

IN THE LOOP



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPRING 2019 • QUARTERLY NEWSLETTER



JOIN US & BE A CHAMPION FOR OUR COMMUNITY!

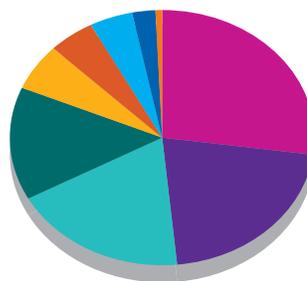
The YMCA of Greater Williamson County 2019 Annual Campaign is underway!

The YMCA of Greater Williamson County raises money every year through our Annual Campaign. 100% of the dollars raised goes back directly to our community and funds financial assistance and programs such as: youth sports, military reconnect camps, afterschool care, swim lessons, active adult programs, and more! This year we announced a goal of \$1,107,115 which will serve over 35,000 individuals!

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WHERE DO THE FUNDS GO?

WHAT YOUR GIFT SUPPORTS	CAMPAIGN DOLLARS	PEOPLE IMPACTED
● Membership	\$324,209	12,564
● Afterschool	\$254,365	574
● Child Development	\$222,858	3,193
● Camps	\$171,012	1,681
● Youth Sports	\$71,178	1,872
● Camp for Military Kids	\$58,600	427
● Community Outreach	\$54,624	13,150
● Swim Lessons	\$29,535	1,074
● Fitness	\$8,400	336



* These numbers reflect the communities the YMCAGWC serves: Round Rock, Hutto, Georgetown, Cedar Park, & Highland Lakes

YOUTH DEVELOPMENT

Did you know that the YMCA invented Volleyball? In 1895 William G. Morgan invented the game. He originally designed the game to be a combination of basketball, baseball, tennis, and handball. Now we enjoy playing the game at the Y year-round! Summer Sports is currently registering. Enjoy Early Bird pricing through May 11th!



HEALTHY LIVING

At the Y, we are dedicated to ensuring our facilities, programs, and services are available to all. As part of this effort, we are proud to offer our members access to YMCA facilities across the United States that participate in our Any Y, Anywhere Nationwide Membership. Our members can use the Y as often as you'd like, making it easier to achieve your health and wellness goals!



SOCIAL RESPONSIBILITY

Every year we host a variety of special events that benefit our Annual Campaign for the YMCA of GWC. These special events had a record-breaking year in 2018 and we are planning to go even bigger in 2019! This is a great way to get involved and have some fun! There are opportunities to participate and play, receive branding exposure by becoming a sponsor, and volunteer! If you are interested in hearing more about our events or how you can become a champion for the YMCA of Greater Williamson County, please reach out to Theresa, Director of Special Events at 512-651-5551 or TCirigliano@ymcagwc.org



Donate, it's easy!

Text YMCAGWC to 77177. Make sure to select the branch you would like to receive your donation from the dropdown menu, or visit ymcagwc.org and give online.

Become a Fundraiser

You can set up your own personal fundraising page to share with friends and family!

Because of you and your generous donations to the YMCA of Greater Williamson County, we are able to make an impact in our community. Here is one of many stories how we are able to make a difference because of YOU!

Mission Moment made possible by you!

In 2018 because of our community and great partners like Round Rock ISD and St. David's we were able to provide our Swim Safe Program to 2nd graders in our community. St. David's has generously provided a grant to allow our YMCA Association the opportunity to teach kids how to be safe around water. Robertson Elementary participated in this program at CHASCO Family YMCA. Our Swim Instructors were able to teach the 2nd graders the fundamental skills and foundation for safety and pool rules to keep them safe around any pool.



Y AFTERSCHOOL

Golf fore good! Our annual YMCA Father's Day Golf Tournament is coming up on June 14th! Enjoy a Father's Day out on the golf course and help support local youth, teens and families.

2019-2020 Y Afterschool Registration will open up in May. Be on the lookout for more information to secure your child's spot in the program for next year!

Full Day Excursion Summer Camp is registering now! Y Excursion Camps help young campers grow in Mind, Body & Spirit while encouraging them to have fun with friends at our school-based sites with exciting, themed programming. We use fun and challenging activities while on site and will travel to the pool and a field trip every week to help create "The Best Summer Ever" for each of our campers. View the brochure and register at ymcagwc.org.

A NOTE FROM THE PRESIDENT & CEO

An interesting thing happened to me at Starbuck's this morning.

Linda, my usual Barista, (I like that word, it makes me feel Italian) said to me "Jeff, this is Tom. He is someone you should meet." Linda pointed to an elderly, gentleman standing to my right. As I turned to introduce myself, Linda continued her introduction "Tom dressed astronauts" and handed me my coffee.

Years ago, I had made a pact with myself that included not talking to a lot of people prior to having caffeine. To this point, I had held fast to that commitment. It's safe to say, that up to this point, I had never met anyone who helped astronauts put their pants on.

Grasping Tom's hand, I restrained myself because so many questions came to mind. Not shy, Tom started telling me how he had completed a tour in the Air Force and consequently got hired at NASA where he worked for more than 30 years. It turns out that Tom's closest astronaut

acquaintances were John Glenn, Alan Shepard, and the other Apollo spacemen.

Tom and I spoke for a few minutes as I attempted to block his view of how many Splenda's I was pouring in my coffee. Tom's parting comment was "yes, I was right there. I was right in it."

Driving away, I realized that Linda had just connected me with the man that probably told John Glenn to "suck it in" as he "zipped up his back" or reassured Alan Shepard that his rear-end "looked fine" in his spacesuit. I could just imagine Tom tapping his knuckles on Mr. Glenn's face shield and saying something like "remember if that suit wrinkles, I packed a spare in the back closet of your capsule." Linda's casual act of connectivity had in some small way enriched my life and I found myself smiling.

It struck me that the YMCA connects people every day. Whether it's a coach pairing kids up at a practice session, or two complete strangers riding a fitness bike next to each other in a spin class. The YMCA

connects.

The idea that the YMCA is made up of small groups of individuals within the community who all have common interests, resonates true with me. I see it every day. I am right there. I am right in it.

There is comfort in the knowledge that you are pursuing a wellness goal with a room full of others who are committed in a similar fashion. There is comfort in the fact that you are not the only kid sitting on the edge of the pool who doesn't like to put their head under water. The YMCA has been connecting people for over 170 years and it is a fundamental component of what makes the "Y" the "Y". I'm smiling again.



YOUTH SPORTS

Summer Youth Sports registration has officially opened. Take advantage of Early Bird Pricing until May 11th. Summer Season begins June 10th through August 10th.

Sports Specialty (Half-Day) Summer Camp is currently registering! Sports that will be offered are Baseball, Basketball, Flag Football, Soccer, Volleyball, and Play It All! Sports offered will vary based on location and camp week. Learn more in the branch or in our Specialty Camp brochure online at ymcagwc.org.

ACTIVE OLDER ADULTS

Don't forget to pick up your Active Older Adult Newsletter with all upcoming events and class schedules at your local branch today! This newsletter can also be found on our website at ymcagwc.org.

Hutto and CHASCO locations are now offering Senior Small Group Training. This includes Pilates, Yoga, TRX and more in a small group setting. Registration is open at the front desk!

CHILDWATCH

Registration is open for spring ChildWatch Programs! Register now for All About Me, Fun with Friends, and Mother's Day Out happening at CHASCO, Hutto, and Twin Lakes YMCA locations.

Specialty (Half-Day) Summer Camp is currently registering. This year we have a variety of options to offer from Top Chef, Sewing, Power Drills, Little Hammers, and more! Gymnastics, Cheer, and Dance will also be offered in our Specialty Summer Camp at

AQUATICS

We are hiring Lifeguards for the Summer! If you or someone you know is interested, send them our way and the certification class will be FREE of charge if you are hired and work as a lifeguard for the YMCA of Greater Williamson County this Summer.

Summer Swim Lessons are now registering at all YMCA of Greater Williamson County locations. Don't miss the chance to improve your skills and swim safe this summer!

Safety first! Water, water everywhere! As summer approaches and everyone wants to cool down, make sure that wherever you swim is a safe pool. Safe pools have rules and certified lifeguards. Please keep your kids safe by always making sure the pool you're visiting has clearly stated rules and vigilant lifeguards on duty!

Floaties and pool toys are great fun, but make sure any personal flotation devices you are using are clearly labeled "US Coast Guard Approved". Drowning

is the second leading cause of accidental deaths in children under 14 years old. Making sure you're in a safe facility and taking 30 seconds to properly fit an approved lifejacket to your child could be the difference between a preventable tragedy or having a great aquatic experience. We want you to be safe and have fun at the YMCA this Summer!



CHASCO Family YMCA and Twin Lakes Family YMCA.

Kinder Camp is registering now for Summer 2019 at Twin Lakes Family YMCA. Creativity starts here! Kinder Camp is perfect for children ages 3 – 5 years old who have not yet attended Kindergarten. This camp offers age-appropriate games, crafts, and books that emphasize changing weekly themes.



FITNESS

Have you taken advantage of the FastForward Fitness program? The YMCA is making fitness easier for you! This program is powered by ActivTrax technology and acts as a virtual personal trainer by providing full workouts, meal planning, and even grocery lists. Take FastForward Fitness for a test drive today and schedule your FREE appointment with a Trainer.

CHASCO Family YMCA's 1st Annual Indoor Triathlon is happening on April 14th. Are you up for the challenge? Swim 200 meters, bike 6 miles, and run 1.5 miles. There are training options available. Please contact the Membership Desk for more information.

All Group X classes will be launching NEW

Les Mills choreography in April! Twin Lakes Family YMCA launches on April 13th. CHASCO Family YMCA and Hutto Family YMCA launch on April 15th. All locations Group X Schedules can be found on our website ymcagwc.org. Group Exercise classes are FREE to YMCA Members. Come try a class with our Smart Start option! This allows you to try any Les Mills class and leave after 20 minutes, while you work your way up to staying for the entire duration of the class.



PRESCHOOL AT THE Y

Y Kinder Camp is designed specifically for our youngest campers in mind. We provide these children with both a safe and positive developmental experience throughout the summer months by engaging them in a wide range of fun summer activities and events that help prepare them for Kindergarten. Registration is currently open for this Summer!

2019-2020 School year enrollment will begin in July. Be on the lookout for more information to come! Interested in seeing what Preschool at the Y is all about? Join us at our graduation in May!



GEORGETOWN

Since January 2019 over 300 individuals have joined us for fun, family-centered activities at the Georgetown Family YMCA. From our branch-based enrichments to fun free community events the Georgetown Family YMCA is working to make a positive impact in the community. Join us on May 4th from 10:00am-2:00pm at Wolf Ranch for the YMCA's Healthy Kids Day!

Spring Programs are currently registering at the Georgetown locations. We have Yoga, Children's Programs, Youth Sports, and more!



GYMNASTICS & DANCE

The 2nd Annual Gymnastics Spring Classic is April 27th from 10:30am-4:00pm. Please join us for another fun and exciting gymnastics competition. This is the perfect opportunity to watch your gymnast showcase his or her work in a friendly, family-oriented competition between the Twin Lakes Family YMCA and CHASCO Family YMCA Branches. All participants will receive a medal and t-shirt. Trophies will be awarded to the top three finishers in each division. Come join the fun!

Have you checked out a Dance class at the YMCA? CHASCO Family YMCA and Twin Lakes Family YMCA both have a variety of classes for all age groups! Learn more on our website at ymcagwc.org or visit a branch front desk.



YMCA CAMP TWIN LAKES

YMCA Camp Twin Lakes Summer Camp registration is open for Day Camp, Overnight Camp, and Mini Overnight Camp. Day Camp offers summer days filled with exciting outdoor adventures that help children discover confidence and character, build friendships and learn independence as well as problem-solving skills. Parents can trust that the adventures at outdoor camp are led by well-trained camp staff whose primary focus is camper safety. Each week there is a theme for Camp that allows all campers to partici-

pate in the new fun and exciting adventures! Register at any YMCA of Greater Williamson County branch or online at ymcagwc.org.

Women's Spring Refresher: Spring into wellness with our Spring Refresher! Join us for the break you need from the hustle and bustle of spring. We will have fitness, relaxation, camp activities and more! Join us on April 13, 2019 from 9:00am-7:00pm at YMCA Camp Twin Lakes. Visit our website for further information and to register!

ASSOCIATION UPCOMING EVENTS

APRIL 1st-5th

MY Y WEEK

All Branches

APRIL 13th

WOMEN'S SPRING REFRESHER

YMCA Camp Twin Lakes

APRIL 27th

HEALTHY KIDS DAY

Twin Lakes Family YMCA

Chasco Family YMCA

Hutto Family YMCA

JUNE 14th

FATHER'S DAY INVITATIONAL

SEPTEMBER 15th

CASINO NIGHT presented by

Texas Materials

SEPTEMBER 16th

CHASCO OUTLAW 18 GOLF

TOURNAMENT presented by

CHASCO constructors

OCTOBER 24th

SMALL BORE POKER SHOOT & STEAK

FRY presented by Navcon Group

OCTOBER 25th

BREAK THE BIRD CLAY SHOOT

presented by Navcon Group

