



YMCA *connections*

For YMCA participants, volunteers, donors and staff

Also Inside:

Engaging Tweens
Fitlinxx - Get Linked
Healthy Adults - Belonging
Planning Ahead
New Open Swims
CEO Message



Building Healthy Kids

Paul Robinson, Senior Director, Membership Services Barrie & Orillia YMCAs

This fall the YMCA of Simcoe/Muskoka will be tackling the overweight problem of childhood obesity. All youth programs have been designed against our new health and fitness model encouraging families to choose from a variety of active, value-based options.

Plan for Success

Good preventative health is all about choices. Here are some helpful hints when planning an active week for your child.

- Schedule physical activity as you would a dentist or doctor's appointment.
- Engage in vigorous physical activity at least 3 times per week.
- Open swims at the Y are an excellent fitness activity.
- Pack a healthy afternoon snack to eat before your Y program.
- Be active with a friend.

*Not only does physical activity keep kids fit
 - it also sharpens young minds and helps with sleep*

Priority 1: Quality

Throughout the summer, senior program and service staff met at YMCA Geneva Park for a series of planning sessions. The sessions challenged participants to measure program development against YMCA mission, vision and values. With quality identified as our number one fundamental priority, new standards will require all programs be active, inclusive and fun.

Pick up your fall program and schedule health into your family's week.

By encouraging kids to become participants instead of spectators the YMCA can help your family counteract the adverse affects of sedentary living.

Healthy Child Development

All YMCA program staff receive YMCA Healthy Child Development Training to ensure that values-based program planning is developmentally appropriate for your child.

For more information on your child's program, contact Allison Covert at 726-6421 (224).

Barrie YMCA

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Engaging “Tweens”

It's a challenge keeping young teens physically active and socially involved. Too young to be considered “mature”, Tweens often tune out and opt for less active entertainment such as video games. Don't let your Tween fall through the cracks:

Spirit:

YMCA Leader Corp addresses the needs of young adults by offering freedom within structure. Leader Corp participants grow together in a social environment, planning special events and developing leadership skills.

Mind:

Aquatic pre-certification and certification programs prepare students to be qualified lifeguards.

& Body:

Where does your teen access qualified wellness information? The net? A magazine? Introduce your teen to a YMCA professional for trusted health advice. Teens can sign up for an appointment with a personal trainer at the service desk.



Survey Said...

Every two years Member Satisfaction Surveys are mailed to over 95 YMCA Centres across the country. Respondents are selected randomly and processed by Dialogue Canada, an independent research firm.

We are happy to announce that our Overall Satisfaction score has increased from a 76 in 2002 to an 80.

Thanks to everyone who took the time to complete this year's survey.

Filing out a comment card, sending an e mail or making a quick call helps us stay in touch with your needs.

Paul Robinson, Sr. Director of Membership,
paul_robinson@ymca.ca; 726-6421 (240)

Open to All

Thanks to the hard work of Campaign Chairs Jocelyn Green and Leslie Pressnail and a very dedicated team of canvassers the Barrie YMCA was able to reach its annual campaign target of \$70,000.

Funds raised in the campaign provide access to YMCA programs for those who are unable to afford a YMCA experience. Over 1,300 children and families were helped this year.

New Open Swim

Attending regular Open Swims may be the key to achieving fitness and skill levels in children. Open swims enhance your child's endurance - something that is difficult to achieve in a weekly 30 minute lesson.

To encourage ongoing growth and development, we have scheduled a convenient after school Open Swim on Wednesday from 4:00 – 4:45pm.

This new “member only” swim will complement existing regular Friday through Sunday Open Swims.

Swim instructors will be encouraging all students to attend open swims as part of their regular lessons.



B U I L D I N G *healthy adults*

Belonging

Between January and June 2004, YMCA Personal Trainers have helped over 400 members with their fitness goals.



Five years ago, I was put off work due to emphysema, and put on oxygen 24 hours a day. Not being able to do any of the things I love to do, put me into a depression. With a visit to my doctor and a prescription for exercise I set off to join a club. No one would work with me because of the oxygen, that is, until I came to the Barrie YMCA. With the help of an assisted membership and working closely with a personal trainer, I've gone from barely being able to walk a half a block two months ago, to almost three blocks now, and I can even clean my own house. I don't know what I would have done without the YMCA. I am so proud of my progress. Thank you!

Margaret Searle

I wanted to lose weight and get healthy, hiring a personal trainer was a step in the right direction. A good trainer can help you set up a program that meets your goals and teach you the best way to exercise. I decided on a personal trainer because I knew she would be able to guide me in reaching my goals. It gave me a reason to show up at the gym and she pushed me past my comfort level – something very difficult to do on my own. Having a personal trainer gave me that extra incentive to establish a routine that would keep me on track.

Leni Mantini

For more information on YMCA personal training services contact Anne Marie Candy at 726-6421 (226)

Looking Back: Changes 2003/04

- Expanded/Renovated Conditioning Room
- New Strength and Cardio Equipment
- New Group Cycling Bikes and Room
- New Consolidated Service Desk
- Additional Lounge Seating

Planning Ahead: Proposed Changes 2004/05

- New Fit Linxx Systems (see "Get Linked")
- Racquet Court Improvements
- Phase #1 Parking Lot Expansion (Summer/Fall 2005)



Get Linked

This fall we will be outfitting the strength and cardio equipment with FitLinxx training systems.

FitLinxx is an "electronic personal training system" that enables members to follow recommended exercise protocols and receive instant training feedback on the machines. The system easily measures each user's progress through access to exercise data integrating periodic feedback from staff.

Simply put,

FitLinxx is your on-line personal trainer.

YMCA of Simcoe/Muskoka

f u t u r e a healthy, bright

The YMCA believes in the power of positive spirit 365 days a year. Promoting a healthy spirit, mind and body is the cornerstone of our philosophy, and one we have fostered for more than a century.



As we move forward at the early beginnings of this new century the spirit of the YMCA is healthy and bright. Our Board of Directors and Senior Staff have been working on charting our new strategic direction to the year 2010 and we welcome the opportunities and challenges being presented to us in the period ahead.

As part of the plan, we have revisited our mission, vision and values statements to not only provide the core framework for discussion, but to ensure that who we are and what we stand for is truly reflected in these important statements. You will see these new statements reflected in this newsletter.

Some of you have already participated by describing your vision for the YMCA's future. For those who haven't, there will still be opportunities to do so over the next few months. More than ever, we encourage your ongoing participation and involvement so that the YMCA will continue to be an inspiring and integral part of our communities. We do so much for so many through our many programs and services and we owe great thanks to our supporters and volunteers who have generously given their time, funds and expertise to help make these things possible.

The spirit of giving is at the core of our YMCA. I look forward to sharing this positive spirit as the YMCA moves into another century of providing quality community service and opportunities for personal growth and lifelong health.

Tom Coon
Chief Executive Officer,
YMCA of Simcoe/Muskoka

mission

The YMCA of Simcoe/Muskoka is a charity that excels at strengthening our communities by providing opportunities for all to grow in spirit, mind and body.

vision

The YMCA of Simcoe/Muskoka will be the recognized leader in lifelong health and personal growth.

values

Caring, Honesty, Inclusiveness, Respect, Responsibility

For more information on all our programs and services, please visit our website

 www.ymcaofsimcoemuskoka.ca

- Child Care • Camping • Employment and Community Services • Newcomer Services •
- Leadership Development, Outdoor Education and Conference Services • Health, Fitness and Recreation •

We build strong kids,
strong families,
strong communities.



Plus de vie à la vie
des jeunes, des familles
et de la communauté.

YMCA

Privacy Statement – The YMCA strives to ensure that volunteers and staff conduct their relationships with each other, participants and all other Association contacts with integrity, good judgment and fairness. The YMCA respects the right of individuals to the protection of their personal information. The YMCA is committed to maintaining the confidentiality, privacy and accuracy of personal information it collects, uses and discloses about its participants, members, donors, parents/guardians, staff and volunteers.