



# Cumberland YMCA

## September 2008 Newsletter

### Managing Director's Message

Dear YMCA Member,

Thank you for your continued support and dedication to the Cumberland YMCA. The Cumberland YMCA, the Board of Directors and key stakeholders have been busy this summer working to create a sustainable and viable YMCA that will continue to serve the citizens of Cumberland County. In fact, you may have received a phone call from Nova Scotia Health Promotion and Protection asking for your views on how the YMCA can better serve you and your family. This survey is one of the key components of the YMCA Needs Assessment that will build our Business Plan and drive our Capital Campaign.

Some of the other key projects that are underway that will enhance and improve our facility and programs are: a Facility and Energy Audit through Maricor Group with results expected early September, the development of a Business Plan with assistance from YMCA Canada East with a completion date of late October, and the re-organization of membership fees and programs with implementation on October 1. One of the exciting changes that has already been completed is a freshly paved parking lot (no potholes...yay!) which was generously funded by an anonymous donor. In addition, the children of the YMCA Early Learning Centre are excited about the newly renovated and expanded playground area on Ratchford Street and we are all looking forward to the creation of a brand new playground space outside the YMCA building. Our new playgrounds could not have been realized without grants from the Department of Community Services.

Fundraising is a part of any charitable organization, and we have been doing a lot of that this summer! Thank you to the Community Credit Union who partnered with the Cumberland YMCA over the past three months and to community members who supported us at one of the three barbeques which they organized, raising over \$2000. As a show of faith and confidence in the future of the YMCA, the Amherst Y's Men's Club, the YMCA Board of Directors, and the Amherst Rotary Club have all made donations totaling nearly \$14,000.

A lot of positive things have been happening, but there is still a lot of work to do. The Cumberland YMCA appreciates and needs the support of the community and its' members. The YMCA cannot exist on donations alone. If we want our YMCA to become sustainable and viable, the fee structure needs to change substantially in order to reflect the operating costs of the organization while keeping the membership fees comparable to other facilities of this nature. As you know, the YMCA is a family place with programs and activities for people of all ages. Your membership includes access to the pool, sauna, hot tub, racquetball court, aerobic/ fitness classes, cardio and fitness room, a large gymnasium and coming in the fall 2008, a women's only training area equipped with cardio equipment, free weights and core training equipment. Membership also allows you early registration and a discounted rate for special programs. Youth, teen and/or family membership allows you to qualify for a Canada Tax Credit of up to \$500 per child annually.

In the past several years, the Cumberland YMCA has only undergone one increase in membership dues, and right now, ours are the lowest rates among other YMCA's in Atlantic Canada. During that time, there have been

significant increases in energy, maintenance, wages, and equipment. Our fee structure did not keep pace with these increases, therefore, starting October first, membership fees will be increasing in all categories in addition to some simplifying of membership categories. Enclosed, you will find a copy of the new fee structure, which you can also access on-line at [www.ymcaofcumberland.com](http://www.ymcaofcumberland.com). For your convenience, two payment options will be available: monthly pre-authorized payments or annual fees paid in full. The YMCA believes there should be no barrier to membership and every year our Strong Kids Campaign raises money to support our subsidized memberships. In 2008 we have already raised over \$50,000 to support subsidized membership fees.

The Cumberland YMCA is a community organization and the strength of our future depends on the strength of our membership. We have appreciated your support in the past and look forward to your support as we continue to build and strengthen our YMCA community. Throughout the fall, we will be continuing our fundraising efforts. On September 27<sup>th</sup>, thanks to the support of Amherst Insurance and the talents of the Comedy Troupe, we are hosting an evening of laughter. "Yee Haw" will be performed at the ARHS Theatre with show time at 8pm. Tickets are \$20.00 and are available at the YMCA. We look forward to seeing you at this event and as always, at your YMCA!

Best Regards,

Trina Clarke  
 Managing Director  
 Cumberland YMCA

"It's not enough we do our best; sometimes we have to do what is required."

-Sir Winston Churchill

## New Membership Fees - Oct 2008

### Effective October 1 2008

<u>Category</u>	<u>PAC</u>	<u>Year</u>	<u>Day Pass Prices:</u>
Youth (3-12)	\$20.00	\$240.00	Adults: \$8.00
Total	\$20.00	\$240.00	Youth / Student / Senior: \$5.25
			Family: \$18.00
Student (13+)	\$30.97	\$371.68	
HST	\$4.03	\$48.32	<b>PAC:</b>
Total	\$35.00	\$420.00	PAC is a continuous membership paid monthly out of a bank account. A \$15.00 admin fee will be applied to the first month's payment to cover bank charges.
Adult (18+)	\$48.67	\$584.07	
HST	\$6.33	\$75.93	
Total	\$55.00	\$660.00	Students must be enrolled in full time studies and must show a valid student ID card at the time membership is purchased or renewed.
Senior (60+)	\$44.25	\$530.97	
HST	\$5.75	\$69.03	
Total	\$50.00	\$600.00	Family membership is available to couples, and 1 or 2 parent families with dependent children.
Family	\$84.07	\$1,008.85	
HST	\$10.93	\$131.15	
Total	\$95.00	\$1,140.00	

# Fall Fitness Classes

*Here are some of our new upcoming fitness classes*

**Tae Kwon Do** - This class is designed to introduce people to this form of self defense. This class is held at different times throughout the year, check the fitness schedule for current times.  
(Requires Advance Registration / Additional Fee)

**“Y” Wait - Weight Loss Program** - This program is for those looking to incorporate a healthy way of living through fitness and exercise. Offered at certain times throughout the year. See schedule for dates & times.

**Deep Water Aquafit** - A great cardio workout in deep water. Participants need to feel comfortable in the deep water. See schedule for current times. (Requires Advance Registration / Additional Fee)

**Boot Camp with Roger Dorrington** - This 30 minute classis designed for those who are looking to have a good, hard work out! Offered at certain times throughout the year. **Thursday 8:00 - 8:30 am**

**Step N’ Rep with Cathy** - This class mixes the use of steps to get your cardio with the use of weights to tone your muscles! **Sundays 5:00 - 6:00pm**

## Childcare

**Babysitting Course** - Childcare will be running a babysitting course on Saturday, October 4th. Registration available at the YMCA front desk. Cost is \$35.00 for members and \$45.00 for non-members

## Aquatics

Our annual pool maintenance is finishing up and we will then have all of our aquatics programs starting back up. Registration for the first session of swim lessons will be starting on Monday, September 8<sup>th</sup>. We also have the Adult Swim Club starting back up on the same day that the Spartans swim team dives into the water on September 15<sup>th</sup>. The fall pool schedule is now available on line or at the YMCA. We have extended lane swim over lunch and all of our aquafit classes are starting back up. For more information on any of the aquatics programs please visit our web site, call the Y or drop in to see all the programs coming in the fall.

## Swimming Lessons

**Fall 2008 Swimming Lessons - 8 Weeks**

**Registration Starts: Monday, September 8, 2008**

**Classes Start: Thursday September 18, Saturday September 20, Sunday September 21**

Cumberland YMCA  
92 Church St.  
Amherst, NS  
B4H 4A1  
902-667-9112  
www.ymcaofcumberland.com

Our fall 2008 Pool and Gym schedules are now available at the front desk and online at our website. For more information on our programs and services please contact us at the YMCA.

If you would like to begin receiving our newsletter through your email each month visit our website and click on the sign up for newsletter link or fill out a email registration sheet at the front desk.