



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY
The Y: Strengthening the foundations of community.

DID YOU KNOW?

THE RAHWAY BRANCH

- Serves the communities of Avenel, Carteret, Colonia, Linden, Rahway, and Winfield Park in all areas of youth development, healthy living, and social responsibility
- Is one of four branches in the YMCA of Eastern Union County
- We have FREE ChildWatch for our members to assist in their health & well-being journey
- To help working parents, the Y now offers Morning Care at Roosevelt and Franklin Elementary Schools
- For fun and fitness we've added an exciting Aqua-Zumba class to our Water Exercise schedule
- Offers on-going Lifeguard Training and CPR training
- Has private swim lessons to meet individualized needs
- Look out for upcoming dates for our new "SafeSitters" babysitting course!

CARTERET SUMMER RECAP AND FUTURE PLANNING

After the YMCA of Eastern Union County's CEO, Krystal Canady was contacted by Carteret Mayor, Dan Reiman to help provide summer youth programs for his Borough, the Rahway Branch staff team stepped up and delivered. After preliminary discussions, an agreement was formed for The Y to run summer camp programs at Carteret Park as well as the Borough Building.

Promotion began in May and through June for a camp startup in July. The interest was primarily for a YMCA traditional "Fun and Games" camp which was well received. In fact, (43) parents stated that they were very excited about the Y's programming and presence within the community. There were (55) children who participated in the summer camp offerings and another (3) new Family memberships attained for the Rahway Branch through this promotion as well.

The Mayor and his staff have been very supportive of The Y and provided bussing for Carteret youth to come to the Rahway Branch for "Splash" Camp and open swimming. Also, the Borough has been able to help coordinate and make available other indoor facilities for YMCA programs.



"It is so great that the Y offers financial assistance to families. Without the assistance, I would have never been able to afford sending my two children to such a quality camp. My children love it here! The staff is great, they are learning to swim, and never want to leave! For the first time in years, when I am at work, I don't have to worry about what my children are doing because I know they are in good hands."



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YMCA RAHWAY BRANCH

www.ymcaeuc.org

WINTER 2012

EMBARKING ON NEW BEGINNINGS



GERRY GESSIE
Branch Executive

We are very pleased to be sharing news about the **YMCA of Eastern Union County's Rahway Branch** for the year **2011** and beyond. The Rahway Branch has been serving the communities of Avenel, Carteret, Colonia, Linden, Rahway, and Winfield Park for nearly two decades. We are proud of our history and are deeply committed to providing the best programs and services in developing a healthy *mind, body, and spirit* for all.

During this year, we have experienced much growth and development in several departments including Aquatics, Health & Well-Being, Membership, School Age Child Care, Camp, and Youth & Teen Sports. In Aquatics, we've streamlined our lessons to make them even more progressive in nature. Aqua Aerobics and Open Lap Swim remain favorites. We are also proud to be offering a new **"Aqua Zumba"** class which is sure to be another popular program!

In addition to our Aftercare Program, we are pleased to be able to offer **"Morning Care"** between the hours of 7:00 am – 8:45 am for the parents of children who attend both Roosevelt and Franklin schools in Rahway to help accommodate flexible working schedules. Our Summer Camp program has grown in size and scope. This year we offered Pioneer Camp along with Discovery, Explorer, and Adventure Camps.

Regarding the Health & Well-Being for adults, we've added Indoor Cycling, Sports Performance Training, and Personal Training Seminars. This has complemented nicely with our mainstay classes of Zumba, Bootcamp, Yoga, and Pilates. We have heard our members' needs and these new classes have helped to positively affect the number of those participating. Many people have indicated that they are getting stronger, moving faster, and are feeling better.

New Youth & Teen Programs have also been developed in the areas of Cheerleading, Martial Arts, and an 8th Grade Leadership Program. Get Fit Kids, Kids Gym, and Teen Nights are other highlights.

In April, we celebrated the Y's National Health Initiative of **"Healthy Kids Day."** This event day, held in April, involved over 225 total families and children who participated in various YMCA programs and activities. We are very pleased to announce that the "Healthy Kids Day" event received an official Letter of Proclamation from Rahway Mayor, Rick Proctor. All participants, staff, and vendors had a very enjoyable time and felt great!

Later this year, the Rahway Branch will begin renovating its upper floors. This exciting effort involves 3 total floors and additional 11,300 square feet of usable space. The new areas will incorporate Artists' Lofts, YMCA Program Space, and Group Activity Spaces, all wrapped into the total health & well-being experience!

As for our members, both current and new, we would like to thank you for your support. Please join us for Member Socials, Member Forums, and an all around good time! We remain deeply committed to providing the best possible service to you and our entire community. The future is very bright and together we are **Embarking On New Beginnings!**



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PROGRAM HIGHLIGHTS

Join us in welcoming our newest Aquatics Team Members Laura Fechter – Aqua Zumba Instructor, Edythe Grossman, Aqua in the AM Instructor and Ed Soder, Aquatics Director, Swim Coach!

AQUATIC CLASSES

The Rahway Y introduced Aqua Zumba to our aquatics class schedule – this new and exciting dance program in the water is a power packed workout that fuses hypnotic Latin rhythms and easy to follow moves to create a one of a kind fitness program in the POOL that will blow you away. Current class schedule is Wednesday @ 7:30pm.

Our Aqua Zumba instructor, Laura Fechter, comes to the Rahway Y with vast experience in Aqua Zumba and Zumba. Laura's energized style will make you sweat – even in the water. Come on down and meet Laura on Wednesdays.

AQUA IN THE AM

Edythe Grossman joined our Aquatics Department this fall as our new instructor for the Aqua in the AM class (9am-10am M&W). Edythe is a former Silver Sneakers instructor by way of Florida. She has a wealth of experience and knowledge—please come check out Edythe's fun and exciting classes, Monday & Wednesdays 9am– 10am

SWIM TEAM

Rapids Swim Team is back – 2012 will mark the return of the Rapids Swim

Team A few years ago the Rahway YMCA had a great swim team, attracting swimmers from the area, we had a few swimmers make some great times and go to Y Nationals. The YMCA of Eastern Union County is bringing that excitement back with the Rapids Swim Team. Helping to mold today's youth, swimmers from ages 6-18 will be shaped into competitive and disciplined swimmers. Coach Ed Soder who comes to our facility with over 20 years experience in competitive and instructional swimming will be leading the way to bring back a great swim team.

High School Swim Clinic – this year we introduced the High School Swim Clinic. We invited swimmers from Linden, Rahway, and Carteret to join the Y for a 'tune up' before the High School Swim season started. This 8 week program builds endurance, fine tunes technique and helps the swimmer get in great shape for a successful High School season. We had a great turn out – over 25 swimmers are in attendance and we are looking to do another clinic in the Spring to help get ready for the Summer season. Look for more information starting Spring 2012.



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MEMBER HIGHLIGHT DWAYNE GREEN

What brought you to our branch?

I was recovering from injuries and mental exhaustion. In 2008, I had a slight heart attack in my Doctor's office. When I woke up I was in the hospital with diagnoses of: High Blood Pressure, Hypertension, Diabetes, High Cholesterol, and a ligament injury to my left shoulder. I understood that this came from Stress (from both Family and Job Obligations). I was assigned to a therapist to ease some of his diagnosis (given medication, 8 pills a day). With all of the medication, I began to feel as though I was mentally comatose and my time with my family was ineffective. For 2 ½ years, I struggled with getting myself motivated. In May, I changed my mental focus to getting my mind, body, and spirit stronger to help me feel better about life. I decided to believe in my faith to help me take my health in my own hands. I wanted to feel alive for my young children Sophia 12, and Dwayne Jr. 7 and thus stop taking so much medicine. I have always shown them my accomplishments (medals from track, certificates for Peace Corps signed by President Clinton, etc), but also wanted to be around to explore the experience of my children's lives. Through my work ethic (although born with a physical disability), I was still able to play baseball, football, and run track. I wanted to once again become a positive role model for the community.

What keeps you coming back to the Y?

The family environment was key for my family. I can show my children how important it is to take care of their health. My son Dwayne Jr. is learning to swim here also.

Since joining the Y, Dwayne is happy to share that he:

- Has more energy all day and spends 3 times a week minimum working out
- Has increased his workout time from 20 minutes a day to over an hour
- He is in the best shape that he has been in last 20 years. Prior to July, Dwayne was inactive for over 20 years
- No blood pressure pills any more
- Has lost 4 pounds
- Cholesterol has been under control and now has no need for pills
- Getting information from Microfit Assessment has given him information to change his nutrition, exercise habits, and acknowledge his stressors in life.



Dwayne thanks the Y for giving him the encouragement to start his journey to better health and appreciates us taking the time to care about our members and give back to the community.

STAFF HIGHLIGHT ED SODER, AQUATICS DIRECTOR

Q: Ed, can you tell me a little about yourself?

A: I currently live in Green Village or Chatham Township, with my wife and two step-children. I graduated from Montclair University with a History degree and substitute taught for 7 years at 4 Morris County High Schools. I have over 20 years of experience coaching competitive swimming and have over 25 years experience teaching swimming.

Q: How about hobbies?

A: I like to run when I have some free time and also like to go out to different restaurants in different towns just to see what they have to offer. I like watching Professional football and hockey.

Q: How long have you been a part of the YMCA of Eastern Union County?

A: I have been at the Y for 4 months now and have always worked at YMCAs.

Q: What first drew you to work with the YMCA?

A: I was asked to teach swim lessons for the YMCA when I was 14 years old and then asked to coach the swim team when I was 18 years old. From these two experiences I just always worked at a Y to help teach swimming or coach competitive swimming and every time I stopped at one Y another Y asked me to come and work for them.

Q: What excites you about your work?

A: I really like helping people learn a new skill or improve their skill to make them feel good about themselves. I always try to instill a YES YOU CAN attitude to everyone I work with. If they improve a little in something then they accomplished something great because with every improvement they get better and gain confidence in themselves. I also like people to Believe in themselves so they can achieve great things. One of my favorite sayings is BELIEVE AND YOU WILL ACHIEVE! If I help one child or adult do this then I have made a impact on society.

MISSION

THE YMCA OF EASTERN UNION COUNTY is a community-based organization rooted in Christian principles and committed to building healthy lives through programs that strengthen spirits, minds and bodies for people of all ages, religions and cultures. For more information, please contact our Welcome Center.