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## Torrington Branch YMCA News

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### YMCA Facility to be more Efficient

Our 1922 facility wasn't exactly built with the idea of energy efficiency and that has been an on-going struggle for us. For the past 2 months, BKM & TRANE trucks have been parked outside the YMCA almost daily. These contractors have been busy connecting all of the YMCA's heating and cooling valves and equipment to a pc run energy management system. Due to be complete in April, this \$241,000 project will maintain more comfortable temperatures throughout the YMCA in a more efficient way allowing for energy savings when the YMCA is closed. \$116,000 in grant funds are being provided by CL&P. The system will save the YMCA over \$50,000 per year.

### Your Membership great for travel

YMCA memberships are accepted at any YMCA across the state of Connecticut on a daily basis and across the U.S. for occasional use. This way if a new job or work travel takes individuals into other regions, the local YMCA is willing and able to serve.

### YMCA to offer Free Memberships

The Northwest YMCA is rolling out its **Y Cares Membership Assurance program** to offer current YMCA members free continuation of their membership privileges in the event members lose their full-time employment. "It's getting to the point that we all know someone who's lost their job due to the present economic climate," says Marketing & Communications Manager Amanda Schutz. "Since our mission is to build healthy spirit, mind and body through programs that foster caring, honesty, respect and responsibility- we couldn't think of a better way to show our caring than this."

Life is full of surprises, not all of them good. It's the unexpected ones, like losing a job, that can have significant affects on an individual's personal health- poor sleeping, poor eating, depression, even excess drinking. "We believe that regular exercise is especially important during stressful times and losing one's full-time employment has to be one of the most stressful times to go through," says YMCA CEO Greg Brisco. "This is why we've created the Y Cares Membership Assurance program, as a United Way non-profit responsible agency, to help folks successfully navigate this temporary period."

YMCA members who have an active YMCA membership in good standing for the past six months

and lose their full-time employment are eligible for the Y Cares Assurance free membership Program for up to 6 months. For more information please contact Sharon Zordan at (860) 489-3133 ext. 102

### Men's Steam room renovation

We are now making plans for a total renovation of the men's steam room this summer. A committee has formed and met and has decided to install ceramic tile throughout. This planned to be a Y-Pride member project. If you are interested in helping us, please contact Greg Brisco at ext. 116 or Bill Mascetti.

### Quick-Fit (QFit) Sessions

Looking for personal instruction and some motivation? We can help. Sign up for the YMCA's QFit sessions on daily basis (if you want) and have your own workout buddy for 15 minutes. Use your buddy to learn a new exercise, to change your routine or to push you extra hard. They will get you going and then you're off to finish your workout on your own. The regular appointment is sure to make you not blow off your work out, because your buddy is waiting! See one of our Fitness Center trainers for more information or to set an appointment.

### Larger Cycling Studio opened

Earlier this month, the YMCA moved our cycling studio to our Mason Street Classroom adjacent to the Aerobics studio. As a part of the move, we acquired 8 new cycling bikes bringing our total to 18 bikes. The cycling classes will remain in this location for the Spring, Fall and Winter sessions. We will be moving back to our original home for the summer and the classroom will be used for summer camp.

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### Camp Torymca's at new location

Times are a changing, as so is the YMCA's Day Camp Torymca. This year, the YMCA will be based out of the Torrington YMCA with all of the YMCA's wonderful facilities- gym, swimming pool, dance studio and air-conditioned classrooms. Campers will have a long list of electives to choose from: Sports, Video Gaming, Music Video Production, Jazz & Hip Hop Dance, Rocketry, Journalism & Digital Photography. Add to this, regular outdoor activities at Vogel-Wetmore School and trips to Burr Pond, ice skating, Fusion Zone, etc. It is the best of the best! Don't miss out on the fun.

### YMCA Healthy Kids Day Activities

On Sunday, May 3 10 am to 2 pm, the YMCA will be celebrating National Healthy Kids Day! This year we have three exciting kids events.

- 1- YMCA Swim Lesson Meet-** Feel what it's like to step to the blocks for a race. Dive in at the whistle and swim for the joy of it. Touch the wall and see your time up on the scoreboard. Step up on the podium and get a ribbon. Everyone's a winner! Youth and Preschoolers welcome.
- 2- Jr Olympic Basketball Skills-** Basketball shootout. How many foul shots can you make? All abilities welcome.
- 3- Aquafina Pitch, Hit & Run-** test your baseball skills! All abilities welcome.

### YMCA to continue Ponte Run

The John A. Ponte Memorial Fund and the John Ponte Road Race were both created upon the death of John Ponte on August 5, 2004. The purpose is to honor the memory of a truly unique man who touched so many of people during his short, yet incredible life.

This year, all of the funds collected by the Ponte Run will be donated to the YMCA Strong Kids Campaign. All funds raised for this campaign provide financial assistance for children to attend summer camp, enjoy YMCA swimming lessons, sports programs, allow them to receive YMCA memberships, and more!

The race will be held, Saturday, September 5<sup>th</sup> at 10:00 am. For more info, please contact Candice Foster at 489-3133 ext. 132.

### YMCA to host Indoor Triathlon

On Sunday April 19 and Sunday April 26, the YMCA will be conducting our first annual indoor Triathlon at each of our three locations. There will be four start times between 10 and 11:30 am. Participants will keep track of the distance traveled in the 10 minute swim, 30 minute stationary bike ride and 20 minute treadmill run. Winners will be determined by the most distance traveled. The event is open to all YMCA members. Please see our membership services staff for more information or an entry form.

### Income Based Membership rates

In September 2008, the YMCA rolled out a new idea in membership rates- Income Based Membership (IBM). IBM program allows individuals and families to very easily qualify for reduced fee memberships.

All you need is your most recent tax return. Fill out your application and get fast approval. Join the growing number of families taking advantage of this program.

### YMCA Youth Program Growing



Girls AAU Basketball- now in the development stage, the YMCA is committed to providing a off-season competitive basketball experience. Contact Amanda Schutz at ext. 142 for more information.

Baseball Pre-season Clinics- Offered in only its second year, February & March preseason baseball clinics at the Winsted YMCA for 9-15 year olds. Enrollment jumped from 20 last year to 61 in 2009.

Youth Wrestling- new program which began in March. This program offers Middle-school wrestlers a one hour a week program and high schoolers two hours per week of training. The team plans to wrestle in area US Wrestling meets.