



EXECUTIVE DIRECTOR'S MESSAGE

The Y staff & I would like to thank the community for their continued support of Y programs. I would also like to thank the staff for their hard work & commitment to Y programs. Because of your efforts we were able to provide the community with safe, fun, & positive recreational experiences throughout the summer and beyond. Great job!!

I am extremely pleased about the progress the Y has made through October. Membership has continue to flourish as we hit an all time high in June of 1732 units. This equates to over 5000 people...wow!! Nearly 300 children participated in volleyball and flag football combined and basketball is now under way. Y Summer SAFE Camp, led by Camp Director Gabby Rejino and her staff, was a huge success. They had a fun-filled summer attending a variety of field trips, hosting guest speakers, enjoying group games, etc. The Y & 16th Street pools provided countless hours of entertainment for hundreds of families this summer. The adult softball season was a huge success again this summer as we saw a 10% increase in participation. In August, we opened our teen zone and introduced the ActivTrax program. The Y swim team started to practice again in September and hosted their first meet of the season on November 5th. The Y mentoring program will kick off this month and our annual 5K/one mile run/walk will be on November 19th. Fitness classes continue to be well attended and we anticipate more growth as we head into the winter months.

The YMCA continued to make several facility upgrades the past several months In August, the YMCA Board of Directors approved a substantial investment to expand our cardio room, remodel our meeting room into office space, and purchase additional cardio equipment. The added space and equipment will allow us to better serve our current members and provide room for membership growth.

In August, we welcomed Ashley Mayberry as our new Health and Wellness Director. Previously, Ashley had been teaching several classes here at the Y including Silversneakers, spin, and yoga. Ashley brings a wealth of knowledge and experience to our Y and we are excited to have her aboard!

In early November, James Rockwell left the Y to join the Air Force. James has served as our Aquatics Coordinator this past year and previously worked for the Y for several years as a lifeguard. James has done a tremendous job overseeing the aquatics department! While we will miss James and his abilities as our Aquatics Coordinator, we are excited to see him pursue new opportunities and wish him the best!!

I strongly believe that the Plainview YMCA is in prime position to continue growth both membership wise & programmatically. As we move forward this year, we will be conducting a community survey to help us better serve you in 2012 and beyond. Please fill out the survey as we truly value your input. I encourage you to visit our website at www.plainviewymca.org for current program information. I look forward to continue working with the Y staff, Board of Directors, & the community to meet the needs of the Hale County area residents.

Rob Wilkinson
Executive Director

SPORTS

YMCA youth sports is well underway again. We just completed flag football and girls volleyball. We had a total of 14 teams in football and 6 teams in volleyball. We are now underway with 22 teams in our basketball program. Game nights are Monday and Thursday @ 5:30, 6:30, and 7:30 pm. Feel free to come out and support our youth and watch them have fun!

Our adult softball leagues have come to an end with the fall league wrapping up on October. 13. We had a total of 14 men's and 6 women's teams in the summer league and 14 teams in the men's fall league.

I would like to take this time to say thank you to everyone that participated and volunteered in all of our programs this past year. Without the help and support of all of you, it would be extremely hard to be so successful.

Mike Finley
Senior Program Dir.

Up Coming Registration Dates (approximately)

Indoor Soccer

December 12 to January 12, 2012

Outdoor Soccer

February 6 to February 28, 2012

Spring Girl's Volleyball

(3rd thru 8th grade)

February 6 to February 28, 2012

Holiday Hours

November 23rd (Wed) 5:30 am to 5 pm
November 24th (Thur) Thanksgiving CLOSED
November 25th (Fri) 9 am to 5 pm
December 23rd (Fri) 5:30 am to 5 pm
December 24th (Sat) Christmas Eve CLOSED
December 25th (Sun) Christmas CLOSED
January 1st, 2012 (Sun) New Year's CLOSED

NEWS LETTER

November 2011

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2011 Plainview YMCA Highlights

Program/Events:

- **Hosted annual awards banquet (Feb)
- **Held Strong Kids Campaign
- **Hosted Healthy Kid's Day Easter Egg Hunt
- **38 teams participated in pounds off Plainview
- **Hosted Triathlon May 14th
- **Eclipsed 1700 membership units for first time in our history
- **Added teen zone program (June)
- **Implemented ActivTrax program (August)
- **Hosted Halloween event at the Y
- **Hosted swim meet November 5th
- **Plan to host 5K fun run November 19th
- **Hosted member appreciation days

Facility:

- **Gym Wall Repair and Paint Project (January)
- **Pool Boiler Repaired (January)
- **Installed new lane lines in pool (January)
- **Purchased new cash register (February)
- **Purchased new stereo system for cardio/weight rooms (Feb)
- **Repaired spin bikes (February)
- **Updated sound system for spin bike class room (February)
- **Repaired pool sky lights (March)
- **Stripped and waxed facility floors (March)
- **Purchased ActivTrax fitness & nutrition Kiosk (March)
- **Renovated child care space into teen zone area (March)
- **Purchased three new Octane elliptical machines
- **Purchased two new treadmills (April)
- **Repaired shower heads (April)
- **Installed starting blocks in pool area (April)
- **Installed new exterior doors in aerobics room (June)
- **Pool Deck Repaired (June)
- **Installed new deck on 3 treadmills (June)
- **Repaired exterior water faucet (June)
- **Installed two diaper changing stations (July)
- **Repaired facility boiler (October)
- **Installed new flooring in Spin Room (Oct)
- **Completed cardio room expansion project (Oct)
- **Purchased 4 new treadmills (Nov)
- **Purchased 4 elliptical machines (Nov)
- **Purchased 4 Octane X-ride machines (Nov)
- **HK2020 Partner
- **United Way Agency
- **Healthways SilverSneakers Partner

Health & Wellness

Wow, I can't believe I've already been here three months! The time has flown by and it has been so much fun! We have had all kinds of changes in the last three months. Our cardio room expansion is finished and the equipment is all here. All 13 new pieces are compatible with Polar Heart Rate monitors. Which means if you have one and wear it to workout, it will automatically read onto the screen of the machine you are on.

I realize sometimes it is scary to get on a new machine that you are unsure of how it works. There are a couple of options – you can either come get me and I'll give you a personal tutorial or you can start moving on the machine and push "Quick Start", then just follow the instructions on the screen. They are user friendly and created to give you a great workout. All of the machines have built in programs to keep workouts interesting. The three Octane Pro4700s standing ellipticals have 19 different programs to choose from. There are now seven of the Octane xRide seated ellipticals which have 16 built in programs. They give you a great workout in a seated position; pull up on the lever to adjust it to fit you by moving the seat forward or back and tilting. There are seven of the Cybex treadmills. They have nine built in programs and nine Physical Fitness/Physical Readiness tests for the different branches of the military. The piece of equipment that is most different is our new rowing machine. It has a water tank and you can hear the water splashing as you row! It is a total body workout: squat down grabbing the handles, push up through your feet extending your legs and pull the handles towards your chest - then repeat. It sure doesn't take long to bring your heart rate up! *You* can choose the program that best fits your workout needs for any given day. *You* can decide how hard to work by setting the resistance level and time for each program.

Christmas is only six weeks away. Statistics tell us that the average person gains 7-10 pounds during the holiday season. YIKES – we do not want that for you. So, here are a few tips to ward off those extra pounds. Everywhere you look for the next 6 weeks there will be yummy food. **PLAN AHEAD.** Eat before you go to the office or church party, that way you are not starving when you get there and overfill your plate. **MAINTAIN** your healthy eating habits. Make your plate colorful when you fill it, lots of green, orange and reds. It's ok to splurge, just don't do it every day! **NO SKIPPING** meals. Continue to eat 3 to 5 small meals a day. Skipping meals will insure that you will over eat when the festive foods are staring you down. **EXERCISE** more! Increase your activity level to counter balance the extra calories you consume. Come try a new class or a new machine!

My office is now by the front door. I have loved getting to see everyone come and go. Stop by and tell me your stories, I love getting to hear your success and your struggles and how the Y is helping you to meet your goals.

Ashley Mayberry
Health & Wellness Director

**"Everyday is an
opportunity to change
a life"**



YMCA Mission: To put Christian principals into practice through programs that build healthy spirit mind and body for all