

# The Wilson Family YMCA Fourth Quarter 2011 Newsletter



## From The Director

Dear Friends,

When you joined the Y, you became part of our cause to strengthen community. You became part of something bigger; a place to forge friendships, a place of service to others, a place for personal growth, a place to feel healthier and be stronger. Please let us know how we can help you build relationships. They are the strands that knit people together.

The Wilson Family YMCA will be ten years old in December. We have come a long way in 10 years. We have much to celebrate. Please take some time to fill out the space survey. As we plan for the future, we want to know how we can better serve you.

Thank you for your continued dedication and support.

See you at the Y!

Kathie Davis  
Executive Director

**We love to hear from our members! Please contact us with any questions, concerns or suggestions.**

**Kathryn Davis**  
Executive Director  
director@wilsonymca.com

**David Caudle**  
Wellness/Program Director  
wellness@wilsonymca.com

**Terry Hey**  
Business Manager  
businessmanager@wilsonymca.com

**Sue O'Lear, Marketing and Membership Coordinator**  
membership@wilsonymca.com

**Louise Dillard**  
Personal Fitness Coordinator

**Mary Sargent**  
Group Fitness Coordinator

**Julia Harold**  
Pre-School Wellness Director  
Gymnastics Coordinator

### **Member Services Staff**

**Bryan Cannon**  
**Christie Dilda**  
**Kathy Werline**  
**Kim Coleman**  
**Kristie Barbour**  
**Marissa Macri**  
**TJ Brock**  
**Lisa O'Day**

### **The Child Watch Staff**

**Ashley Batista**  
**Christie Kirkley**  
**Amber Tucker**  
**Felicia Tucker**  
**Jerica Woodard**  
**Joanie Parker**  
**Johna Kite**  
**Megan Proctor**

## The President's Pen



Dear Y Members and Supporters,

"It's easier to maintain good health than regain it.", Kenneth Cooper, M.D.

What a perfect New Year's Resolution! But why wait until 2012? Lets all resolve to begin the journey to good health right now and if you are one of the many Y members who already enjoy good health, let's strive to maintain that gift. The Wilson Family YMCA is here to help you regain and maintain good health in mind, spirit and body. We offer 90 classes every week and that does not include the Youth Fitness and Child Watch classes. Certainly you can find a class that sounds interesting. Our instructors and personal trainers are absolutely the best and are passionate about helping you achieve your goals.

The board is nearing the end of the Strategic Planning Process. We have spent almost a year focusing on the future and I feel so confident about the second decade of our Y. The leadership is in place to guide our organization in achieving the goals we have set. Kathie Davis has been our Executive Director at the Wilson Family YMCA for seven years. The Y has flourished during her tenure and we are fortunate to have her on our team as we implement our strategic plan. Her dedication is unsurpassed! The board joins me in saying **THANK YOU KATHIE!**

May an abundance of love, peace, joy and serenity fill your home and heart this holiday season.

Sincerely,  
Carol Bowen

# Y WELCOME

Please join us in welcoming  
Larry Blair!

Larry is transitioning from member to cycling instructor at the Y. He's been a fan of our spin classes for years, and is now leading classes of his own. Please extend a warm welcome to our newest instructor!

## MELT Method Self Treatment Class

MELT teaches you simple, self-care techniques using foam rollers and small hand and foot balls to make your body feel better and function more efficiently.

MELT is being taught in the country's most prestigious fitness centers, and certified instructor Kim Benson has brought it to the Y! With classes on Tuesdays, Wednesdays and Thursdays, it is not to be missed!

# Things to Remember

## Holiday Closings

- ◆ Thanksgiving Day.
- ◆ Christmas Eve and Christmas Day. Open at 8:00 AM December 26th.
- ◆ New Year's Day. Open at 5AM on January 2nd.

## Christmas Giving Opportunity

The Wilson Family YMCA provides tutoring and mentoring to the children at the Hattie Daniels Day Care Center every week.

Come Christmas time, our members have a wonderful opportunity to help make the holiday memorable for one of these kids by choosing an ornament from the tree that bears their name and wish list.

Look for more information at the front desk soon!





FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Dear YMCA Supporter,

My name is William Via and I am planning my Eagle project at the new YMCA site. I plan to put benches and a trash can by the newly built track. The trash cans will be available so people will have a place to put trash and so they won't litter after they run. The benches are for the convenience of the runners. After they run, they can sit on the new benches. I am asking for tax deductible donations to help with the cost of supplies and materials.

Thank you for your contribution.

Sincerely,

William Via

Yes! I would like to help William Via on his Eagle Project and help the YMCA fund the new benches on concrete slabs and a trash can depository for the new YMCA site on Wooten Boulevard.

Please send my receipt to:

Name::

---

Address:

---

Please send your tax deductible contribution to:

The Wilson Family YMCA

3436 Airport Blvd.

Wilson, NC 27896

You will receive a receipt from the YMCA for a tax deduction. Thank you for your support.



# Child Watch News

**The Child Watch Staff would like to thank the following people for their generous donations!**

**Sheila Johnson donated 4 boxes of crayons, construction Paper and colored pencils.**

**Gloria Lewis donated 2 boxes of crayons.**

**Donations are always greatly appreciated! Thank you!**

## **\* FALL FUN NIGHT \***

Kids Night Out was a great success, with 20 children in attendance. We played games, made art projects, jumped on the blow up bouncy and ate pizza. We finished the night with dessert and a movie. They also went home with a fun treat bag and a YMCA tee shirt with a pumpkin on it that glows in the dark! The kids enjoyed a night away from the stress of growing up so fast (and parents got some time to themselves). Thanks to everyone who participated in the event! Watch for the NEXT Kids Night Out, happening on December 9th!

**I would like to thank everyone who bought Butterbraids or cookie dough from Amber Tucker. She came in second place in sales and will be traveling with her chorus in the spring to Chicago! She couldn't have done it without all of your help. Thanks!**

**Felicia Tucker**

### **WISH LIST**

- ♥ Small CD Player
- ♥ New CDs
- ♥ New DVDs
- ♥ Receiving Blankets
- ♥ Gently used toys



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**



# Facilities Questionnaire: Membership

Early in 2012, the YMCA Board of Directors will begin to consider the recommendations it will make to an architect when one is chosen to design our new YMCA. This questionnaire is your opportunity to help design the new facility on the inside. Please make concise suggestions that relate to internal facilities only and that would improve significantly the service(s) you receive. As you compile your list, think of every aspect of the physical environment in which you exercise, take classes and relax. What changes would you make to produce for yourself an optimum Y experience? Here's a place to start. To help frame your thoughts, pretend you're about to build your dream home. Now consider everything you'd tell your contractor before the blueprints are drawn. Don't include your thoughts on equipment and furnishings – they're for another questionnaire at another time.

This questionnaire asks for your age and the ways in which you enjoy the Y so that the Board can be sure that recommendations have come from every cohort group in the membership population. Your name is optional. If you'd like to provide it, the Board might ask follow-up questions to clarify a specific recommendation. With so much at stake for the future of our YMCA, please take ample time for your thoughtful response and return this document to Executive Director Kathie Davis by Friday, December 9. Thank you for your valuable assistance as we begin to add form to the exciting prospect of a new facility.

Bob Kendall  
President-elect  
YMCA Board of Directors

Name (optional) \_\_\_\_\_ Age \_\_\_\_\_

Ways I enjoy the Y (activities, classes, etc.)

---

---

**One.** What internal facility shortcomings do you encounter in our current location that diminish your Y experience?

**Two.** At the new facility, what changes would you recommend to address each shortcoming? Please be very descriptive and specific. Beginning with the most essential/critical, please rank your recommendations by noting 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, etc. in the margin adjacent to each.

**Three.** What internal facility shortcomings exist in common areas (locker rooms, restrooms, entrances, member areas, etc.)?

**Four.** At the new facility, what changes would you recommend to address these shortcomings?

**Five.** List three internal facility innovations that would maximize your Y experience at the new facility?



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**WILSON FAMILY YMCA**

Phone: 252-291-9622

Fax: 252-291-9664

Email: [director@wilsonymca.com](mailto:director@wilsonymca.com)

'LIKE' the Wilson Family YMCA  
On Facebook!

**WILSON FAMILY YMCA  
3436 AIRPORT BLVD  
WILSON, NC 27896**

RETURN SERVICE REQUESTED

**NON-PROFIT  
US POSTAGE PAID  
WILSON, NC  
PERMIT #46**