

## Parents Night Out

March 19, and April 23  
6:15–10:00 p.m. • \$25 for members



### Enjoy a night out!

Kids get pizza and enjoy sports, games and swimming with our childcare staff. Spaces are limited. Pre-registration is required. Visit our membership desk for details.

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Ann Arbor, MI  
Permit #449

President's  
Corner

Each year, the Ann Arbor YMCA's Strong Kids Campaign raises funds for scholarships and programs that enable kids to go to summer camps, take part in sports programs, take part in community service projects and develop life and leadership skills. We could not raise these funds without our volunteer campaigners. During the month of March, you will hopefully hear from one of our Strong Kids volunteers. If you haven't already, please consider making a 2010 Strong Kids donation. On behalf of all the children and teens we serve, thank you for your generous support!



Sincerely,

Cathi Duchon  
President and CEO

## SAVE THE DATE:

### Indoor Triathlon

March 21, 2010 • 8:00 a.m.–1:00 p.m.

Join us for the third annual **Ann Arbor YMCA Indoor Triathlon!** It's the perfect event for first-time triathletes or anyone looking for a challenge. Unlike a traditional triathlon where competitors swim, bike and run until they reach a set distance, in an indoor triathlon participants swim, bike and run for a fixed time, trying to complete the greatest distance possible during each event.

Details are at [www.annarborymca.org/programs/health-fitness/health-wellness.php](http://www.annarborymca.org/programs/health-fitness/health-wellness.php).

Volunteers are needed to help at the triathlon with check-in and at all three event areas, including swimming, biking and running. To sign up as a volunteer, contact Dave Morris at [dmorris@annarborymca.org](mailto:dmorris@annarborymca.org).

### Youth Baseball League (Ages 5–12)

Registration starts March 15 and runs through April 16

Practices and games for this 7-week instructional league start the week of April 26 and end June 11. For more information, or to register your child, please visit [www.annarborymca.org](http://www.annarborymca.org).



### Did You Know?



For an additional \$5 monthly fee, YMCA members can park at any Ann Arbor city lot while they use the Y and get up to two hours' worth of validation stickers. Ask our membership staff for details.

**Y** We build strong kids,  
strong families,  
strong communities.

ANN ARBOR YMCA

WINTER 2010

# Today

## YMCA offering Youth Sports in Ypsilanti

The Ann Arbor YMCA held its first series of Ypsilanti youth basketball tournament(s) on Saturday, January 30 and February 20. Over 50 boys and girls ages 5–11 gathered at Ypsilanti High School to compete in round robin basketball tournaments that included teams from both Adams and Chapelle Elementary School.

The YMCA has been providing youth sports and recreation programs in Ypsilanti since August 2008, when we offered a two-week summer sports camp at Recreation Park. Since that time,

we have added programs like youth flag football, youth basketball and cheerleading at Adams and Chapelle Elementary. The YMCA is currently offering youth basketball leagues at Adams and Chapelle through March of 2010. League participants practice at their schools once a week and attend three interschool tournaments throughout the course of the season. What makes YMCA sports programs unique is our emphasis on teamwork, rather than winning. As a charitable organization, the YMCA raises Strong Kids donations each year that make it possible for us to offer these programs at very low cost to participants' families.

Says Steve Petty, YMCA Sports Director: "We've had an overwhelmingly positive response to our after school programs. Upwards of 70 kids are participating at each school, and members of the Ypsilanti community and parents are volunteering as team coaches and referees. Parents are engaged in the program and the kids are able to get more physically active. Programs like this bring communities together, and everybody benefits."

For more information about the YMCA's Ypsilanti youth sports programs, including coaching, contact Steve Petty at [spetty@annarborymca.org](mailto:spetty@annarborymca.org).



ANN ARBOR YMCA

## Valentine's Day Celebration

On Saturday, February 6, members gathered at the Y for a great afternoon of dancing, music, face painting and crafts!



Sarah Kurtz face-paints Abigail Gillett



Choya Flowers, Sara Hettmer, Leticia Armstrong, DJ Johnny Floyd, Cathi Spirko



Quiana Perkins and Abijah Kirch



Julie and Bridget Roberts



Charlie and Evan Groh

## Spotlight on...

Two world-renowned physicians and a semi-retired CIA agent (his cover was blown during the Bush administration). All three met at the Ann Arbor YMCA. They're there each and every morning when not traveling the world (looking for adventure) on secret special assignments or various humanitarian missions. Ann Arbor is their home base, and the Y is their home away from home. At the Y they maintain their physical fitness and mental acuity, both so necessary if they're to remain at the top of their game. Besides all that, they're all incredibly nice and friendly...take time to say hello and make a new friend.



From left to right: Fred Lee, Richard Frey, Bert Schnitzer

INTRODUCING:

## Andrew Epstein, YMCA Youth Volunteer Corps Coordinator

Andrew was born and raised in Ann Arbor and is a graduate of Community High School. He studied music at USC and the California Institute of the Arts, where he received his B.A. in Jazz Bass. Prior to working for the Ann Arbor YMCA, Andrew worked for the Jay Nolan Camp for five years in a variety of positions, including camp director. In 2008, Andrew moved back to Ann Arbor with his wife Marcela and dog Atticus. He joined the Ann Arbor YMCA staff as director of the Teen Adventure Camp, where he spent the last two fun-filled summers. In fall of 2009, Andrew assumed responsibility for the Youth Volunteer Corps program. Youth Volunteer Corps (YVC) is a program for young people ages 11-17 that engages them in volunteer projects to serve the



needs of the community and promote a lifetime ethic of service. For more information about YVC, visit our website or contact Andrew at [aepstein@annarborymca.org](mailto:aepstein@annarborymca.org).

## Ann Arbor YMCA teams with Mott Children's Hospital... to provide youth weight management program

During the past year, the Ann Arbor YMCA has collaborated with Mott Children's Hospital in a unique program to help kids achieve and maintain a healthy weight.

The MPOWER JR / YMCA Childhood Obesity Intervention program brings together the research and clinical personnel of the University of Michigan with the fitness programs and facilities of the YMCA. Weekly exercise classes for MPOWER JR participants (ages 7-11) are held at the Ann Arbor YMCA.

For more information about programs provided through the Pediatric Weight Management Center contact:

**Susan J. Woolford, M.D., MPH, Medical Director**

Pediatric Comprehensive Weight Management Center

University of Michigan  
(734) 615-8214

**NEW CLASSES**  
AT THE YMCA

## Pilates for New Moms

Try this Pilates class to get back into exercising and play with your baby through a fun and challenging workout!

Meet other local moms and babies and learn exercises that you and your baby can do at home. We will focus on restoring core strength, improving posture, strengthening your back and learning new ways to stretch and breathe.

This class is ideal for moms with babies under one year old, but all moms and babies are welcome.

Please check with your health-care provider, but generally this class is great for moms four weeks after delivery (or six weeks after a C-section).

For more information or to register, visit <http://www.annarborymca.org/programs/health-fitness/pilates.php>.



**Want to get more involved in your YMCA? ▶▶▶**

Visit our new "volunteering" page at <http://www.annarborymca.org/membership/volunteering.php>.