

OUR VOICE



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FOOTHILLS AREA YMCA

Cottingham Campus

370 Memorial Dr., Seneca, SC 29672

Q3 – July | August | September 2021

www.FAYMCA.org

Foothills Area YMCA Newsletter



FOREVER HERE FOR YOU.

Life, happiness, health, family, and friends. At the Y, we have a lot to be thankful for year-round, but more so when we look back at 2020 and how we have been able to remain resilient because of the support of our members and donors.

Here are some of the reasons we are so thankful:

Our Members: Whether joining as an individual or family, all of our members become a part of our growing Y family. The smiling children in Child Watch, after school, swim lessons, and our many other youth programs, warm our hearts each day. We love seeing our older adults join us for fun classes or hiking. We hope you like coming to the Y as much as we enjoy having you here.

Our Donors: We cherish every donation, big or small. Donors make it possible for the Y to offer our programs and services

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SPECIAL REMINDERS

DEVELOPMENT SOCCER CLINIC

July 19–23

YMCA & P3 Soccer Lab team up for a week-long soccer clinic for ages 6–13. Register online today.

SMALL GROUP TRAINING ORIENTATION

July 26, 27, and 28

Registration is now open for Small Group Training Orientation / Meet the Coach sessions.

Y-LYMPICS FAMILY EVENT

July 30

Check out our website and social media pages for upcoming information for this family event.

GOLF TOURNAMENT

August 13

Visit us online for sponsorship opportunities and registration information for our first annual golf tournament at Cross Creek on August 13.

AFTER SCHOOL CARE 2021–22

Registration is now open.

EXERCISE IS MEDICINE

August/September

Check out our website & social media for updates for this new upcoming program.

LIVESTRONG AT THE Y

August

Our next LiveStrong session is coming up on August 2. Contact Morgan Massey at mmassey@faymca.org for more information.

FALL YOUTH SOCCER

August/September

Registration for Fall Youth Soccer program is now open on our website.

FOOTHILLS AREA YMCA LEADERSHIP

BOARD OF DIRECTORS

Greg Enders, Chief Volunteer Officer

Darryl Broome, Vice Chief Volunteer Officer

Larry Barnes

Josh Blassingame

Bo Bowman

Jean-Marie Dolenc

Bryan Duncan

Craig Gilbert

Raza Hassan

Anna Johnson

Larry Smith

Matt Smith

Reid Thomas

Claire Welch

Tom Wippermann

Charles Baker (Emeritus)

ADMINISTRATION

Christle Ross, CEO

John Derwent, Vice President

Shannon Cobb, Human Resources Director

Pam Jennings, Group Ex Coordinator

Bonnie Gaskell, Small Group Training and

Community Health Coordinator

Grayce Howard, Aquatics Director

Morgan Massey, Associate Community

Health Coordinator

Sarah Tate, Child Care Director

Dida Weeks, Membership & Marketing

Director

to all members of our community, regardless of their ability to pay.

Our Community Partners: The contributions that local businesses, organizations, foundations and churches provide are invaluable to us. Together, we bring the resources to continually improve the quality of life for children, adults, and families in Oconee County.

Our Staff: Our caring staff members change lives each day they come to work. They offer motivation for new members who are struggling to get back into a healthy routine, a smile for a child in need of one, support for struggling families and so much more.

We have much to be thankful for. Remember to take a moment to reflect on all that you too have to be thankful for. We hope you and your family have a very happy summer.

THANK YOU TO OUR SPRING SOCCER SPONSORS



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SPRING HIGHLIGHTS

TEACHING SKILLS THAT SAVE LIVES

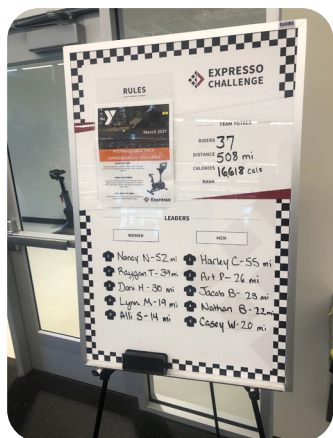
YMCA staff spent time getting certified in **CPR/AED** and **FIRST AID** for adults, youth, and infants! In the event of an emergency, we are working and learning so that any Y staff member has the ability to react in a moment's notice.



Water should be fun, not feared. Kids participated in our **SAFETY AROUND WATER** program at the Walhalla City Pool where they learned essential water safety skills including what to look for in a safe place to swim and how to swim a short distance on their front, roll over on to their back to rest, and then roll on their front to continue swimming to safety.

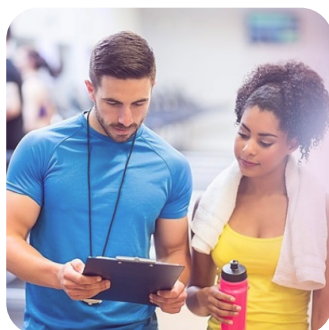


READY.SET.CHALLENGE.



Participants in the **EXPRESSO SPRINT CHALLENGE** competed to earn leaderboard badges and fun prizes.

During the 10-week **Y FITNESS CHALLENGE** program, participants focused on their best health and best results! During the program, they worked directly with a YMCA Certified Personal Trainer in a small group team



environment to exercise, complete challenges, eat right and learn how to become their best selves!



Our members & staff participated in the **RALLY FOR THE Y** challenge, which benefited our Live Strong and Rock Steady Boxing programs raising \$2,500.00.

JAN-JUL HIGHLIGHTS





There is no other organization in the world quite like the Y--because we're for everyone. No matter a person's race, gender, religion, or financial circumstances, the Y stands ready and able to serve everyone in our community. One of the ways we ensure our doors are always open is through donations and pledges, which allow those who cannot afford our full fees to still participate. In 2020, we received \$68,033.00 from our generous donors, \$41,973.00 of which was able to provide financial assistance to families in our area. Here's a look at our 2020 community impact:



For the Y to make such an impact in the community, it requires more than monetary donations. We rely heavily on volunteers who so generously give their time to our cause. Our volunteers serve as coaches, board members, campaign volunteers, and much more! We are very appreciative to those who serve with us; and we can always use more help.

MEMBER SPOTLIGHT



What I like about being a member of the Foothills Area YMCA is that it is like being back at high school but only the good parts. If you show up, you pass. Everyone is a star student, plus you are an automatic athlete.

It is one big gang of local people joined together to improve their lives and their health. You are there because you want to be there. No one makes you go, and it is always fun to be with good people.

The classes vary from "young at heart" to "young and hard", and of course, there is Rock Steady. From bar bells, bikes, to Pilates mats, it just depends on what intensity that you want with some tasty tunes. Let's not forget the incredible instructors, and excellent staff.

If swimming is your thing, the Y has a 6-lane, heated swimming pool. From swimming laps to water aerobics, and organized swim meets, the Y will meet all your swimming needs, and of course, lifeguards are always on duty.

The FAYMCA is the best thing that happened to Seneca since the Rec Department was started many years ago. So if you are looking for a safe and clean place to exercise and be with friends, the FAYMCA is better than being back at high school and a lot more fun!

Glenn "Teach" Corley

STRONGER TOGETHER

Rock Steady Boxing may not be a "cure" for PD but a recent experience has shown me very clearly how much hope for the future this program has given me. My husband and I were recently in the mountains of North Carolina for a week. I love waterfalls and the mountains there have some beautiful waterfalls. We were staying in Linville, NC and I had read about Linville Falls and the amazing canyon gorge. Round trip hike to a point where you can see both the upper and lower Falls is about 1.5 miles. To do the hike I would have to go alone as our precious but our aging West Highland terrier could not make the hike and we would not leave him alone in the car. Only four months ago, before I joined Rock Steady Boxing, I would not have considered doing this hike alone or maybe not at all!



Paula

Now, I not only did the hike but I greatly exceeded what I thought was possible for me! With the hiking sticks that I had learned to use in the Rock Steady class, the skills we work on in each class, and the positive attitude instilled by the coaches, off I went. The trail was dirt and gravel but well maintained. There were many elevation changes and even two flights of steep wooden stairs. I made three stops along the trail to enjoy the views and take a few photos. The round trip was completed in one hour. Yes, I hurried because I did not want to leave Hubby and dog waiting any longer than necessary.

How did Rock Steady help me not only accomplish this hike but also finish it with more self confidence and skill than would have been possible before starting the program? My stamina, muscle tone and balance greatly improved over the four months that I have been going to Rock Steady Boxing! Just three classes a week with our wonderful coaches and assistants pushing, guiding and encouraging has made me stronger and more self confident than I thought was possible. To top it off is the fact that the classes are fun! If that is not enough, the friendships we develop with our Parkinson's buddies in class is like the icing on the cake! In other words, there are no down sides or negatives to Rock Steady Boxing! It is all POSITIVE.

OUR MISSION

To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

WHO WE ARE

The FOOTHILLS AREA YMCA is a leading nonprofit community resource that weaves honesty, caring, respect and responsibility through all of our programs, staff and special events. We seek to strengthen our community through these four traits, while serving a diverse population of adults and children of all ages.

Our programs and events are focused around fun, physical activity and self-improvement. Our strength to deliver impactful services to our community come from dedicated staff, volunteers and donors; a long-standing reputation of reliability and accountability; and fiscal responsibility.

The FOOTHILLS AREA YMCA is chartered to serve all of Oconee County as well as Clemson & Central, though our doors are always open to all who wish to join our family.

HOURS

Monday-Thursday 5:30 am-9:00 pm
Friday 5:30 am-8:30 pm
Saturday 7:00 am-5:00 pm
Sunday 1:00 pm-5:00 pm

Pool closes 30 minutes prior to facilities daily

Child Watch Hours

Mornings

Monday-Saturday 8:00 am-12:00 pm

Evenings

Monday-Thursday 4:30 pm-8:00 pm

Friday 4:30 pm-6:30 pm

Sunday Closed

Holiday Hours 2021

New Years Day: 10:00 am-4:00 pm

Easter Sunday: CLOSED

Memorial Day: 5:30 am-12:00 pm

Independence Day: CLOSED

Labor Day: 5:30 am-12:00 pm

Thanksgiving Day: CLOSED

Christmas Eve: 5:30 am-12:00 pm

Christmas Day: CLOSED

New Years Eve: 5:30 am-12:00 pm

WAYS TO GIVE



ANNUAL GIVING

Each year, through our Annual Campaign, 100% of your donation directly supports financial assistance and program subsidies for your friends & neighbors.

2021 GOLF TOURNAMENT

Tee Up For a Cause! Join the Foothills Area YMCA's first Annual Golf Tournament on Friday, August 13, 2021 at Cross Creek Plantation.

PAVING THE FUTURE

Have your name, family name, organization, or business information displayed as legacy on the entrance walkway to the Foothills Area YMCA Cottingham Campus.

BANNER RECOGNITION

The Banner Recognition Program is our special way of saying thank you to our donors and serves as a visual reminder of the contributions that make a difference in our community.

ROCK STEADY BOXING

The Parkinson's Foundation is built on community. The Foothills Area YMCA is a local community partner that is proud to offer an essential resource for those living with Parkinson's and their families.

LIVESTRONG AT THE Y

LIVESTRONG at the Y program is a 12-week exercise program that allows cancer survivors to reclaim their health through individualized support from certified LIVESTRONG at the YMCA instructors.

SEND A KID TO CAMP

The best things in life are made at YMCA summer camp – friendships, memories, skills, confidence, and so much more.

SEND A KID TO AFTER SCHOOL CARE

In YMCA After School Care, kids engage in physical, learning and imaginative activities that encourage them to explore who they are and what they can achieve.

CONNECT

Connect with us on social media to keep up with all the latest information on what's happening at your Y.



@FoothillsAreaYMCA