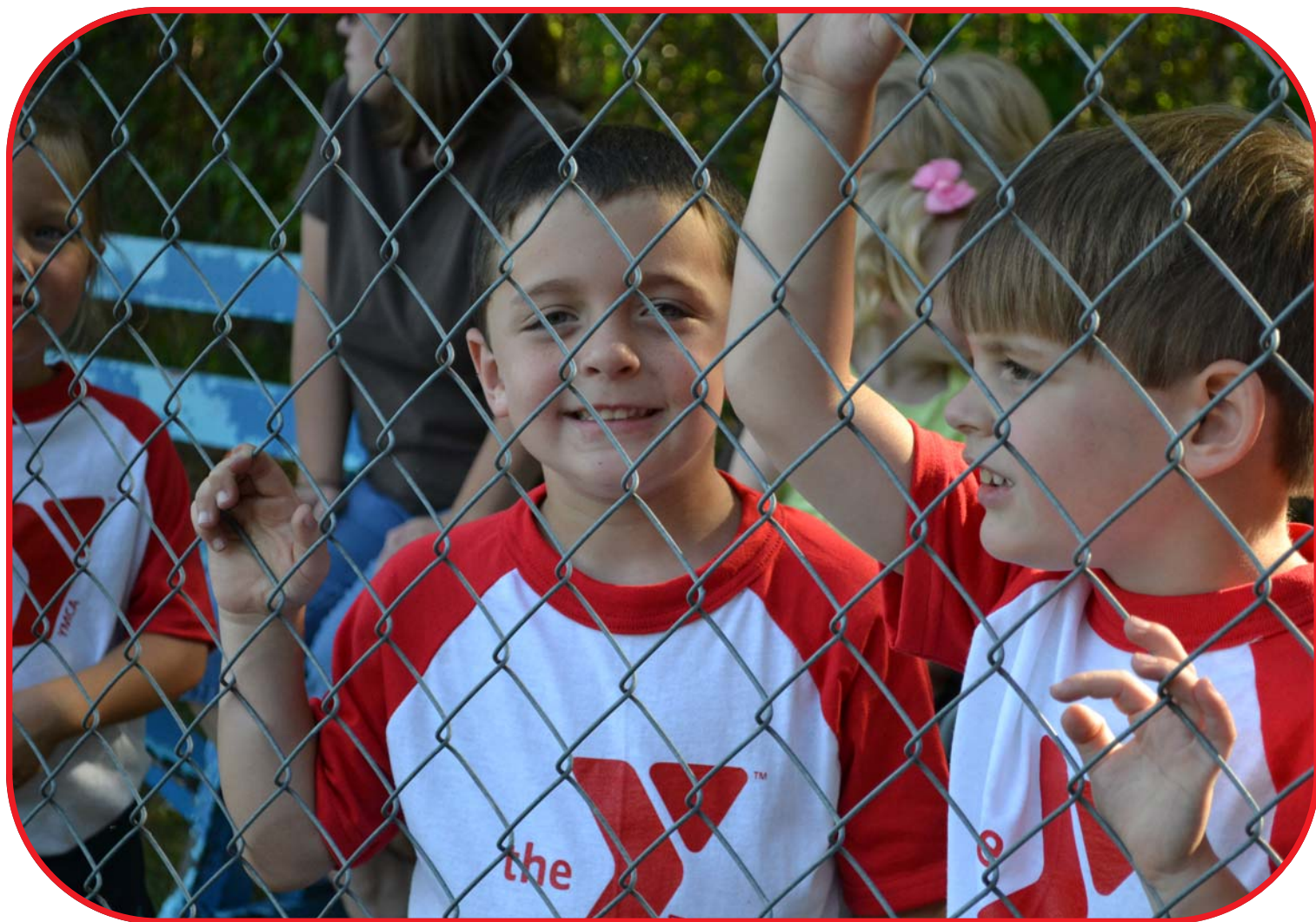


MOULTRIE YMCA

JULY 2011 NEWSLETTER



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

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



MOULTRIE YMCA
601 26th Ave. SE
Moultrie, GA 31768
229-985-1154

Non Profit Org.
 U.S. Postage
 PAID
 Permit No. 132
 Moultrie, GA

Special Events

Basketball Camp
July 5 - 8

Boot Camp
July 11



VBS Aquatic Camp
July 18 - 22

Ultimate Frisbee Camp
July 26 - 29

Swim Lessons
July 26 - August 18



PRIMETIME Registration
August 1

Soccer Camp
August 1 - 4



"Under the Big Top" Gymnastics Camp
August 1 - 5

Race of the South Registration
August 15

Bud Vereen Memorial Golf Tournament
September 1

Swim Lessons
August 30 - September 22

National Gymnastics Day 2011
The Year of the Handstand
September 17

Race of the South
September 17

Greetings from the Moultrie YMCA staff!

Wow! The heat has really kicked in so far this summer! The activity around the YMCA is just as intense, as we have so many things for you and your family to try! From aquatics to cheerleading, there is something for everyone at the Moultrie YMCA.

We're very excited about our new Tumbling for Cheerleading classes that have just begun. From the beginner to the advanced student, we have a class that will fit your cheerleader's needs. Krista Wood, former CCHS Cheerleader and YMCA Gymnast, has returned to lead this new series. Contact the member services desk for more information.



We'll soon begin delivering an email version of the Moultrie YMCA events and happenings. Beginning July 1st, we'll send regular email updates of activities at the YMCA. Contact the member services desk and leave us your email address, so we can be sure you get the most current information about programs and events.

Later this year, we'll begin construction of our new Ropes/Adventure course. The Waldo DeLoache Testamentary Charitable Trust has made a gift to the Moultrie YMCA to build a low and high-elements ropes course. Alpine Adventures, a company from North Carolina that specializes in building towers, zip lines, and ropes courses, will begin construction on our wooded area this fall. Watch for more information.

Congratulations to all of the girls who qualified for YMCA Nationals. Go MGs!

Don't forget as you travel this summer to take advantage of our reciprocal memberships with the Thomasville and Albany Ys. As always, it is our privilege to serve you at the Moultrie YMCA. Let us know how we can make your YMCA experience better.

Greg

Y FAMILY NIGHT

Join the Y on any of these nights to eat and participate in some family fun! Swimming and board games will be offered along with these themed nights:

JULY 8 - Movie Night

6:00 pm- 9:00 pm

JULY 22 - Family Challenge Games

For just \$3 per person enjoy dinner at the Y as well!

AUGUST 5 - Movie Night

2011 Moultrie YMCA Annual Support Campaign



Thanks for your support!

Hours of Operation

Monday - Friday 5:30 am - 9:30 pm

Saturday 9:00 am - 6:00 pm

Sunday 2:00 pm - 5:00 pm

Contact

601 26th Ave. SE,

Moultrie, GA 31768

229-985-1154

www.moultrieymca.org

Mission

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

**YMCA membership and programs are available to everyone, regardless of their ability to pay.
Please ask about our financial assistance plans.**

Mentors of the Month for 2010 - 2011 School Year

Danny Gay - Virginia Hart - Barbara Hall - Randell Wilson
 Kathy Loy - Robert Tilson - Elly Storey - Lester Blakely

Mentor of the Year for 2010 - 2011 School Year

Ellen Tucker



Ellen Tucker joined the Y Mentor team early in the 2010-2011 school year and has made an incredible impact at Cox Elementary School. Ellen was assigned only one mentee at the start, but it wasn't long before she was volunteering several hours a day and helping numerous children with their reading and sight words, handing out hugs and encouragement at every turn. Ellen recently was honored with the title of "Mentor of the Year" for the example she has set for so many volunteers and children. Her hard work and consistency makes her a stand out volunteer, but it's the compassion and unconditional love that flows from her that makes her extra special.



HAPPY GRADUATION!

Marley Baker, Addyson Barwick, Adam Beverly, Harrison Chapura, Aubree Clements, KC Criss, Matthew Dillon, Lane Duckworth, Zy'Yanna Grier, Jackson Hancock, Caleb Hargraves, Hannah Huante, Quan Kinsey, Jesus Luna, Addison Martin, Jessica Mashburn, Chizua Ndukwe, Nathan Phelps, Mayra Reyes, Caleb Schmidt, Chloe Stephens, Isabel Taylor, Greer Turnipseed

30 DAY IRON MAN

As part of Fitness Month, throughout the month of May the YMCA hosts a 30 Day Iron Man Competition. Iron Man encourages you to cross-train, pushing yourself to find new ways to exercise.

1 person=

- 112 Bike Miles
- 2.4 Swim Miles
- 26.2 Run/Walk Miles

33 participants =

- 3,696 Bike Miles
- 79.20 Swim Miles
- 864.6 Run/Walk Miles



The map to the right shows just how far Iron Man participants biked on a map, all 3,696 miles, starting and ending in Moultrie!

GYMNASTICS TROPHY DAYS



Moultrie YMCA.
 A proud member agency of the United Way