

MY Y, YOUR Y



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THE GREATER MORRISTOWN YMCA

79 Horsehill Rd., Cedar Knolls, NJ 07927

Spring Newsletter

www.greatermorristownymca.org

A newsletter for members and volunteers of the Y



FACILITY IMPROVEMENTS: ENSURING OUR STATE-OF-THE- ART FACILITY REMAINS

The Greater Morristown YMCA takes pride in ensuring our facilities remain up-to-date and are well-maintained. Over the last few months, our Aquatics Department has seen its fair share of facility improvements. In December, we installed a brand new, state-of-the-art HVAC unit to service the pool area. The previous unit served us well for over 41 years and it was time for it to retire. There are many advantages with our new unit, with the most important, ensuring better air quality. In April, we completed the last phase of the project with the installation of the duct-sock. In addition to our new HVAC unit, we also switched the pool light fixtures to LED. We are thrilled with the updated aquatics arena.

In addition to these large capital improvements, we are constantly looking to see what other updates can be made to our facilities to in order to ensure they remain updated.

Image Above: Our updated pool area, with all new lights and the new HVAC duct sock. The Aquatics Department is thrilled with all of their new improvements and updates!

STAFF ANNIVERSARY

Please join us in congratulating our very own Joanne Burns on over 25 years of dedication and service to our YMCA. We hope to have her dancing in our studios (and lobby!) for many more years to come.



WE'RE HIRING!

The Greater Morristown YMCA is looking for driven individuals for the following positions:

- Summer Camp Counselors (18+)
- Group Exercise Instructors: YMCA
- Personal Trainers: YMCA
- Lifeguards: YMCA
- Water Aerobics Instructor: YMCA
- Assistant Swim Team Coach: YMCA
- Swim Lesson Instructors: YMCA
- The Richard F. Blake Children's Center - Part-Time & Full-Time Positions available
- The Children's Corner - Part-Time & Full-Time Positions available

For full details and qualifications, please visit our website, www.greatermorristownymca.org!

MEMBER ENGAGEMENT

Throughout the year, our YMCA team creates fun and engaging events for our members and surrounding community. In January, we partnered with two companies to host lectures at the Armour Family Y-Zone Youth Annex, located at 25 Saddle Road, just around the corner from the YMCA. Atlantic Health System provided a riveting lecture on the benefits of Physical Therapy and Lakeland Bank hosted a seminar devoted to first-time homebuying. Both events were successfully attended and open to the public. We also partnered again with Atlantic Health System to provide free blood pressure screenings in our lobby. At the end of January, we hosted our first Senior Coffee Social for our senior members and friends. This free monthly event takes place in our lobby from 9:30-11:30am on the last Tuesday of every month.

In February, we partnered with Arch Medical Solutions in Sparta to help collect new toiletry items for Jersey Care's First Night Kit Program. This program helps assist displaced families in New Jersey by providing them with essential toiletries or their first night stay at a shelter or transitional home. Our members went and beyond to donate to this worthy cause.

On February 25th, we held a pool party with a twist, a sink or swim floatie competition with a pirate theme. We had a great turnout with many children taking part in this fun water challenge. In March, we celebrated Saint Patrick's Day with our second annual Golden Ticket Scavenger hunt. Multiple golden tickets were hidden throughout the facility and classes offering members a chance to win a prize in exchange for finding the tickets.

On Saturday, April 1st, we held our inaugural Underwater Easter Egg Hunt. Children and adults participated in this egg-cellent event and had a wonderful time! We also hosted our Spring Open House from 11-4pm with our Member Services Team providing tours for prospective newcomers.

On Saturday, April 29th, we held Healthy Kids Day, an annual event sponsored by the Y of the USA to promote a healthy lifestyle for kids and families. For over 30 years, YMCAs have hosted this free event for their communities aimed to inspire kids and families to keep their minds and bodies active throughout the summer months and beyond. We would like to thank the New Jersey State Police, Morris Township Fire Department, County of Morris NJ EMS Task Force for making Healthy Kids Day another big success!

On May 1st, Atlantic Health System returned to conduct free bone density screenings to over 50 members in order to bring awareness to National Osteoporosis Month. We are so thankful for our continued partnership with AHS! Please continue to look in our lobby and on our website for on-going events.



Left Image: Members and Non-Members enjoying our first ever Senior Coffee Social in January



Right Images: Healthy Kids Day was held on April 29th from 10am to 12pm. Read above for details!



THE SEEING EYE

On April 17th, the Seeing Eye invited our very own Fitness Director, Kelly Schweighardt, to work with their instructors and trainers. Kelly provided them with tips on the importance of stretching and provided them with a variety of workouts. On April 20th, Kim Eliades, Membership Director, and Ashton Cillo-Galuska, Marketing and Programming Manager, were onsite at the Seeing Eye Wellness Fair. We are thankful to partner with such an amazing, community driven organization.

Right Image: One of the Many Dogs Our Staff was Greeted by on Their Visit



AQUATICS UPDATE

We are thrilled that our Aquatics program has bounced back to pre-pandemic levels and continues to grow, with preschool swim lessons being our largest category. This makes sense as we were prohibited from providing children swim lessons for the better part of two years due to the rules and regulations surrounding swim lessons. According to the World Health Organization, drowning is one of the leading causes of death globally for children, with an estimated 236,000 drowning every year. Children under the age of five are the most at risk which is why it is so important to ensure that every child has access to receive swim lessons.

DOLPHINS SWIM TEAM

The Dolphins Swim Team 2022-2023 season was a huge success, thanks to the leadership of Josh Wing, Head Coach, and Ed Galuska, along with our coaches Kyle Desrosiers, Jess Schmidt, Laurie Grodziak, Alison Pigott and JT Pittaro. In addition to building a solid team of coaches, Josh also reintroduced Dryland Training for our swimmers, after a 3 year hiatus. In addition to its banner year, we also held our biggest ever Swim Meet on December 3rd & 4th, where the Greater Morristown YMCA hosted over 300 swimmers from 5 clubs in and around the area.

- 71 swimmers at the YMCA Bronze Championship Meet
- 14 swimmers at the YMCA 8 and Under Championship Meet
- 17 swimmers at the YMCA Silvers Meet
- 4 swimmers at the YMCA 12 and Under States Meet
- 1 swimmer at the YMCA 13 and over States Meet
- 20 swimmers at the USA 12 and Under Silvers Meet
- 42 swimmers at the USA Bronze Meet
- 8 swimmers at the USA 13 and over Silvers
- 4 swimmers at the USA 10 and under Gold
- 5 swimmers at Sunkissed Nationals in NC

Congratulations to all on a successful season!



FAIRWELL, DUCKS!

The Greater Morristown YMCA was proud to host members from the Protec Junior Hockey Club from September to March. This program enables young men from all over the world to reach the next level of play, with hopes of becoming successful scholar athletes playing Division 1 hockey and heading into the NHL. We wish them well and hope they come and visit us!



Above Image: Protec Ducks captains present Membership Director, Kim Eliades, with a signed jersey



CHILDCARE UPDATE

We are pleased to introduce our new Director of Child Care for the Richard F. Blake Children's Center, Maria Barakat!

Dear Families,

I am thrilled to be joining The Richard F. Blake Children's Center as your new Director! Working with children and families is a true passion of mine. For the past 6 years, I have been a Director who has worked with hundreds of children from infants to elementary students and their families. Providing high quality care and education in an environment that fosters child development is the most valuable gift that can be given to any child. I have earned my Bachelor's Degree in Family and Child Studies with a Psychology minor.

I enjoy my job and could not imagine doing anything else. I am also a mother to three amazing children. I understand how crucial caregivers and educators are with the most important people in your world.

I look forward to getting to know everyone and continuing to uphold the reputation of this excellent center.

Sincerely,
Maria Barakat

ADVENTURE DAYS ARE BACK!

This past Spring Break (April 3rd through the 7th) we offered Adventures Days to children Kindergarten to Grade 6! This program was open to members and non-members. Adventure Days are held at our beautiful Armour Family Y-Zone Youth Annex, located at 25 Saddle Road in Cedar Knolls which is the perfect place for your child to spend a safe and productive day during school vacations. The children had structured play and activities throughout each day including indoor gym play, arts and crafts, swimming (at our YMCA) and outside play.

We will be expanding this program to include many upcoming school closures in the upcoming school year!

MEMBERSHIP UPDATE

As members of our YMCA, you can experience:

Complementary Guest Passes: Twice a month, for those who have an adult, family or senior membership, your membership unit have the ability to bring in a guest for free! Just remember that you have to use it, or you will lose it! Ages 18 and over only.

Member Referral Program: Completely fill out our member referral card, which can be found online, as well as at the front desk. Referred members must present the referral card at the time of enrollment, as we will not accept them at any other time. Referred members will receive \$25 to their next renewal. This is for both Annual memberships and Monthly memberships. Member who made the referral will receive a one-month extension to their current membership.

Member Appreciation Raffle: To show how much we appreciate your loyalty, enthusiasm and support, we have a monthly Member Appreciation Raffle! Fill out a raffle ticket & drop it in the jar in the lobby starting the 1st of the month through the 10th. Each month you might have the chance to win special prizes, including a one month extension to your membership!

NEED HELP WITH YOUR ONLINE ACCOUNT?

Our Data and IT Manager is here to help!

With these easy steps, we are here to help you understand the “How To’s” of our membership portal! Visit our website, www.greatermorristownymca.org, and at the top right you will see a tab for My Account. Click that! You should see the following screen:

1) When you know your credentials:

- All members login with an email address and password. If you have forgotten your password you can use the Forgot Password? link to reset your password. When resetting a password an email is sent with a temporary access link. If you submit multiple reset requests, only the last link will grant access.

2) When you are unable to access your account online:

- Confirm with the front desk staff the email address you wish to use for online access
- The front desk will confirm the email address has been assigned as a web user. An email will then be sent with a password reset link.

Please Note: Multiple online users can be assigned to the same membership. This is useful for memberships with multiple members that would like to access the unit account without sharing email address / password information. If you have any further questions, please feel free to email them to info@morristownymca.org. The Greater Morristown YMCA prides itself on helping our members any way we possibly can to make their experience that much more enjoyable.

2023 ANNUAL CAMPAIGN

Throughout the surrounding Morristown communities, countless people know about the Greater Morristown YMCA. But, there’s so much more to our Y than one might think. From exercise to education, from aerobics to advocacy, from fitness to financial assistance, the Y doesn’t just strengthen our bodies, it strengthens our minds and our communities. The Y is so much more than a gym. It’s a cause – a cause dedicated to youth development, healthy living, and social responsibility. For 149 years, we’ve been proud to help our neighbors learn, grow, and thrive. Yet we’re called to do so much more. Every day, our local communities face new challenges which create a greater need for the services we provide. Fortunately, where some see obstacles, we see opportunities for our members, volunteers, and staff to make a difference. But we need your philanthropic support to seize these opportunities. Join us in keeping our mission going for another 149 years and donate today!

\$50 Will provide before school care for one week during the school year	\$135 Will provide one pre-schooler 11 weeks of life saving swim lessons	\$270 Will provide two pre-schoolers 11 weeks of life saving swim lessons	\$400 Will provide one week of camp for one child ages 5 - 13 during the summer	\$800 Will provide camp at the YZONE for two children ages 5 - 13 for one week during the summer	\$870 Will provide two weeks of infant care for a child at one of our quality childcare centers	\$1,360 Will help a struggling family with one month of full time day-care for their preschooler
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SUMMER OF FUN!

For more than 42 years, boys and girls have been creating special memories and forming lifelong friendships at the Greater Morristown YMCA Summer Camps. We provide many creative activities, and most of all, fun, while instilling a sense of belonging in a safe and nurturing environment.

This summer will be our eighth year at the Armour Family Y-Zone Youth Annex facility, a 6,000 square foot building situated on three acres with a field for sports, woods for exploring, and shaded tables for crafts and games. The inside features two large multipurpose rooms and a gym.

Additionally, The Martin F Heller building, located at our 6 Saddle Road facility, just down the street from the Y-Zone, features a STEM room, instructional kitchen, dedicated art room, and a reading/brain-game room. We are excited to welcome all of our new and returning campers for another summer of fun!

Registration is OPEN for the Summer Camp 2023 Season. Camp will run for 8 weeks starting Monday, June 26th through Friday, August 18th. Registration on-line only. Grades 1-6 registration is just a click away! KinderCamp and Little Owls Camp is SOLD OUT!

Images Below: Summer Camp 2022 was a huge success due to the staff and all of our wonderful campers!



NEW HIRE!

We are pleased to introduce our new Camp & School Aged Children Program Director, Ashley Nimmo! In her role, Ashley oversees both Y-Zone/ KinderCamp as well as our Before and After School Care program with the Morris Plains School District!

Left Image: Ashley Nimmo



FITNESS UPDATE

Introducing the B-Board® Workout Program! We are the only gym or facility in NJ to have this exclusive program!

Created in 2018, B-BOARD® WORKOUT is the new dry land small group fitness program inspired by paddle boarding, mixing different types of techniques such as H.I.I.T, Pilates and Yoga. The B-BOARD® is a patented balance exercise device on which any exercises can be performed, and which serves to increase a person's ability to incorporate innate balance into either your standard or balance focused workout routines.

This class is offered as four week sessions, for a minimal fee. We also offer a drop in option if your schedule does not allow you to commit to four straight weeks! For any questions, please feel free to call Kelly our Fitness Director at 973.267.0704 ext 28.

Image Above: One of our certified instructors demonstrating various exercises for her class.

YBA WRAP UP

The Youth Basketball Association program was a huge success! This 12 week long program took off this year, largely due to our



new YBA Manager, Kenneth Smith (pictured left). Kenny re-structured the program into one that focused on the fundamentals of the game first, before jumping into actual games. We are proud to say that this season, we had over 215 children! The Greater Morristown YMCA is fully committed to keeping this focus on creating skilled basketball stars, by now offering 10-13 year olds a chance to experience a little of what was taught in YBA this season. We started offering clinics to this age group in April and May! See our website for more details.



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UPCOMING CLOSURES

Friday, September 1st - Early Closure at 6pm

Saturday, September 2nd - Closed Annual Cleaning

Sunday, September 3rd - Closed Annual Cleaning

Monday, September 4th - Closed Labor Day

SAVE THE DATE

Our 34th Annual Golf Outing will be held on 9.11.2023 at Spring Brook Country Club in Morristown. We hope you'll join us and support this worthy cause! Visit our website for more details, www.gmymcagolfouting.com.