



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF METRO NORTH

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Y YOU CARE

SUMMER 2015



THE Y... IT'S SO MUCH MORE

Living Our Cause – Youth Development, Social Responsibility, Healthy Living

Stop by any one of the YMCA of Metro North branches this summer and you'll see our members (and campers!) living the Y cause. Young campers are mastering new skills, gaining independence and making memories that will last a lifetime. Our garden club program is teaching young people how to grow and prepare healthy, nutritious meals. Members of all ages are taking to our pools to beat the heat, learn to swim and stay active. The list could go on and on, but I will just say that whatever it is that brings you to Y, we are glad that you have chosen to spend part of your summer with us. You make our Y so much more.

Sincerely,

Bruce Macdonald
President and CEO

CELEBRATING SUCCESS!

YMCA of Metro North Celebrates a Successful 2014 at Annual Meeting

More than 150 donors, community leaders, volunteers and YMCA staff came together for the YMCA of Metro North's Annual Meeting at the Boston Marriott Peabody. The event celebrated the achievements of the YMCA of Metro North in 2014 and honored staff, long-time volunteers and supporters.

The YMCA of Metro North recognized Eastern Bank with the YMCA Corporate Partner Award for their years of service and support on behalf of the YMCA. Ethel Leonard, a long-time Board member and YMCA volunteer received a special volunteer recognition award which has been named in her honor – the Leonard Service Award. Helder Tsinine, Director of the Lynn Music Studio Clubhouse received the YMCA Staff Impact Award for his work teaching and inspiring young musicians.

Among the highlights of the evening were the performances by two Lynn Music Studio Clubhouse veterans, Amanda Mena and Merlyn Garcia. Amanda won "La Voz Kids" on Telemundo TV in 2014 and Merlyn competed on the current season of "La Voz Kids".

Dave McGillivray, a philanthropist, author, athlete and long-time race director for the BAA Boston Marathon was the keynote speaker and inspired the crowd with his personal story of perseverance and achievement. He also discussed his experience in the aftermath of the Boston Marathon bombing and encouraged everyone to set goals and never underestimate their abilities.



STAFF PROFILE: KATY COFFEY SENIOR AQUATICS DIRECTOR

To say Katy Coffey has a life-long love of swimming would be an understatement. Growing up, Katy's parents often joked that she was born with gills and flippers because it was nearly impossible to coax her out of the ocean or swimming pool. The water is where she has always felt the most comfortable and inspired. The water is also where she is making a difference in the lives of countless YMCA members across Metro North today.

Katy's YMCA career began at the age of 15 as lifeguard for the Cape Anne YMCA. She went on to study to become a teacher at Gordon College and returned to the YMCA of the North Shore after graduation working as the camp director and eventually the youth and family director at the Ipswich YMCA. Over the next several years, she served in a multiple leadership roles for the YMCA of the North Shore leading sports, camps and gymnastics programs, but her heart was still in the pool and she realized that she wanted to focus her career in aquatics.

Last summer she joined the Melrose YMCA as the senior aquatics director and set to work making the already busy swim program stronger than ever. Katy combined her teaching experience and her passion for aquatics to create a standardized teaching curriculum and raised the bar on what families enrolled in the program could expect from the Y.

"When I came to Melrose, it was awe-inspiring to see the number of kids already coming through the program," said Katy. "I focused on building the aquatics curriculum, and when we rolled it out, the response from local families was overwhelming. We saw a rapid increase in class enrollments."

Based on her success in Melrose, Katy was asked to join the leadership team at the Torigian YMCA last fall. Katy looked at ways to optimize use of the pool, enabling the Torigian branch to have more flexibility in the types of aquatics programming they could offer and increasing the overall number of classes.

She spent time listening to her members to see what they wanted most and focused on making it happen. One of her biggest successes has been the growth of the water fitness classes. The water fitness classes have been expanded to include boot camp and Zumba and participation has increased from 20-30 people a day to 50-60 a day. The class for people suffering from arthritis

was expanded to include strength and balance activities and attendance increased from an average of 5 people per class to 20-30!

Katy believes the teamwork and dedication of her staff have been a big part of the success of the Torigian aquatics programs.

"I've been most impressed with the aquatics team," said Katy. "Some are full-time, some are part-time, but they come together to support each other and create a great experience for everyone in our aquatics program."

Katy also credits the success of the aquatics programs association-wide to the YMCA of Metro North's organizational commitment to safety and excellence in teaching. The support the branches receive from CEO Bruce Macdonald and COO Kathleen Walsh has empowered the aquatics directors to take their programming to a new level. That's what is most important to Katy, developing innovative programming that addresses all of her members' needs.

"Katy has been a great addition to our team," said Torigian YMCA Executive Director Tyler Fleming. "She thinks outside the box and looks for ways we can be more responsive to our members' needs. Her professionalism and enthusiasm for aquatics shines through in everything she does."

Katy encourages members of all ages and abilities to dip their toe in the water and try the Y's aquatics programs because there is truly something for everyone. She jokingly tells members, "an elephant can swim up to two miles a day, so there's no reason why you can't try a new aquatics class!"

Whether Katy is teaching first time swimmers, checking chemicals at 4:00 am, leading a packed aqua aerobics class or wearing a mermaid tail to inspire young swimmers, she brings the same energy, enthusiasm and commitment to her job.



SUMMER AQUATICS SAFETY

Learn to swim classes have always been a cornerstone of YMCA community programs. This year, when you visit any of the YMCA of Metro North pools you may notice some changes that are part of our effort to improve the quality of our classes and further enhance safety at every pool.

This past year, the YMCA of Metro North hired Michael Oostman, one of the leading aquatics consultants in the nation, to audit our programs and look for ways to improve. Working with Senior Aquatics Director Katy Coffey, Oostman helped the YMCA of Metro North create a game-plan with four main components:

- Increase family engagement
- Develop consistent curriculum standards
- Enhance safety procedures
- Staff development

As part of the new procedures, everyone under the age of 18 must take a swim test and wear a colored wristband in the pool signifying if they may swim without a flotation device and if they are capable of swimming independently in deeper water. Lessons are geared toward helping children pass the swim test. Parents who do not want their child to wear a flotation device must be in the pool with their child at all times.

YMCA of Metro North aquatics directors have also been meeting monthly to ensure consistency in their teaching curriculum and unifying policies. The new curriculum places a heavy emphasis on water safety and engaging parents in the learn-to-swim process. The Y is also seeking to expand junior lifeguard and lifeguard training programs and investing in staff development to increase the number of master level trainers.

Parents and kids are responding positively to the changes and there has been a big increase in the number of young people enrolled in YMCA of Metro North swim lessons this summer. The curriculum roll-out began at the Melrose YMCA last summer, and the number of young people enrolled in swim lessons in Melrose has doubled! Association-wide, the number of young people enrolled in summer swim lessons has increased by more than 50 percent.

The YMCA of Metro North is committed to excellence in our aquatics programs and we will continue to work hard to be the best for our members.

2015 ROAD RACE SERIES NEARING FINISH LINE

The results are in for the first two races in the 2015 YMCA of Metro North Road Race Series, the Lynn YMCA Stride Along the Tide 5K and the Torigian YMCA Dash and Splash 5K, and the winners are ... everyone! That's right, everyone wins because the two races raised a combined \$10,000 for the YMCA of Metro North Annual Fund which provides financial assistance and scholarships for Y programs to families in need.

Local runners took to the streets of Nahant to support the Lynn YMCA on May 30th at the Stride Along the Tide 5K. The Stride Along the Tide 5k was the largest ever with 190 runners, more than twice as many runners as last year!

The Torigian YMCA's Dash and Splash 5k took place on July 16th. The race was held in the evening on a new course that began and ended at Camp Eastman. One hundred eighteen people joined in the fun, more than double the number of runners as last year.

"We are extremely grateful to everyone that came out to run with us for the 2015 YMCA of Metro North Road Race Series," said Kathleen Walsh, YMCA of Metro North Chief Operations Officer. "We are thrilled with the turnout for our first two races and we're looking forward to a strong finish with our last two races this fall."

There is still plenty of time to start training for the final two races of the season - the Melrose Family YMCA Spooky Sprint 5k on October 31st, and the 5k Stride for the Saugus Y on November 7th. For more information on the YMCA of Metro North Road race Series, please visit www.ymcametronorth.org.

SAVE THE DATE: SO MUCH MORE AUCTION AND GALA

Join your friends and neighbors for a night of dinner and dancing in support of the YMCA of Metro North's Annual Fund at the So Much More Auction and Gala on September 24th at the Peabody Country Club in Salem. The gala will feature music by Kina Zore (an afro-pop band fronted by Lynn YMCA music man Helder Tsinine) and a live auction hosted by local radio personality Hank Morse. The Y's Annual Fund provides financial assistance to kids and families in need, ensuring that Y programs and services remain affordable and available to every member of the community regardless of their ability to pay.

Please join us and help the YMCA of Metro North continue to be so much more to the communities we serve. For information on tickets or event sponsorship, contact cbates@metronorthymca.org.



the **Y**
YMCA

SO MUCH MORE
Gala

Thursday, September 24th
6:00pm to 9:00pm

Salem Country Club, Peabody

Support your YMCA and attend our biggest fundraiser of the year!
See the Welcome Center for details.



FARM TO TABLE DINING AT THE LYNN YMCA'S HEALTHY KITCHEN CAFE

Farm to table is the latest trend in dining, bringing the very freshest ingredients direct from the farm to local restaurants or your own kitchen table as soon as they are picked. Thanks to a partnership with the Food Project, young people at the Lynn YMCA are enjoying the farm to table experience using vegetables and herbs they grow themselves and then cook with for a shared meal. The Food Project is a non-profit organization that engages young people in personal and social change through sustainable agriculture. The Food Project has operated an urban farm in Lynn since 2005. The Y and the Food Project collaborated to build satellite garden beds at the Y and the young people in the Youth Center have been planting and harvesting peppers, cucumbers, spinach and herbs to use in the Y's Healthy Kitchen Cafe. Each Wednesday the young people gather their harvest and head to the kitchen to prepare a healthy meal with the food they have grown. Some of their creations include vegetable lasagna, avocado dip and smoothies.

"The Food Project garden at the Y aligns with the all three components of the Y's mission for youth development, healthy living and social responsibility," said Senior Program Director Amy Croce. "The kids in our Youth Center get to experience how easy it is to grow their own food, develop a taste for fresh, healthy ingredients and learn nutritious recipes they can make at home with their families."

The garden club program will run through the end of August and Y's Healthy Kitchen Café operates during the school year. Stop by the Lynn YMCA Welcome Center for more information.

CAMP IN FULL SWING!

All across Metro North our young campers are swimming, sliding, climbing and running their way through a great summer. Campers have been busy enjoying field trips to the Science Museum and Canobie Lake Park and popular theme weeks like Olympic Week, Carnival and Party in the USA. Our oldest campers, the Teen Leaders, have also been learning valuable job skills and finding ways to give back to their community through volunteer projects. This year more campers than ever are spending their summer with the YMCA of Metro North, and from the looks of these pictures, they are having the time of their lives!



HELP THE YMCA OF METRO NORTH MAKE A DIFFERENCE

You can help the YMCA of Metro North continue change lives for the better in the communities we serve by clicking www.ymcametronorth.org/give/ and making a gift to the Annual Fund.