

YLIFE

all you wanted to know about life
at the Freedom Valley YMCA



FREEDOM VALLEY YMCA
CORPORATE OFFICE
2460 Blvd. of the Generals
W. Norriton PA 19403

Summer 2011 Newsletter

LETTER FROM THE PRESIDENT

ALL THINGS DAY CAMP!

As we move through the summer camp season, staff at the Freedom Valley remind ourselves that what we all hope for, isn't just what won't happen; but what will happen.

The time we spend on activities, special events and character lessons are wasted if a child can't associate them with their greatest ongoing need: the need to feel connected, to feel accepted; or in their own words to "have friends."

Camp offers kids the opportunity to develop friend-making skills. Counselors focus on the experiences gauged from each activity, a large reason our campers return each year. Activities are designed to include transition times for discussion and reflection devoted to values like respect and honesty and how values are put into practice every day in ways that make us "friend-ready."

Counselors work on coaching kids into understanding that being "friend-ready" isn't just something you're born with, but the result of words and actions that are learned and practiced. And what safer place than camp to practice, and get helpful feedback.

In the coming weeks, parents will have an opportunity to participate in their camper's experience through our online camp blog. Look for details on where to access camper stories and first-hand accounts of the daily experiences at Freedom Valley YMCA Summer Day Camps.

Sincerely,

Jay Schaeffer
President & CEO, Freedom Valley YMCA

SPECIAL REMINDERS

SUMMER DAY CAMP

June 13 - August 26

You can still register for 2011 summer camp! Register today!

ENSURE A BRIGHTER FUTURE

Accepting applications

Don't forget to register for Full or Part-Time Nursery School or Preschool Program for the upcoming 2011-2012 school year!



25th ANNUAL GOLF OUTING

August 2, 2011

Mark your calendars for the Freedom Valley YMCA 25th Annual Golf Outing at RiverCrest Golf Club in Phoenixville, PA.

For more information or sponsorship opportunities, contact Allison Stinger, Director of Financial Development:

astinger@fvymca.org
484.674.6235

THE NEW FITNESS CRAZE – TRX!

New this summer, developed by U.S. Navy SEALs, TRX is now at Spring Valley YMCA. This **suspension training utilizes gravity and movement to generate neuromuscular responses** that change body position. Anybody from the professional trainer to the beginner, can have a challenging yet safe workout. This is because there are so many bodyweight exercises to choose from that can be performed in various planes of movement and varying levels of resistance. Since the handles are free to move in space, the TRX promotes joint awareness, stability and full range of motion.

TRX Instructor and Personal Trainer Maggie Brill commented "It's a total body workout that you have to focus on for the full session and incorporates upper and lower body muscles, core strength, balance and coordination.

With TRX you'll be sure to use more muscles in every exercise more than you would with just dumbbells or barbells, and especially machines. TRX offers a full range of workouts including **metabolic resistance training, interval training, muscle building, fat loss**, and more! The Freedom Valley YMCA hopes to offer TRX in all five of our branches by Winter 2012!



Spring Valley members Kim and Robin, participate in the new personal training TRX sessions and continue to be challenged after 6- weeks of workouts.

SENIOR HEALTH & FITNESS DAY

Freedom Valley YMCA helped celebrate the 18th Annual National Senior Health & Fitness Day on May 25, 2011. The common goal for this day: to help Seniors stay healthy and fit.

Seniors were invited to our five branches where they experienced **demonstrations, free classes and healthy snacks**. Personal trainers were available for questions and provided information on health and fitness plans. In addition, community members enjoyed massages, health screening and social networking among peers.



The Freedom Valley YMCA offers a wide range of programs specifically designed to help seniors maximize their health, fitness and activity levels, including Fit & 50, Senior Yoga, Senior Zumba, Senior Stretch and more!



Mohawk campers at Camp Yumka make Japanese lanterns & fans in spirit of the "Around the World" weekly theme.



Cayuga campers & counselors enjoy a game of soccer before breaking for lunch at Camp Yumka.

A SENSE OF BELONGING

Upper Perkiomen Valley YMCA members Christine and Mike Svanson were thrilled when their son, Soren, experienced the true sense of belonging!

"Thanks for the wonderful experience – this is the first activity where Soren has stayed interested throughout the season. He just loves the water and wants to continue in the winter. You have a wonderful way with the children...Your **high school students are so kind and caring with the kids!** With Soren's autism spectrum issues, we were completely delighted that you were able to accommodate his needs so that he could be a part of the team. We have been working on the backstroke and hope that he will add that on next year. This has been such a positive experience for our whole family. **You guys are #1.**"

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DID YOU KNOW....?

Over 1200 community members with disabilities currently use the Freedom Valley YMCA branches.

Thanks to the Pottstown Area Health and Wellness Foundation and Child Development Foundation, participants with physical challenges including arthritis, autism, cerebral palsy, diabetes, and other physical and/or orthopedic disabilities now have access to aquatic wheelchairs enabling safe entry and exit from the pool. Wheelchairs are currently available at the Pottstown and Spring Valley YMCAs. As plans to build full-facilities at Upper Perkiomen Valley and Audubon YMCAs continue, so will the benefits of aquatic wheelchair access.

If you know someone who may have physical challenges, we may be able to help. Contact our Special Needs Director, Donna Bartman at 484.984.0560 to inquire about a program.

Share Your Story!

If you know a member who has a story that can benefit others, please share it with us! Submit your Y-story to:

Freedom Valley YMCA, Public Relations Dept
2460 Blvd. of the Generals, W. Norriton, PA 19403
or email marketing@fvymca.org



PHILANTHROPIC DOLLARS IN ACTION

The Y fosters the care and respect all people need and deserve. Through the Y, hundreds of volunteers and donors, leaders and partners across our neighborhoods are empowering members in our community to be healthy, confident, connected and secure. The Freedom Valley YMCA relies on the generosity of grants, like those below, to fund programs, equipment, services and initiatives that benefit everyone! In this fiscal year, the YMCA has secured **\$872,520** in grant funding.

Pottstown Area Health & Wellness Foundation

Nonprofit Finance Fund

Best Buy Community Grant

Child Development Foundation

Continental Bank Foundation

First Niagara Bank

The Hill School Philanthropy Council

JCPenneys

Keystone STARS

Montgomery County Workforce Investment Board

PEAK Mini-Grant

Phoenixville Community Health Foundation

Pre K Counts

Randstad Grant

UWSEPA SB6

PEAK Workforce Development

YUSA Huggies Grants

