

December 27, 2011

## Last Article in 2011!



**The Christmas Spirit** has descended upon the Auburn YMCA as once again the preschoolers celebrate with a holiday concert. They have been busy practicing their songs for weeks with the final result being a visit from Santa and a party. It is always fun to see the young children and their eagerness for a special holiday. It is also a time when we see a lot of old members who are returning to visit their families as well as college students home for break and wanting to utilize the services of the YMCA. In a word, between Auburn and Skaneateles, we are hopping. Check

our website at [auburnymca.org](http://auburnymca.org) in order to get the updates on all the latest pool schedules, rink schedules and any special events that may be going on. Remember that we will be open at both facilities for normal hours during the week after Christmas but we will have modifications on Saturday, December 31 and on New Year's Day when we will be closed. Effective January 2, 2012, we will no longer be selling day guest passes at the desk. Please let people know this so that they may ask a director if they need to come in for the day. We will still honor away programs, military leaves and of course our reciprocity with other YMCAs in New York state, but want to make sure that there is adequate room for all of those who pay for membership.

Even though by the time this article is published, the actual Christmas Day activities will be over, it is still possible to get a **gift certificate** to the YMCA. Remember, this is a gift that no one has to take back. We still have openings for Amy and Mena's pajama party, as well as massage gift certificates. Starting in January we will be offering a weekly weigh in for all members to help them with their goal to better health and weight loss. This is a free service for all members and we will keep a running log of all weigh- ins in our fitness office. We are hoping that this can keep many people motivated by checking in with us. Included in the weigh in is an opportunity to get a free exercise evaluation from one of the staff in the fitness office. Just remember, the weigh- ins will occur on Monday, so check in with us on that day.

**Winter Camp** will be held beginning in Wednesday, December 28 through Thursday, December 29. Joe Murphy, camp director has been putting all sorts of motivational posts on facebook for winter camp. He even has a countdown for staff training, open house, and the first day of camp. Winter camp is considered the halfway point until camp Y-Owasco resumes. Joe has many activities planned, one of which is the building of cardboard boats to float in the pool, much to the chagrin of our maintenance director, Bill Brown. So, if you see young children with huge smiles involved in lots of group activities this week, rest assured that they are probably participating in our winter camp program.

**New Year's** brings lots of resolutions, probably the most popular being that people are going to lose weight and it always seems as though we have an influx right after Christmas of people trying even more to work out. We have lots of cardio equipment and strength equipment to satisfy your needs as well as two pools and two gyms. We also have loads of group exercise classes, group cycling classes and group personal training. Our group personal training is affordable, fun and flexible with various times spots available. There is also a beautiful pool and ice rink as well as a great new group exercise room and a complete fitness area that can be found at the Skaneateles YMCA. We encourage everyone to stop by either of our facilities to get a tour and learn how we can help to get you started on your journey to better health. Wishing everyone a safe, happy and healthy New Year!