

SUPPORT THEIR POTENTIAL

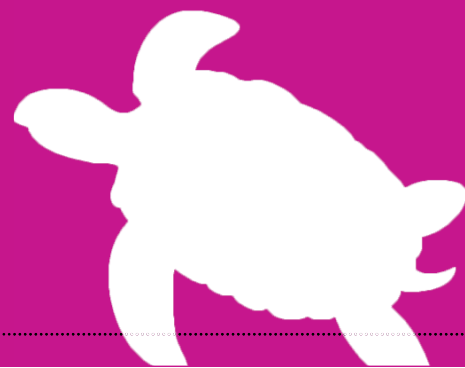
Rachel is an energetic 8-year-old girl with cerebral palsy and autistic tendencies. In the spring of 2011, she joined the Y's Terrific Turtles program, which provides swimming lessons for those with disabilities, and has had great success.

When Rachel joined the Turtles she did not have very strong water skills and only spent time in the water with her parents. After several months of work, Rachel learned a variety of water safety skills. She's learned commands and hand signals for many tasks, including waiting to get into the water and jumping in. Rachel understands the word "safe" which means getting to the wall and hanging on until help comes. It took several months for Rachel to be able to hang onto the wall by herself, but now she is able to hang on independently.

Rachel's strokes have been modified to fit her abilities. She can now swim the front crawl for short distances on her own. Rachel's new water skills allow her to get herself to the wall and hang on until help arrives.

Her family is very thankful for the Terrific Turtles program, for both the water skills Rachel has learned and the enjoyment she gets out of being in the water with her instructor.

You can support a child like Rachel by making a donation today!



UPCOMING EVENTS

Feb. 5-
Last day to drop off gowns for the Cinderella Dress Drop Off.



Feb. 6-10-
Annual Community Support Campaign Kickoff Week. Change a life! Make a donation.

Feb. 7-
T-shirt Tuesday, wear a Y shirt to the Y or around town in support of the Y and all that we do.

Feb. 14-
Valentines Day! We love our members!

Feb. 17-
Senior Potluck Lunch for ages 55 & over at the Paula G. Manship YMCA

Parents Night Out at the A. C. Lewis YMCA (924-3606) and the C. B. Pennington Jr. YMCA (272-9622)



Feb. 20-
Mardi Gras Holiday Camp, know your child is safe while school is out.

Feb 21-
YMCA closed for Mardi Gras

Feb. 23-25-
ExxonMobil YMCA Health Fair! Visit to participate in free health screenings, door prizes and more. (906-5424)

Feb. 24-
Free Friday! Visit the Y for free.

Feb. 29-
Membership Appreciation Day!

Register now for Parent Child T-Ball at the Dow Westside YMCA. For ages 3-5. (687-1123)

CONGRATULATIONS, Y Members, Anne Wise and Mike Lee, for being chosen as the "Capital Regions Fittest Executives".



Y-

CONNECTION



YMCA OF THE CAPITAL AREA

February 2012

www.ymcabatonrouge.org

Connecting you to the YMCA of the Capital Area

EXPAND THEIR WORLD

The Y Annual Community Support Campaign is an unparalleled cause for strengthening community, because we are the community. Generous donations from a diverse group of men and women allow the Y to provide those of lesser incomes the opportunity to be healthy confident, connected and secure.

All donations go toward Y scholarships. These scholarships provide financial assistance to ensure the Y is available for the kids and families who need us most.

Y scholarships allow for a child to join a sports team, a senior to participate in water aerobics and a struggling family to live a healthier life.

To donate visit us online at ymcabatonrouge.org.

DONATE TODAY!

TURN YOUR GIFT INTO:

THEIR HEALTH

Through the Y millions of youth today are cultivating the values, skills and relationships that lead to positive behaviors, better health and educational achievement.

THEIR POTENTIAL

The Y brings families closer together, encourages good health and fosters connections through fitness, sports and fun.

THEIR FUTURE

The Y has been listening and responding to our communities most critical needs for 160 years.



BARANCO CLARK YMCA SOLAR PAVILION

The first installation of solar panels in the Old South Baton Rouge neighborhood sits atop a new outdoor pavilion at the Baranco Clark YMCA, a long-time community hub and pillar of education, after-school programming, health and senior activities in the neighborhood. A collaborative effort of Center for Planning Excellence (CPEX), the LSU School of Architecture and Baton Rouge Community College's Construction Education program along with major funding from the Huey and Angelina Wilson Foundation built the outdoor classroom.

The pavilion, powers its own lighting and provides energy to the main YMCA facility. It is an iconic structure for the entire community, a place to host YMCA activities as well as community meetings. For many in the neighborhood, the solar pavilion project marks the first introduction to emerging renewable resource technologies, and it exposes youth participating in YMCA activities to these technologies.

"The YMCA has been a steady and invaluable asset to the Old South Baton Rouge community for decades," said Boo Thomas, CPEX President and CEO. "It is an honor for us to be involved in enhancing such a great place and we know this will have a lasting positive impact on the community."

This outdoor classroom will be incorporated with existing YMCA kids' activities and with upcoming family wellness and health activities. The pavilion is the first in the community to utilize solar power and will serve as a prototype for continued community and educational relationships. It also showcases green building techniques to be mirrored in future community construction. This structure is a part of CPEX's community greening work in OSBR and fits into a multi-pronged approach to an over-arching revitalization strategy for the entire community.



SUPPORT THEIR FUTURE

Being a single parent of both an autistic child and a non-autistic child who gets less attention because of the other's special needs, I deeply value the relationships that both my children have built with those at the Y. Steve always makes sure my children feel valued and special. At first, I actually thought he showed a little favoritism toward them; however, since being at the Y for a couple of years I now see that he makes every child feel special.

My oldest son, Michael, had just turned six and was at his soccer team's first practice when the coach told me, Michael

might need to play up because he was too good. I called Steve and he had me bring Michael to his 7-8 year old team's practice to "try-out". I am not exactly sure what Steve said to Michael on the field but I know that Michael was so excited to get to play with those bigger kids. He learned so much that season and was challenged so that he actually had to work for the ball.

My children's opportunity to play sports is only afforded through the Y's scholarship program, as I do not receive any state assistance or child support and cannot afford to pay the full price. They have been granted the opportunity to succeed and strive through physical activities by the generous spirit of those that work at the Y. For both of these opportunities I will be forever grateful.

You can make a difference, donate today!

YMCA EMPLOYEE NAMED "COMMUNITY TENNIS HERO FOR BATON ROUGE"

The Greater Baton Rouge Community Tennis Association has named Eugene St. Martin of Baton Rouge as its inaugural "Community Tennis Hero," based on his lifelong work in teaching and promoting tennis among all ages and abilities.

"Eugene St. Martin was the obvious and overwhelming favorite to be selected for this significant award. It is impossible to measure the breadth and depth of Eugene's positive influences in Baton Rouge tennis over the last 30 years," said Rusty Jabour, GBRCTA President.

St. Martin accepted the engraved-crystal award in his typical, humble fashion, crediting the entire tennis community for his receipt of the award.

"This isn't my award, although I'm honored to have been chosen. Instead, it is an honor to everyone in our tennis community that I've had the opportunity to work with and that have supported me ... the students, fellow instructors, park and club personnel and so many others."

His accomplishments include:

- Teaching tennis and supporting the sport in the Baton Rouge area for 32 years
- Working for 28 years with the National Junior Tennis League (NJTL)
- Conducting an annual charity tennis tournament for the Sertoma Club to benefit hearing-impaired persons
- Assisting in the founding of the Highland Park Tennis Association in 1976
- Working to promote wheelchair tennis since 1984
- Helping promote tennis as a competitive event for the International Special Olympics
- Attending the U.S. Open Tennis Teaching Conference in New York for 30 years
- Becoming an expert in clay court management while working at the Baton Rouge Country Club



SPRING SPORTS

The flowers are blooming and so are the kids. Teach them the fundamentals of teamwork and respect through YMCA sports. Registration for Spring Sports begins Feb. 5 to March 2. Late Registration is March 3-7, fee \$25.

Practice begins: March 26
Games begin: April 14
Fees: Members- \$40
Program Participants- \$80
League Dates: March 26 – May 19

A. C. Lewis YMCA
Soccer Ages: 3 to 12
Baseball Ages: 3 to 11

C. B. Pennington Jr. YMCA
Soccer Ages: 3 to 12
Baseball Ages: 3 to 11

Southside YMCA
Soccer Ages: 3 to 12

Baranco Clark YMCA
Soccer Ages: 3 to 12

Paula G. Manship YMCA
Baseball Ages: 3 to 11



SUPPORT THEIR HEALTH

For nearly 30 years, Wanda, age 50, worked for the state. She always lived healthy and worked hard. A trip to the doctor changed her life forever, when she was diagnosed with a rare disease. Overnight, Wanda went from a normal life, to dealing with a life-threatening chronic illness.

Wanda was told she would be on a transplant list and in order for her body to receive the transplant she would have to be healthy and fit. Not being one to sit around and hope she was healthy enough, Wanda came to the YMCA and asked for help with a membership so she would be ready when the transplant is scheduled. Wanda continues to work out faithfully every day.

She is a blessing to all of our members, because of her smile and positive outlook. We have no doubt she will be fit enough for surgery.

Wanda is a great example of the impact that the Y can make in our community. Wanda went from a fairly normal work life to living on disability, earning a fraction of her previous salary. If the Y did not have financial assistance, Wanda would not be able to afford a membership.

The YMCA was able to say YES to Wanda thanks to our generous donors. Join us as we support others focus on healthy living!