



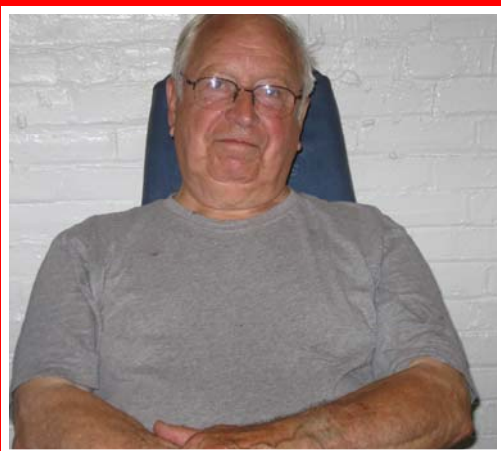
Greater Burlington YMCA

MEMBER NEWS

June 2009



Dean Leonard



I have been working out at the YMCA since I retired in 1991, and I have been a full fledged member for twelve years. Back in high school, I worked at the Y as a lifeguard, so you could say I have been going here almost my entire life.

What I like most about the Y is the people and the comradery that the Y instills in all its members. Other than my old friends who still go to the YMCA, the members and faculty are just very nice and outgoing people. I come in do my own private workout for about two hours, with the occasional swim, and I leave feeling great. All-in-all, the Y is very well run and a great place to exercise.

Dean Leonard
Greater Burlington YMCA
12 Year Member and Storyteller

7th Annual YMCA Golf Tournament is Here!

The 7th annual YMCA Golf Tournament at Stowe Country Club tees off on Monday, July 20th at 8:15am...4 person scramble teams are now being accepted. Funds raised for this terrific event help support the Y's financial assistance programs. Plenty of prizes for all including \$10,000 hole in one shot. Register today by visiting www.gbymca.org to download a form, or stop into our Burlington or Winooski facility.



Holiday Hours

On Saturday, July 4th the Greater Burlington YMCA will be open 6am-1pm in Burlington & 7am-1pm in Winooski.

Les Mills Body Pump New Release Celebration

Body Pump Release # 70 is here at last! To celebrate the Greater Burlington YMCA is opening up classes to everyone on July 6, 7, and 10 in Burlington. Check out the complete Group Fitness Schedule online at www.gbymca.org.



Not Too Late to Register for Summer Camps

There are still openings for a number of our camp sessions: Camp Greylock, Live Y'ers, Rugby Camp, and Camp Abnaki Residential Camp for Boys. Make your child's dreams come true with rich adventure, healthy role models and outdoor fun! Go to our website for all the details, or feel free to contact our member services folks at 862-YMCA (9622). Here's the link:

www.gbymca.org/documents/09SummerCampBrochure.pdf



We build strong kids, strong families, strong communities.
Burlington: 862-YMCA Winooski: 655-YMCA Online: www.gbymca.org

**Calling All Kayakers and Open Lake Swimmers!
The 13th Annual YMCA/MVP Lake Swim:**



Volunteers are the heart of this incredible event on August 8th. We need people with kayaking skills to support swimmers along the 8-mile course (we have kayaks if you don't), as well as volunteers with

motor boats to run the course. For specific times to volunteer and tasks, please contact Jaimie Held at 862-8993 ext. 156, or jheld@gbymca.org, or go to our website and download all the information you may need: www.gbymbca.org/documents/lakeswim09.pdf
Our special thanks to MVP Health Care for their generous support of this event.

Personal Training:

Get ready for summer with our Beach Body PT Special for individual and small group personal training! Work out twice a week for 8 weeks to maximize your results and achieve your summer fitness goals! New 16 pack at \$480.00 individual, \$672.00 Small group (split the cost), that's a \$150.00 savings!

Work Smarter with Personal Training!



Beach Body Boot Camp continues through the summer -- Tuesdays and Thursdays, 7-8am, with Hannah Rose! \$50 for members; \$80 for non-members for nine weeks.

Burlington Facility Shutdown

Please note the Greater Burlington YMCA's College Street facility will be shutdown for maintenance from **August 24-30**. We invite you to enjoy our Winooski facility during this time. Thank you for your patience as we continue to make improvements to your YMCA.



Compressor Repair

The maintenance team is currently working to replace two compressors at our College Street location. This repair will result in significantly cooler temperatures in the Fitness Center by the end of the week. Thank you for your patience.

Camp Abnaki Skipper Shack Dedication & Water Carnival

Join us on the beautiful shores of Lake Champlain Sunday, July 19, for the dedication and celebration of the new Skipper Shack waterfront building. BBQ and water fun for the whole family. Recognition of volunteers and donors, as well as surprises galore!



12:00-1:00	BBQ
1:00-2:00	Swimming, Boating, Fishing, Camp Store Open for Business
2:15-2:45	Ceremony
2:45-On	Water Carnival and Camp Tours

Youth & Family Updates:

- Little Kids & Kids Night Out is a new fun summer activity, with the premiere of the event on July 18th 5:30-8:00pm. A night out for kids with pizza, crafts, gym with bounce castle and a movie (Surfs Up!) at the Burlington YMCA.
- YMCA Preschool Nature Camp is back in session starting July 13th at Richmond Elementary! Young naturalists and explorers (ages 3-5) will be sharing the fun and knowledge gained at this camp well beyond the summer. For questions, please contact Stacia Judd at 862-8993 ext. 145, or sjudd@gbymca.org
- The 7th annual YMCA Golf Tournament at Stowe Country Club tees off on Monday, July 20th at 8:15am...4 person scramble teams are now being accepted. Funds raised for this terrific event help support the Y's financial assistance programs. Plenty of prizes to win for all including \$10,000 hole in one shot. C'mon out and register today.
- YMCA 12th season of FREE Midnight Basketball tips off this Friday, 6/26 and runs for 6 weeks, games are 7pm thru 1am, divisions for ages 12-15, and 16-20...Y Staff officiating games will be former professional basketball player for the Vermont Frost Heaves, Issa Konaire.



Upcoming Events

Mark your calendar for these upcoming events and check out our website for more at www.gbymca.org.

YMCA PRESCHOOL NATURE CAMP (Ages 3-5)

Young naturalists and explorers will be sharing the fun and knowledge gained at this camp well beyond the summer. Contact Stacia Judd at 862-8993 ext. 145, or sjudd@gbymca.org.

\$150/WEEK - MEMBERS & NON-MEMBERS

JULY 13-17 - 9AM -12PM at Richmond Elementary

JULY 27-31 - 9AM -12PM at Camp Greylock, Kingsland Bay State Park

AUG 3-7 - 9AM -12PM at Ethan Allen Homestead

AUG 10-14 - 9AM -12PM at Ethan Allen Homestead



TAYLOR COPPENRATH SUMMER BASKETBALL CAMP

JULY 6-10 - AGES 8-15

8:00AM -12:30PM at Winooski High School

The camp will focus on the fundamentals of basketball, such as

ball-handling, passing, shooting, dribbling,

footwork, defense and rebounding. Players should bring a water bottle, snack, and basketball sneakers. Questions? Contact Brandon Rymer at 655-9622, or brymer@gbymca.org.

\$100 FOR THE FULL WEEK

YMCA GOLF PROGRAMS

For questions or to register for a YMCA Golf Program, contact Lou Jarvis at 651-0604 or 233-5628. All programs are held at the Catamount Golf Club.

SMALL GROUP GOLF LESSONS (AGES 5-11)

WEDNESDAYS - JULY 8, 15, 22, 29 & AUGUST 5.

(Ages 5-7) 4:00-4:45PM

(Ages 8-11) 5:00-5:45PM

\$80 Y OR CATAMOUNT MEMBER - \$85 NON-MEMBER

JUNIOR GOLF CAMPS (AGES 8-14)

MONDAY-FRIDAY - 8:45AM-12:00PM

SESSION 3: JULY 6-JULY 10

SESSION 4: JULY 13-JULY 17

\$175 PER PERSON



NON-CONTACT YOUTH RUGBY CAMP

JULY 13-17 - AGES 9-12

9AM -12PM at Edmunds Field, Edmunds Elementary

Rugby is one of the fastest growing sports in the U.S. Find out what it is all about by learning skills through fun games and scrimmages.

Call 862-9622 to register. Questions? Tricia Pawlik at 862-8993 ext. 150 or tpawlik@gbymca.org

\$100 FOR THE FULL WEEK

LITTLE KIDS NIGHT OUT & KIDS NIGHT OUT

SATURDAY, JULY 18 - 5:30PM-8PM

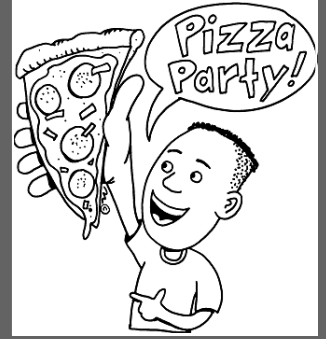
SATURDAY, AUGUST 8 - 5:30PM-8PM

A night out for kids with pizza, crafts, gym with Bounce Castle and a movie at the Burlington YMCA. For both Little Kids Night Out and Kids Night Out:

Registration at member services is required. Spaces are limited.

\$7/CHILD PER NIGHT - MEMBER

\$14/CHILD PER NIGHT - NON-MEMBER



COED LACROSSE SUMMER CLINIC

JULY 20-24 - AGES 10-14

9AM -12PM at Edmunds Field, Edmunds Elementary

Learn the basics of the exciting sport of Lacrosse during this one week camp. Lacrosse skills will be taught by experienced members of the UVM Lacrosse Team. Equipment provided.

Please bring a snack and water bottle. Call 862-9622 to register. Questions? Contact Evan LeCompte, at 862-8993 ext. 200, or elecompte@gbymca.org.

\$100 FOR THE FULL WEEK

7th Annual YMCA Golf Tournament

Date: Monday, July 20th

Location: Stowe Country Club

Join us on Monday, July 20th for the 7th Annual Golf Tournament to benefit YMCA Scholarships. Visit www.gbymca.org to download a form. For questions or more information, contact Kevin Hatin at 862-8993 ext. 151 or khatin@gbymca.org.

\$125 PER INDIVIDUAL / \$500 PER FOURSOME

New Skipper Shack Dedication and Celebration on Sunday, July 19

Join us on the beautiful shores of Lake Champlain for the dedication and celebration of the new Skipper Shack waterfront building. Enjoy a BBQ and water fun for the whole family, with recognition of volunteers and donors with surprises galore! To RSVP, contact the Camp Abnaki Office at (802) 372-8275.



13th ANNUAL GBYMCA/MVP LAKE SWIM

SATURDAY - August 8, 2009 at Camp Abnaki

Participants can choose one of three courses: individual eight mile, individual four mile, or relay swim. Swimmers, volunteers, and kayakers still needed. For more information or to download a registration form, visit www.gbymca.org.

Members Helping Members

As always, the Y is committed to providing a safety net for all who need it. Last year, the Y provided \$400,000 in financial assistance, thanks to the generosity of donors and government funds.



This year, the need is even greater.

This is a critical time and we are counting on community support more than ever.

We are asking those who can to reach out to those who can't with a gift to the YMCA Annual Scholarship Fund. We have raised \$80,000 of our \$150,000 community contributions goal for scholarships. Help us get there!

When you give a gift to the 2009 Annual Scholarship Fund, you give a gift that reaches out to real people in our community and makes a difference in their lives. A gift of \$60, \$100, \$250 (or greater!) goes a long way toward providing some relief for working families struggling to keep engaged in healthy family and community activities.

Please consider a donation to the 2009 Annual Fund. Help us keep open our doors and hearts to families in need during these challenging times. Thank you.

2009 Annual Scholarship Campaign



Thank You!

Your gift to the 2009 Annual Scholarship Campaign extends a helping hand to children and families in need and makes a profound and lasting difference in their lives.

Name _____

Address _____

Home Phone _____ Email _____

Full Payment

\$60 \$100 \$250 Other _____

Check Enclosed

Credit Card

Card Number _____

Expiration Date _____

Signature _____

Monthly Payment

\$5 \$10 \$25 Other _____

Add to my membership payment plan

Charge my credit card each month

Card Number _____

Expiration Date _____

Signature _____

YMCA Member Referral Program

Refer a friend to join the YMCA & receive an outdoor folding chair. Contact Jan Riordan, VP Membership & Programs, at 862-8993 x 134.



YMCA GUEST PASS

Name (please print) _____

Email _____

Address _____

City _____

Home phone _____

Expires 8/31/09. Not redeemable for cash.



Greater Burlington YMCA
266 College St. Burlington, 862-YMCA
32 Malletts Bay Ave Winooski 655-YMCA
www.gbymca.org

Our Commitment

Everyone is welcome at the YMCA! We are steadfast in our commitment to offer financial assistance for every program. For a scholarship application, please visit the YMCA or gbymca.org.

We build strong kids, strong families, strong communities.
Burlington: 862-YMCA Winooski: 655-YMCA Online: www.gbymca.org

