



# South County YMCA

## April is National Volunteer Month

The YMCA has more than 500,000 volunteers and is one of the largest volunteer organizations in the world.

The South County YMCA honors many of our volunteers in several categories each year at our Annual meeting, held every spring. Those categories include Youth, Teen, Adult, Senior and Family. Here is a look back at our 2007 Volunteer Winners. Please look for our 2008 Nominees next month. Thank you to all who help make our Y a better place!

### DATES TO REMEMBER:

- 3** Kid's Night Out
- 4** Breakfast with Easter Bunny  
8-10am At Applebee's  
The Commons SK  
*Open to community!*
- 12** Easter Sunday-**YMCA closed**
- 13-17** April Vacation Week-  
'School's Out' program at  
YMCA
- 13-17** Splash Week!  
Water Safety Swimming Program  
*Open to community*
- 18** Healthy Kids Day 10am-12noon  
*Free to community!*
- 20** Spring II Session Begins
- 24** Kid's Night Out
- 30** Blood Drive 4-7pm

**Youth-Lauren Boettger** is an eager volunteer with Beth, our Executive Director, the Program Directors and as a 'little mother' to the young children in the Activity Center. She is always so proud to help others and wear her official YMCA name tag.

**Teen-Stephen Pelletier** enjoys volunteering and is often seen in the YMCA during vacation weeks, special events, working on fund-raising projects with the Leaders and countless weeks to our Summer Camp Program as a Junior Counselor. He takes his responsibilities seriously, can be counted on to show up to work early and help with anything he is asked, all with a positive attitude.

**Adult-As** volunteer swim coaches, **Emily Anderson, David Carchedi and Kevin Toolin** have performed above and beyond all commitment and dedication expectations. Emily is a 'big hit' with our Junior and Pup division of our swim team, coaching in the afternoons and early evenings, and also attending Home and Away meets. David is a Parent/Coach who works predominately with our boys and the newest swimmers to the SEAL Pups team, offering stroke development which has made an improvement obvious to all. Kevin is also a Parent/Coach who worked predominately with the Junior and Senior divisions, offering encouragement, stroke technique and serving as a mentor. All of the members of our SEALS swim team have reaped the benefits of this special trio.

**Senior-Virginia Smith** and her beloved Springer Spaniel, Belle, have been faithfully volunteering in our Wakefield Elementary School 'Reading to Rover' program since its inception in the winter of 2003. Virginia's work with the children as a reading coach exemplifies the core values of our YMCA and after a long day of school, Virginia and Belle provide the children with quality 'downtime' and all the comforts that hugging and petting a beautiful dog can bring to child's experience.

**Family-The Swan's, Libby and her son Jeremy** are examples of people openly giving of themselves to others. During Jeremy's time as a part of our swim team, Libby has been heavily involved in our SEALS parent group. This year she was co-chair of our fundraising sub-committee. She can always be counted on to step up and fill a void, always lending support where she can. Jeremy has volunteered with the young swimmers on the swim team and during instruction, sharing his skills as well as being a mentor. However he came into 'his own' last summer when he daily volunteered with our preschool enrichment program. He had terrific rapport with the children and the teachers, always an inspiring young man to have as part of any program.

Today's  
best  
value  
for  
healthy  
living:

Do you know someone who has left the YMCA? If they are considering coming back, now is the time! Members who rejoin pay no joiners fee and qualify for a free program. Now till April 30th. Also, our membership fees for 2009 remain at the 2008 rates.

Experience the Y life. It's MUCH more than a gym membership!



Did you know you may qualify for Financial Assistance? If you feel that the cost of membership is too high for you, please talk to a Welcome Center representative about how you may qualify for a membership award through the YMCA's Mission Impact Fund.

### Spring II Program Session

Monday, April 20th– Sunday, June 14th

**Member registration begins now!**

Program members register

Monday, April 6th, 2009

**View brochure online at**

[YMCAGreaterProvidence.org/SouthCounty](http://YMCAGreaterProvidence.org/SouthCounty)

### Volunteer Opportunity

The Aquatics Department is looking for volunteers ages 12 & up to help during Splash Week. Help children learn to swim and be safe in the water! Volunteers are needed to take attendance, show families where to go, and showcase our YMCA. Prior swim experience recommended.



**South County YMCA**

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Visit our website at: [www.YMCAGreaterProvidence.org/southcounty](http://www.YMCAGreaterProvidence.org/southcounty)

## Health Awareness Month

Change of season is a great time to change up your workout routine OR to get a new one! Try a new machine in the Fitness Center. Add weight training to your cardio workout. Try a free group class or make the leap into the pool! Exercise routines can get old and that's why the YMCA offers an incredible variety of exercise possibilities from Qi Gong to Interval Training to Boot Camp. The Wellness staff is available for free consultations if Spring is inspiring you to freshen up your workout routine and explore new possibilities for getting the most out of your Y membership! Drop by the Fitness room, make an appointment for a free consultation/orientation at the Welcome Center or purchase a Personal Training Session.

### 'Yoga Dance' Was A Huge Hit!

On Sunday, March 22, the South County Y had the pleasure of hosting "Yoga Dance - A Celebration of Spring", led by one of our members, Karen Stein. About 20 people, including members and non, "Awakened their Inner Dancer" and joined in the fun. Herbal tea was served after the class, and a good time was had by all. Yoga Dance is an exhilarating and creative exercise that helps to reduce stress, improve balance, engage your creativity, and increase your overall strength and health. We look forward to hosting more wellness hours for the community in the future!

**Earth Day  
April 22nd**

**Arbor Day  
April 24th**



#### Lifeguard Classes

Ready for Summer? Need a Summer Job? Become a lifeguard! South County is offering classes for certification. The next class is running over April School Vacation 9-4pm. With another running May 9<sup>th</sup> - June 6<sup>th</sup> Tuesdays 5-9pm & Saturdays 12-6pm. Cost \$260 for Members / \$302 for Non-Members. First Aid, CPR, and Oxygen training included. Must be 16 years old by end of course date.

### Nurturing Your Mind & Spirit Book Club



June 4th at 7 pm South County YMCA Book Club will be discussing Fireflies in December, by Jennifer Erin Valent. This is the author's first novel and she will personally answer any questions about the book. Email your questions prior to the discussion to [cdecesare@gpymca.org](mailto:cdecesare@gpymca.org) and they will be shared at the book club meeting.

This event is free and open to the community. Come join us for a lively and enlightening discussion. Space is limited, so contact Cathie DeCesare at 783-3900 x113 to register.

### Wellness Update

A big "thank you" goes out to Guerrino Boni of Olympic Physical Therapy, for taking time on Sunday, March 29 to meet with our group ex instructors and personal training staff. "G" demonstrated some great new exercises and techniques to spice up our classes and PT sessions. Instructors left the workshop saying "I can't wait till my next class to try out some of these moves!" What more could we ask for? Hopefully another afternoon with "G" in the near future!

### Rhode Island Blood Center



**BLOOD DRIVE here at the YMCA  
Thursday, April 30th from 4-7 pm**

AVAILABLE  
SATURDAYS  
&  
SUNDAYS



*Ask us about Our  
Specialty Birthday  
Parties at the 'Y'*

**KIDS GYM  
PARTIES,  
SPORTS PARTIES,  
& POOL PARTIES**



### SWIM TEAM NEWS

Congratulations to the South County YMCA Seals for placing 5<sup>th</sup> in the SENEKY District Championships!! All 101 swimmers did great!! Congratulations also to all the New England Qualifiers!! Spring Swim Team to begin April 20<sup>th</sup>.



Congratulations to the South County Y Masters. They are the new Short Course Yards Champions, in the medium sized team category.

Twenty-three intrepid swimmers made a concerted effort to show what a true team can be, and is. This past weekend finished up the 2009 Short Course Yards Championship at Harvard with South County YMCA winning the medium team competition by a scant 80 points over the Cape Cod Masters.

We at the South County Y show our appreciation to coaches Cheryl McElroy, Mark Kiely & Fred Bartlett.

**SUPER KIDS Triathlon Training**  
Nest Session April 20th—June 1st

**6 Classes per session Cost: \$48 members & non members**  
**Age groups 5-8 9-12 13-15**