



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

**CUMBERLAND CAPE ATLANTIC YMCA
YMCA OF VINELAND**

STRENGTHENING OUR COMMUNITY

Strengthening Our Community for 85 years – The Y Promise

We are a powerful association of men and women joined together by a shared commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility. We believe that lasting personal and social change can only come about when we all work together to invest in our kids, our health and our neighbors. That's why, at the Y, strengthening community is our cause. Every day, we work side-by-side with our neighbors in 10,000 communities to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

Our Areas of Focus:

Youth Development – Nurturing the potential of every child and teen

Healthy Living – Improving the nation's health and well-being

Social Responsibility – Giving back and providing support to our neighbors

Our Mission Statement:

We are a nonprofit charitable organization that is part of a worldwide association based on Christian principles, inclusive of all people, dedicated to fostering opportunities for all individuals, families and communities through programs that build healthy spirit, mind, and body for all.



2012 Fall Open House

September 4 to 15

Special membership pricing during our Open House!

Come to the Y during this period to try a FREE group or water exercise class. While you're here, take a tour of the facility and see what's new and exciting at the Y! There's a lot to see: Family Fitness Center, Air Conditioned Gymnasium, 6-lane indoor heated pool, Family Programs and more!

The Y offers easy 0% interest free monthly payments, no contracts and the opportunity to save 45% with a "Family Value" membership.

Stop in during our Open House to get more information!!

ACCEPTING REGISTRATION NOW FOR FALL 1

Fall 1 Session September 4 through October 27 • Fall 2 Session October 29 through December 22

Visit our website at www.ccaymca.org or call (856) 691-0030 for more information on Y membership or programs

Full Facility Membership Benefits

NO CONTRACTS

FREE Adult Group Exercise Class (land or water) for every eight (8) week session
Unlimited use of the Family Fitness Center (FFC) and Free Weight Room
Recreation and lap swim in our 6-lane indoor heated pool
Basketball and recreational use of the air conditioned Gymnasium
Men's and Women's adult only locker rooms with steam room and whirlpool;
family locker rooms also available

PLUS...

FREE access to the ActivTrax Fitness and Nutrition program located in the FFC – see pages 3 and 7 for more details
FREE FFC Orientation
“Ask Candice” – nutritional questions answered!
“My Y is Every Y” program – access participating NJ YMCA at NO cost – as well as visit other Y's across the country for little or no cost
Child Watch While You Workout - \$1.00 per hour (6months-10 years old)

Full Facility Payment Options

Our Y offers two easy membership fee payment options:

One-time, annual fee – receive an EXTRA (13th) month for free
Automatic, monthly bank or credit card deduction (bank draft) – 0% interest free, no contract

Full Facility Membership Categories

Youth Facility – Birth-12 years old
Teen Facility – 13-19 years old
College Facility - NEW - up to age 24*
Adult Facility – 20-64 years old
Senior Adult Facility – 65 years old and up
Single Parent Family – Single Adult and any dependent children through age 19 (up to age 24 as full-time student)
Family Facility - save 45% - Two adults in same household and any dependent children through age 19 (up to age 24 as full-time student)**

* College membership – must provide proof student is registered with 12 or more college credits

**Family Facility Membership also allows live-in senior Grandparents – ask how senior Grandparents at a different address can be a part of your Family Membership

Program Membership (Yearly)

A basic membership so that you can register for classes and programs, but does not include use of our Family Fitness Center, Free Weight Room, Gymnasium or pool.

Youth, Adult and Family Categories are available

Special Membership Programs

Y Cares Financial Assistance Program

Our goal is to ensure that no one is turned away from benefitting from YMCA programs and services. Assistance is provided based on need, using established guidelines. Assistance is made possible through the generosity of those who participate in the Annual Giving Campaign throughout the year.

Military Memberships

In partnership with the Armed Services YMCA and the Department of Defense, our Y is proud to offer membership to eligible Title 10 families and personnel to give them extra support during this difficult period. Please inquire for details and visit MilitaryOneSource.com for eligibility information.

Health Insurance Benefits

Some insurance companies reimburse your Y membership. Check with your company to see what they offer! The Y partners with AmeriHealth, Keystone, Blue Cross and Blue Shield Fitness Select and Optum Health.

Facility Hours:

Mondays through Fridays → 5:00am to 10:00pm

Saturdays → 5:30am to 6:00pm

Sundays → 11:00am to 6:00pm

- Youth and Teens on a Family Membership may use the FFC with an adult from the same membership during building hours
- Teen Facility Members (13-15 years old) may use the FFC without an adult during the following hours: Mondays through Fridays 2:30-5:30pm and Saturdays and Sundays 12:00-4:00pm

Fall I Session – Tuesday, September 4-October 27

Fall II Session – Monday, October 29-Dec 22

*Registration for Fall II begins October 8

Check out FREE specialty programs at the Y in our brochure!

LIVESTRONG at the YMCA: free, cancer survivor program – page 7

ActivTrax Fitness and Nutrition Program: located in the FFC – page 3 & 7

7th Grade Initiative: free, specialty membership for 7th graders – page 4

“Ask Candice” Nutrition Questions: free nutrition support – page 3



CHECK OUT OUR WEBSITE!

Get detailed membership information, class descriptions and more online! If you are a Y member you can sign up for classes right online – no need to wait!

You can also follow us on Facebook and Twitter! Get daily updates on what's happening at the Y!



Fitness Classes: All classes run for 8 week sessions unless otherwise noted – all classes can be taken for free by a Y facility member unless otherwise noted with a dollar (\$) symbol. Program members pay the program member fee. **Find class descriptions on our website!**

<p>Zumba Monday 5:30-6:30pm Tuesday & Thursday 9:00-10:00am Saturday 9:00-10:00am</p> <p>C3 – Cardio, Core, Calm Monday & Wednesday 9:15-10:15am Friday 9:30-10:30am</p> <p>C.S.I. – Cardio, Strength, Interval Monday & Wednesday 9:15-10:15am Friday 9:30-10:30am</p> <p>\$Yoga/Pilates Saturday 9:00-10:00am</p> <p>\$Yoga I Monday 4:30-5:30pm Wednesday 7:15-8:15pm</p>	<p>Y Muscle Moves Monday & Wednesday 6:00-7:00pm Tuesday & Thursday 7:00-8:00pm Tuesday & Thursday 10:00-11:00am</p> <p>Cycle & Muscle Wednesday & Friday 5:45-6:45am</p> <p>Steppin Mix Monday 7:15-8:15pm</p> <p>\$Belly Dance/Yoga Combo Class Monday 6:30-7:30pm</p> <p>\$Pilates Wednesday 4:30-5:10pm</p>	<p>Group Spinning/Cycling Tuesday & Thursday 5:45am, 12:30pm, 4:00pm 5:45pm, 6:45pm Saturday 9:00-9:45am</p> <p>H.A.B.I.T - Hips, Abs, Buns & Incredible Thighs Wednesday 6:15-7:00pm</p> <p>Functional Fitness – Adults 40 & Older Fridays 12:00-1:00pm</p> <p>Hoops for Boomers Saturday 8:00-9:00am</p> <p>\$Kickboxing Fitness & Defense Tuesday & Thursday 6:00-7:00pm</p>
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Program fees:

Facility Members:	Program Members:
3 Day Class: \$47.00	3 Day Class: \$81.00
2 Day Class: \$37.00	2 Day Class: \$70.00
1 Day Class: \$22.00	1 Day Class: \$50.00

Super Fit Card
 Try out any class, anytime! Purchase a Super Fit Card and come to a Land exercise classes (Cycle excluded) any time or day during the week. Good for one eight week session. *Aquatic classes are not valid.*
Facility Members: \$40.00; **Program Members:** \$100.00

Specialty Health Programs: FREE to all Facility Members

Slim & Slender by December! Lose weight and feel great! Thirty minutes of nutrition and thirty minutes of exercise! Monday.....6:30-7:30pm

Diabetes Prevention Class – focus on lifestyle changes that can help reduce your risk for diabetes. Tuesday.....6:00-7:00pm

“Ask Candice” Nutrition Questions – Candice, our Registered Dietitian, is available from 6-6:30pm on Monday evenings to answer all your big and little nutrition questions!

LIVESTRONG at the YMCA: FREE 12-week cancer survivor program. See page 7 for more details!!!

ActivTrax Exercise and Nutrition Program

ActivTrax is FREE to Facility members and located in the Fitness Center. ActivTrax allows you to enter daily workout routines, as well as your own daily nutritional intake. See page 7 for additional details.



Adult Water Activities: All classes run for 8 week sessions unless otherwise noted – all classes can be taken for free by a Y facility member unless otherwise noted with a dollar (\$) symbol. Program members pay the program member fee.

<p>Morning Mix Monday, Wednesday, Friday 6:30-7:30am</p> <p>H2O Cardio Tuesday & Thursday 6:00-7:00pm</p> <p>\$Smooth Moves Tuesday & Thursday 11:30-12:30pm <i>*\$25.00 for all participants</i></p> <p>Senior Swim Tuesday & Thursday 1:00-2:00pm <i>\$2 per visit for Senior Program Members</i></p>	<p>Morning Aqua Fit Monday & Wednesday 8:30-9:30am Friday 8:15-9:15am</p> <p>Deep Water Workout Tuesday & Thursday 9:30-10:30am Tuesday & Thursday 7:00-8:00pm</p> <p>*\$Masters Swimming Program (15+) Saturday 6:45-8:00pm <i>(8 wk session – FM \$50; PM \$75)</i></p> <p>Joint Freedom Plus Tuesday & Thursday 10:30-11:30am</p>	<p>Joint Freedom Beginner Monday & Wednesday 10:00am-11:00am</p> <p>\$Aqua Zumba Friday 9:30-10:00am <i>(One day program fee)</i></p>
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Program fees:

Facility Members:	Program Members:
3 Day Class: \$55.00	3 Day Class: \$85.00
2 Day Class: \$38.00	2 Day Class: \$70.00
1 Day Class: \$21.00	1 Day Class: \$49.00



Childcare: with so many demands on today's families, parents need all the support they can get. That's why child care at the Y is about more than looking after kids. It's about nurturing their development by providing a safe place to learn foundational skills, develop healthy, trusting relationships and build self-reliance through the Y values of caring, honesty, respect and responsibility. Swimming is included in the program held at the YMCA.

Before and After Care Program

Located at all eight (8) Vineland Elementary Schools and the Y

Our Before and After Care program promotes the growth of your child in an environment that is educationally stimulating and diverse. Our program provides children and parents a safe, enriching, dependable and affordable before and after school experience. We offer activities constructed around the Y character values of caring, honesty, respect and responsibility to assist in building a positive and strong foundation within your child. Children will participate in homework time, craft activities and the Y's Healthy U program sponsored by the Horizon Foundation. This program promotes nutrition education and physical activity, which improves self-esteem and healthy development. Our program at the eight elementary schools, as well as at the Y, is licensed through the State of New Jersey. Prior to hiring, all staff must meet a thorough background check and are trained and experienced in interacting with children.

Vineland Elementary Schools:

Johnstone	Durand	Barse
Sabater	Mennies	Winslow
Petway	D'Ippolito	

Our program at the schools operates 7:00am to 6:00pm with options for before care, after care or both. Registration and payments are done at the Y. *Check our our website for Before and After Care Pricing at the Elementary School Sites!*

YMCA Program:

Our program at the Y operates 6:30am to 5:30pm. Enrollment at the Y is on a monthly basis. Swimming is included in the Y's program.

Monthly Price: \$165.00

Both programs continue to operate during half day schedules, delayed openings and early dismissals due to weather.

Club Y Before and After School Program for Middle School

Our before and after school club for middle school children has something for all to enjoy: games, homework assistance, healthy snack, access to the Family Fitness Center (with staff), swimming and much more. Club Y will help your middle "schooler" improve academically, physically and emotionally, all in a safe and structured environment. Our program operates Monday through Friday 6:30am-5:30pm at the Y. Middle school students from: Landis, Rossi, Memorial and Wallace, as well as area private schools, are invited to register for the program. **Monthly Price: \$165.00**

Holiday Care

When school is out, the Y is in! Join us at the Y when school is out and have some fun. Children will enjoy a day of fun and healthy activities that include games, art activities, reading, and SWIMMING! Pre-registration and payment are required prior to the Holiday Care date.

Holiday Care runs: 7:30am-5:30pm at the Y

Cost is \$25 a day per child

Upcoming Dates: October 8 and 15; November 6, 8, 9 and 12

Winter Camp - have a little taste of summertime during the winter! Sign up for holiday care in December (24, 26, 27, 28 and 31) and experience a week of camp themed activities!

Please note that the Y closes at 3:00pm on December 24th and December 31st – children MUST be picked up prior to 3:00pm. The Y is closed for the Christmas holiday on December 25th.

7th Grade Initiative – FREE Community Program

The YMCA 7th Grade Initiative is a program just for 7th graders! We are entering our third year of the program which runs October through June (2012-2013). This program offers all area 7th graders (public, private and home school) a **FREE** specialty membership. The specialty membership allows participants to join the program held on Saturday evenings at the Y 6:30-8:30pm. The program is run by trained Y staff and includes a variety of different themes, activities and games on a weekly basis. Participants will have access to the pool, fitness center, gymnasium, special "game room" and "Y Café."

Our goal is to provide a healthy, fun environment to all 7th graders. The program is designed to give kids a place to go on Saturday evenings to have fun while also participating in healthy habits and social interaction.

Contact Cara Messore at (856) 691-0030 ext. 307 for details.

Program is supported through the YMCA Annual Giving Campaign and partner/sponsor the United Way





Youth Sports

Our Youth Sports programs are co-ed, eight week programs that begin with the first three weeks focusing on skill development through activity clinics. The following five weeks are intramural, non-competitive league play. Everyone will participate with an opportunity for equal playtime, all while having fun.

T-ball and Soccer parents meeting will be held Wednesday, September 12th at 6:45pm at the Y.
T-ball and Soccer begin Saturday, September 15th and run until November 3rd.

Outdoor T-Ball - Held at fields behind Johnstone School

Ages 3-4 years old meet: Tuesdays and Thursdays.....5:30-6:30pm
Ages 5-7 years old meet: Tuesdays and Thursdays.....6:45-7:45pm

Outdoor Soccer - Held at Vineland Development Fields on Main Rd.

Ages 3-4 years old meet: Mondays 5:00-6:00pm and Saturdays10:00-11:00am
Ages 5-7 years old meet: Mondays 6:00-7:00pm and Saturdays11:00am-12:00pm

Indoor Basketball - Held at the Y

*Begins Thursday, September 6th
Ages 3-5 years old meet: Thursdays 5:30-6:30pm and Saturdays10:15-11:15am
Ages 6-8 years old meet: Thursdays 6:30-7:30pm and Saturdays11:15am-12:15pm

Program fees:
Facility Members: \$37.00
Program Members: \$57.00



Youth Dance

Ballet – Ages 3-6 years old

Our class combines the fundamentals of ballet and creative movement. Our instructor keeps the little dancers focused while having fun. We make sure that their creativity and interaction are nurtured in our movement sessions. Begins September 5th and runs 8 weeks (Fall I and II).

Wednesdays: 5:15-6:00pm

Facility Members: \$45.00; **Program Members:** \$62.00

Tots in Motion and Kids in Motion Karate – Ages 3 and up

Tots in Motion – 3 to 6 years old

This class will help little ones develop better focus and listening skills, both at home and in school. Through exercise, discipline and fun it will help you and your young one build a sharper mind and a stronger and healthier body for a brighter tomorrow.

Kids in Motion – 7 to 12 years old

This is a beginners class for kids that look forward to the challenges that come with earning each and every one of their belts through hard work and discipline. Build a stronger mind, body and spirit on the road to black belt and beyond.

Begins September 10th and runs 7 weeks (Fall I and II).

Ages 3-6: Mondays.....5:30-6:00pm; **Ages 7-12:** Mondays.....6:00-6:30pm

Facility Members: \$32.00; **Program Members:** \$41.00

Birthdays at the Y

Host your next birthday at the Y!

Pool Parties: parties include one hour in the pool and one hour in the party room – 30 people maximum. Children 7 and under require an adult in the water. Extended room or pool time may be requested based on availability.

Facility Member: \$185.00; **Program/Community:** \$200.00

Room Rentals: birthdays, baby showers, bridal showers, meetings and more. A variety of rooms to choose from.

**All parties include tables and chairs and a half hour of set up time – guests provide food and decorations
Contact Cara Messore at (856) 691-0030 ext. 307 or assist@ccaymca.org for details or to book a party*

Family Programs

Family Zumba

Dance and workout at the same time with your family! Get a great workout while having fun! Perfect for ages 10 and older
Mon.....5:30-6:30pm

Family “Boot Camp” Class

Looking for a family workout? Try our “traditional” gym style class and get moving! Perfect for ages 6 and older
Wed.....5:30-6:30pm



Y Swim Lessons: swimming is a lifetime fitness activity. We teach the nationally recognized Y swim program. We have a staff of certified guards and instructors who are experienced in teaching both children and adult aquatic skills and personal safety. We can help you learn to swim whatever your age or ability, as well as, increase you or your child's safety level in and around the water. **Please view our website for descriptions of each class as well as reviewing our swim lesson handbook for more information!**

Preschool/Youth Swim Lessons

Parent/Child & Preschool Classes: 30 minutes
Youth & Adult Class: 45 minutes

Parent/Child – 6 month to 36 month years old

Wednesday 10:00-10:30am; 5:45-6:15pm
Saturday 9:30-10:00am

Preschool – 3 to 6 years old (Kindergarten)

Pike w/Parent

Thursday 5:00-5:30pm
Saturday 10:45-11:15am

Pike

Monday 4:30-5:00pm (with Eel); 5:00-5:30pm
Tuesday 5:15-5:45pm; 6:15-6:45pm (with Eel)
Wednesday 4:30-5:00pm; 5:45-6:15pm
Thursday 4:30-5:00pm; 6:00-6:30pm
Saturday 9:00-9:30am (with Eel); 10:15-10:45am; 11:15-11:45am

Eel

Monday 4:30-5:00pm (with Pike)
Tuesday 6:15-6:45pm (with Pike)
Wednesday 6:15-6:45pm
Saturday 9:00-9:30am (with Pike)

Ray/Starfish

Wednesday 6:15-6:45pm

Youth Classes – 6 (1st grade) to Adult

Polliwog

Monday 5:30-6:15pm
Tuesday 4:30-5:15pm
Wednesday 5:00-5:45pm
Thursday 5:30-6:15pm
Saturday 8:45-9:30am; 11:15-12:00pm

Guppy

Tuesday 5:45-6:30pm
Thursday 5:15-6:00pm
Saturday 9:30-10:15am

Minnow

Monday 5:30-6:15pm
Saturday 10:30-11:15am

Fish/Flying Fish/Shark

Monday 6:15-7:00pm

Stroke Mechanics (Fall I Only)

Wednesday 5:00-5:45pm

Water Sports & Games (Fall II Only)

Wednesday 5:00-5:45pm

Teen/Adult Lessons – Ages 15 and older

Wednesday 6:45-7:30pm (Non-swimmer)
Saturday 8:00-8:45am (Beginner/Intermediate)

Session Fees:

Fall I & II (8 weeks):

Facility Members \$50.00; Program Members \$75.00.

Fall I & II (7 weeks):

Facility Members \$44.00; Program Members \$66.00.

No class Monday, September 3rd (Fall I);
No class Thursday, November 22nd (Fall II)

YMCA Seals Swim Team – Ages 6-18

A team of swimmers for all levels with a state of the art fitness center, a dedicated and experienced coaching staff, team support at all levels and competition on a local, state, regional and national level. Practice begins October 29. **2012-2013 Swim Team Meeting will take place in September – date TBA**

*New and returning team members must attend – swimsuit sizing, order team wear, practice schedule, team handbook and more

New Swimmer's Camps

New Swimmers and Parents Meeting – September 10th 6:00pm

Followed by four (4) days of camp: September 10, 12, 17 and 19

Ages 8 and under swim: 6:30-7:30pm

Ages 9-18 years: 7:30-8:30pm

Facility Members: \$22.00; Program Members: \$35.00

Seals Fall Swimmer's Camps

All camps run September 24 through October 19 (4 weeks)

Stroke Camp (6-12 years)

Improve stroke mechanics and starts and turns.

Should have basic knowledge of competitive strokes – limited space available

Mondays, Wednesdays, Fridays: 6:00-7:00pm

Facility Members: \$56.00; Program Members: \$88.00

Conditioning Camp (11-18 years)

Get in shape for the upcoming season and sharpen strokes, starts and turns.

Camp will incorporate unique training and conditioning sets – limited space available.

Mondays, Wednesdays, Fridays: 7:00-8:30pm

Facility Members: \$88.00; Program Members: \$134.00

High School/Advanced Swimmers Camp

9th-12th graders prepare for 2012-2013 winter swimming. Must be advanced level swimmer – limited space available.

Tuesdays: 4:30-6:00pm; Thursdays: 4:30-6:00pm; Fridays: 7:30-9:00pm

Facility Members: \$88.00; Program Members: \$134.00

Swim Team Fees

Facility Member fees for 2012-2013

Midgets (8&under)	\$377
Blue Seals (9-12)	\$423
White Seals (13&up)	\$456
High School Team Swimmers	\$244

*Returning Seals – secure your spot on the team with a \$50.00 deposit by Sept. 28th!





ActivTrax Fitness and Nutrition Program

ActivTrax takes the guesswork out of your workout! Located in the Family Fitness Center, ActivTrax allows you to enter your fitness and nutrition every visit to develop a customized workout for you each time! On the go or want to enter information from home? ActivTrax is accessible from online whenever you are! It's easy to get started – see a Fitness Attendant to perform an “evaluation,” enter your information, set up a user name and you are ready to go! A great way to keep track of your workouts and nutrition all in one place!



LIVESTRONG

LIVESTRONG at the YMCA

LIVESTRONG at the YMCA is a free, twelve-week, small group program designed for adult cancer survivors. This program fulfills the important need of supporting the increasing number of cancer survivors who find themselves in the transitional period between completing their cancer treatment and the shift to feeling physically and emotionally strong enough to attempt to return to their “new normal.” The program is conducted outside of medical facilities to emphasize that the program is about health, not disease. Contact Lisa Scheetz at 691-0030 ext. 325 or Jerry Mentzer at 691-0030 ext. 314 for details.

UPCOMING EVENTS

Healthy Spooktacular: Friday, October 12 – 6:30-8:00pm

Come dressed in your favorite costume and “trick or treat” around the Y for healthy snacks and prizes! Check out all the cool games in the gym! FREE to the community! Families with children ages 2-10.

Swim with Santa: Friday, December 7 – 6:00-8:00pm

Santa in the pool? That's right! Take a dip in our indoor heated pool with Santa himself! Also enjoy a craft activity and healthy snack! Parents must go in the water with children 8 years and younger. Bathing suits must be worn. Get your Christmas photo with Santa in the pool for an additional fee. Pre-registration required by Thursday, Dec. 6th
Family of 4: Facility Members - \$8.00; Program Members - \$12.00; Community - \$16.00

85th Birthday Bash – Music through the Decades!: Friday, October 26 – 7:00-11:00pm

Help the Y celebrate its 85th birthday in style! Check page 8 for details.

Healthy Lifestyles – Community Trainings

Professional and Workplace CPR certifications with Automated External Defibrillation (AED) are for ages 12 and older.

First Aid/CPR/AED for the Workplace

The purpose of this class is for the lay responder to provide the knowledge and skills necessary to help sustain life and minimize consequences of injury or sudden illness until advanced medical help arrives.

Adult & Child CPR/AED: Sept. 11 & 13; 5:30-9:30pm; Facility member: \$60; Program member/Community: \$75

First Aid: TBA; Facility member: \$45; Program member/Community: \$60

Workplace CPR/AED Recertification

For those with current certification – recertify with the new American Red Cross material in Adult, Infant and Child CPR and AED. Must present current card to instructor to attend class.

TBA

Facility member: \$45; Program member/Community: \$60

Professional CPR and AED Recertification

(Lifeguard and Health Care providers)

Must have current certification in this course to attend – bring pocket mask and book.

TBA

Facility member: \$45; Program member/Community: \$60

Professional Rescuer CPR and AED

Those with the duty to act – learn the skills needed to respond appropriately to breathing and cardiac emergencies. This includes the use of an automated external defibrillator (AED) to care for a victim of cardiac arrest.

TBA

Facility Member: \$60; Program member/Community: \$75

Boy/Girl Scout Badge Water Trainings

Swimming badge skills – schedule with John Rice, Aquatic Coordinator ext. 312
\$6.00 per person; additional fee for instructor





Changing Lives Together

YMCA Annual Giving Campaign: Strengthening Communities

Give the Y a High \$5!

Help us make a difference it's easy! Simply donate \$5 or more to the Annual Giving Campaign and you'll be changing a child or family's life forever.

Our Annual Giving Campaign supports four areas of the Y:

- Y Cares Financial Assistance Program** - assistance to those in need
- LIVESTRONG at the YMCA** - free, 12-week cancer survivor program
- 7th Grade Initiative** - free specialty membership for all area 7th graders
- Subsidize mission-worthy programs** - such as youth swim lessons, senior swim and more

Call Cara Messore for more information on being a supporter – (856) 691-0030 ext. 307



It's a Birthday Bash for a Cause

Help the Y celebrate its 85th birthday in style just in time for Halloween!

Our theme "Music through the Decades" encourages all attendees to dress in their favorite costume from their favorite decade of music! The Y is not only celebrating its 85th birthday, but also working to make our community a better place. Our 85 year history is full of success stories and cause-driven programs.

Proceeds from the event will go toward:

LIVESTRONG at the YMCA – a free, 12 week cancer support program, which offers a free membership for cancer survivors and their families and the 7th Grade Initiative, which offers a free, specialty membership for 7th graders in the community. Each of these programs help to further the Y's three areas of focus: youth development, healthy living and social responsibility.

When: Friday, October 26th; **Time:** 7:00-11:00pm; **Where:** Merighi's Savoy Inn; **Tickets:** \$40.00 per person

Sponsor opportunities are available. Please contact Cara Messore at (856) 691-0030 ext. 307 or assist@ccaymca.org for more information.

YMCA Volunteers

The Y is a cause for strengthening communities, committed every day to youth development, healthy living and social responsibility. When you volunteer at the Y, you take an active role in bringing about meaningful, enduring changes right in your own neighborhood. Stop by the Member Service Desk for an application or visit our website (www.ccaymca.org) to print one out!

Our YMCA is serving as a community convener in a campaign to reduce childhood obesity by 2015. This program, the NJ Partnership for Healthy Kids, is funded by the Robert Wood Johnson Foundation and is facilitated by the NJ State Alliance YMCA. Our Y has received a grant to implement policies and healthy behaviors in the City of Vineland along with the Vineland Health Department, Rutgers Innovation Center, Triad Associates, Vineland Public Schools, Stockton University and more. The Y is always looking for other interested partners for this worthy cause.

If you are interested in being a partner or for more details, please contact Lisa Scheetz at (856) 691-0030 ext. 325

Cumberland Cape Atlantic YMCA YMCA of Vineland

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Vineland, NJ 08360

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www.ccaymca.org

Find us on Facebook and Twitter!

