMCA before and afterschool programs promote creativity, a love for learning, social and emotional development and character building, while complementing lessons learned during the school day. In addition, our before and afterschool programs fill gaps in schools and communities where some recreational opportunities like art, music and physical activity offerings are limited.



# YMCA of the Greater

25 OXFORD RD. NEW HARTFORD, NEW YORK 13413



## **SACC News**

As the temperatures keep dropping and the snow continues to fall we want to remind you all to please send your children with the appropriate clothing (Winter coats, gloves, hats, boots). We will be taking the children outside on a daily basis.

This month our SACC program will be focusing on Science and Technology. We will also be working on a service learning project "Showing Our Love". Each child will be asked to make a Valentines card with a little up lifting note in it. We will then send them all to a local nursing home with the hopes of showing the elderly a little love and put a smile on their faces.



## **Emergency**

### **Dismissals & SNOW Delay Days**

Just a reminder.....  
If school is closed due to a weather related or any emergency during the middle of the day, YMCA SACC program **will be canceled**. If there is a delay (ex. 1 or 2 hour) in the morning YMCA SACC program will not be open.

### **Days Off**

Please take note of the "Days Off" schedule on the **reverse side** and REMEMBER our SACC Center, 25 Oxford Road is available for your use during all:

- Snow Days
- Single Days Off
- Vacation Weeks

From 7am until 6pm.

**ALL Children must be pre registered to attend SACC Center Days at least one week in advance.**

**Late registrations will be charged a late fee.**

Please send your children with a bagged lunch and appropriate clothing for outdoor play on

ALL SACC Center Days

### **Early Dismissal Days**

Care is provided on all early dismissal days right in your school. We are now allowing children that are not registered in our SACC program to attend on these days. If you know of anyone that may be interested please have them contact the office at **least 1 week prior** to the early dismissal day. They will be charged a daily rate and will need to complete a registration form prior to their child attending the program.

## **CHILDRENS FILM MAKING PROGRAM HAS BEGUN**

This exciting and educational hands-on film making course introduces your child to all the major tasks involved in getting a film produced. The Program will include 24 weeks of on-camera acting , screen writing and producing. Students will collaborate on out their own professional screen play that will allowing each "crew" member to experience their contribution in varying production roles. At the end of their film making journey they will experience a "Red Carpet" moment by having their very own film premier with family and friends to enjoy. After twenty two years working in Hollywood, as both an Actress and Production Manager at three major studios, Instructor Chase Clifford has returned to the area to teach this fully professional project. Class will be scheduled to begin January 14, 2012 on Saturdays 12:00- 2:00pm (24 weeks)  
**For more information please call our New Hartford Office at 315.797.4787**



WERE ON THE WEB @  
WWW.YMCATRIVALLEY.ORG

Rome Family YMCA  
301 W Bloomfield St  
Rome NY 13340  
(315) 336-3500 P  
(315) 339-4076 F

Oneida Family YMCA  
701 Seneca St  
Oneida NY 13421  
(315) 363-7788 P  
(315) 363-7352 F

New Hartford YMCA  
25 Oxford Road  
New Hartford NY  
13413  
(315) 797-4787 P  
(315) 507-2986 F

If you would like to receive this newsletter via email or if you know anyone that does please either email your request to [mgolden@ymcattrivalley.org](mailto:mgolden@ymcattrivalley.org) or call me at 315.336.3500 ext 232. Copies of the newsletter are also available at the Welcome Desks in Oneida and Rome.

If you have any suggestions, comments, "constructive criticism", please connect with Maryalice Golden

**It's that time of year!! Please remember to carry your workout shoes in with you and change in the area outside the Wellness Center. This will help us keep the wellness center flooring clean !**

"Hope Is In Me: A Musical Journey"  
CD/DVD combo is \$20.  
All proceeds go towards the YMCA Kids Need Heroes Campaign!!!!

## Our Partners

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