



**YMCA**  
of Greater Cleveland

YMCA of Greater Cleveland  
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Nonprofit  
Organization  
U.S. Postage  
**PAID**  
CLEVELAND OHIO  
Permit No. 3152

Winter 2005

The YMCA of Greater Cleveland

**Inside:**  
Ways for the entire family  
to get fit and have fun  
this winter.



Connecting members, contributors & friends.

**What's Ahead  
For Winter:**  
Activities and programs  
to create strong kids,  
strong families and  
strong communities.

# Y Kids Are Fit

By Jessica Nowland,  
YMCA Director of Curriculum and Compliance

This fall, the YMCA of Greater Cleveland began an exciting new fitness program in its school-age child care centers. *Y Kids Are Fit* is a comprehensive health, fitness and nutrition program created to help combat the growing epidemic of childhood obesity. The program provides youth with the opportunity

to participate in fun, group-based, child-friendly activities that involve health-related physical fitness.

Throughout the year, child care staff at each center will conduct *Y Kids Are Fit* lessons 2-3 times per week. The lessons teach kids that exercise involves a three-step process of warming up your body, being physically active for an appropriate amount of time and cooling down. All activities, including the "late for school" warm-up, "barracuda bash"

main event game and "downward dog" cool-down stretch, keep every child moving and require only effort and a positive attitude. The staff uses positive reinforcement by praising children who participate, put forth genuine effort and demonstrate the YMCA core values during *Y Kids Are Fit* activities.

During fall curriculum training, all *Y Kids Are Fit* child care staff members were taught how to administer physical fitness testing and how to build and lead group lessons. Following the training, the staff tested each child in endurance, strength and flexibility. At the end of the year, each child will again be tested to measure improvement.

Early results have been encouraging. The YMCA of Central Ohio used the *Y Kids Are Fit* program for only four months last spring and over 70 percent of their participants improved on their final test!

Although the implementation of *Y Kids Are Fit* has only recently begun, there is already much excitement. The YMCA is getting kids excited about physical fitness in 2006!

To enroll, contact Jessica Nowland at 216-263-6873 or jnowland@clevelandymca.org.

**Y Kids Are Fit is part of the YMCA of Greater Cleveland's Get Fit Cleveland initiative aimed at helping individuals and families reduce barriers and increase support for healthy living.**

Over the past 30 years, the rate of obesity in the United States has more than doubled for preschoolers and adolescents and has more than tripled for children ages 6 to 11.

Source: *Childhood obesity: What parents can do*, www.mayoclinic.com

Who,  
What,  
Where,  
When, **Y**  
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For locations, contact phone numbers or additional information, please call 216-566-YMCA or visit [www.clevelandymca.org](http://www.clevelandymca.org).

## January cont.

**Monday, Jan. 9**  
Health Screenings  
Senior Circle Plus of the Cleveland Clinic Health System conducts cholesterol and blood pressure screenings  
12 - 1:30 p.m.

**Wednesday, Jan. 11**  
Shots for Tots  
West Park-Fairview YMCA  
9 a.m. - 12 p.m. and 1 - 4 p.m.  
No appointment necessary

**Monday, Jan. 16**  
Construction project update  
Lakewood YMCA  
5 - 7 p.m.  
Fun Day  
Bring your child to the Y for a day of fun while schools are closed  
West Park-Fairview YMCA  
All Day

**Friday, Jan. 20**  
Parents' Night Out  
Parents drop your children off for a night to yourselves  
Brooklyn YMCA  
6 - 10 p.m.  
Kids' Movie Night  
Kids can enjoy a movie and pizza at the Fitness Center  
Lakewood YMCA  
6:30 - 9 p.m.

**Saturday, Jan. 21**  
Spaghetti Dinner  
Community spaghetti dinner  
\$6 for adults and \$3 for children  
Brooklyn YMCA  
6 - 8 p.m.

Family Night Out  
West Park-Fairview YMCA  
Contact the branch for details

**Sunday, Jan. 29**  
Super Bowl Party  
Members bring a guest and enjoy the game at the Fitness Center  
Lakewood YMCA  
All Day

## February

**Thursday, Feb. 2**  
Senior Luncheon  
Food, fun and fellowship for all members and guests  
Euclid YMCA  
11:30 a.m.

**Wednesday, Feb. 8**  
Shots for Tots  
West Park-Fairview YMCA  
9 a.m. - 12 p.m. and 1 - 4 p.m.  
No appointment necessary

**Friday, Feb. 10**  
Parents' Night Out  
Parents drop your children off for a night to yourselves!  
Brooklyn YMCA  
6 - 10 p.m.

Kids' Night Out  
Children can enjoy a night of games, gym time, swimming and snacks  
West Park-Fairview YMCA  
6 - 9 p.m.

**Monday, Feb. 13**  
Health Screenings  
Senior Circle Plus of the Cleveland Clinic Health System conducts cholesterol and blood pressure screenings  
12 - 1:30 p.m.

**Friday, Feb. 17**  
Kids' Movie Night  
Kids can enjoy a movie and pizza at the Fitness Center  
Lakewood YMCA  
6:30 - 9 p.m.

Fun Day  
Bring your child to the Y for a day of fun while schools are closed  
West Park-Fairview YMCA  
All Day

**Monday, Feb. 20**  
Fun Day  
Bring your child to the Y for a day of fun while schools are closed  
West Park-Fairview YMCA  
All Day

**Monday, Feb. 27**  
Member Appreciation Day  
Special activities including health screenings, free food donated by local community businesses and special activities for everyone  
All branches  
All Day



Since our last newsletter, much has taken place ....

The nation watched and followed the aftermath of both Hurricanes Katrina and Rita. The YMCA of Greater Cleveland, along with the rest of the nation, responded to those individuals and families left in the wake of Katrina.

Cleveland YMCA members, volunteers, staff and friends contributed more than 2,900 pounds of clothing, shoes, personal items and more than \$800 in gift cards to support the YMCA of the USA national relief efforts. Relief goods were shipped to Alabama where many families were left homeless. The gift cards were sent to New Orleans and North Carolina, where some staff relocated, to support YMCA staff that lost everything due to Hurricane Katrina.

The organization's strategic planning kicked off this fall with a retreat held Oct. 17. More than 50 volunteers and staff from across the Association met at Trinity Cathedral to begin planning for the YMCA of Greater Cleveland's future. This group of volunteers and staff will meet again on Dec. 8 to continue the organization's strategic planning process.

The construction of the new Lakewood YMCA is well underway. We expect to have the new building dedicated in January 2007. While the new facility is under construction, the capital campaign committee is hard at work meeting the challenge of raising \$2.5 million, the balance of the \$10.5 million needed to build the Lakewood YMCA debt free. Interested individuals and companies wanting to support the capital campaign can do so by calling Culeen Carey at 216-263-6854.

My thanks to all those who have contributed to make the 2005 Strong Kids Campaign successful. The dollars raised have gone to support kids and families who otherwise would not have had the YMCA experience. All dollars raised locally stay at the local YMCA branches to meet the needs of kids and families in the community.

**Glenn Haley,**  
Chief Executive Officer of the YMCA of Greater Cleveland



## Tipping the Scales in Your Favor



By Mike Merk, M.Ed., C.S.C.S. Executive Director, West Shore YMCA

Let's face it - the majority of the population has a desire to lose weight. Unfortunately for those looking for a quick fix, the most effective way to drop pounds is to do it slowly. Packing on the pounds was a gradual process, and losing it also will take time.

So what is the secret to weight loss? It's pretty simple. If more calories are spent than consumed, the weight will come off. To promote safe weight loss, the American College of Sports Medicine recommends combining exercise with a modest decrease in caloric intake, such as switching from whole milk to skim milk or using fat-free dressing.

The general recommendation for weight loss is no more than 1-2 pounds per week. Since there are 3,500 calories in one pound of fat, to lose a pound per week, one needs to create a 500 calorie deficit each day. This can be done by eliminating 250 calories from a diet and burning 250 calories each day through physical activity.

Activity level accounts for 15-35 percent of a person's calorie burn. Therefore, higher intensity workouts are just the ticket for those looking to lose weight. It is also important to know that higher intensity exercise may not be appropriate for everyone. Beginners should start at a comfortable, lower intensity and increase as their fitness level increases.

What is the best exercise for weight loss? First and foremost, one that you will do! However, in general, the best exercise programs involve whole body conditioning. This includes aerobic activities that use large muscle groups such as walking, running, cycling, swimming and strength training.

And even though it's wintertime, don't hibernate like a bear. Stay active by taking advantage of your YMCA membership. The less fat you put on in the winter, the less you have to burn-off in the spring.

With the approach of winter months, Group Cycling is a great way to bring the outdoors inside. Available at all YMCA of Greater Cleveland locations, Group Cycling uses guided imagery, carefully selected music and instructor cues to simulate an invigorating ride through flat areas, rolling hills and challenging climbs. Fitness experts agree indoor cycling is an excellent cardiovascular workout.

Log on to [www.clevelandymca.org](http://www.clevelandymca.org) to check out our complete offering of group exercise classes.

## YMCA Get Fit Cleveland Challenge Kicks Off at Tower City

**Exchange Gifts. Shop for Discounts. Get a Smaller Waist.**

The YMCA of Greater Cleveland is challenging Clevelanders to get physical in 2006. The fourth annual Get Fit Cleveland Challenge, which kicks off Friday, Dec. 30, encourages individuals and families to make a commitment to a healthy lifestyle. The event takes place at Tower City Center from 11a.m.- 3p.m.

Event activities will include several demonstrations from various YMCA fitness classes, as well as performances by the YMCA's PACE tumbling and hip-hop dance groups. Attendees also will have an opportunity to receive free health screenings, learn about healthy nutrition from Weight Watchers and receive information about the Y Personal Fitness Program,

a 12-week exercise plan that helps participants develop a regular exercise routine.

To celebrate this year's challenge, many Tower City Center merchants will be offering exclusive discounts and/or incentives to YMCA members who attend the event. Watch your branch for details.



## Get Fit Cleveland Healthy Vending Initiative

In response to health concerns, the YMCA of Greater Cleveland is improving its vending machine options. The machines will offer more snacks that may pose less danger to the heart, arteries and waistline.

YMCA branch executives unanimously support the transition, initiated by the Cuyahoga County Board of Health and Cleveland Department of Public Health via the Cuyahoga County Cardiovascular Health Program, as it complements the Get Fit Cleveland campaign and message.

Many members have questions regarding the food selections that will be added or removed. Frequently asked questions include:

**1. What kind of "healthy" snacks will be added to the vending machines?**

You can expect to see items that are both good tasting and good for you such as baked chips, honey wheat pretzels, granola bars, cereal bars, peanuts, trail mix, graham crackers, fruit snacks and animal crackers.

**2. Will I still be able to purchase my favorite candy bar or snack item?**

The vending machines will still contain a variety of candy, gum and "less healthy" snack items since they fit in moderation.

**3. How do I know which food items are healthier snacks?**

Look for nutrition information and messages posted near vending machines and on bulletin boards at your local YMCA.

**4. When will I see these changes take place?**

The Cardiovascular Health Program staff will be working with YMCA and AVI Vending Company staff to bring you these positive changes before the end of the year. Visit us at the Get Fit Cleveland event for more information on this exciting initiative!

## Taking Training To The Core

By Jenn Laheta, B.S., MEd, Fitness Director, Ridgewood YMCA

**I hear people talk about training their "core" or taking "core strengthening" classes. But what is core training and why do I need it?**

Core training involves training the muscles of the abdominals and lower back through the use of resistance and functional training. When training the core, it is important to train all the muscles of the region and perform a variety of crunches and stabilization maneuvers to receive all the benefits that core training has to offer.

There is actually no such thing as "upper" and "lower" abs. However, your

abs are sectioned into two parts. The upper part is activated by crunching and curling the ribs up towards the hips. These muscles can be exercised via the hip curl. The lower part of the abs is activated by crunching and curling the hips up towards the ribs. To achieve this, lay down and curl your hips off the floor, up towards the head, and return your hips to the mat slowly.

In any strength training program, including a core training program, the weakest muscle should be lifted first. Consequently, perform exercises for the lower section of your abs first. Twisting movements should be performed next, followed by crunches for the upper section of the abdominals.

It is also necessary to perform various balancing exercises to activate the transverse abdominal muscles, the bottom layer of muscle which wraps around our torsos like a girdle.

Lower back exercises are also extremely important in a core training program. Common low back exercises include opposite arm and leg raises, extensions and hyperextensions performed in a face-down position. Remember that an effective core training program works all the muscles of the core.

Pay attention to breathing during abdominal training. Remember to exhale during the squeezing portion of the movement and inhale during the relaxing portion. Don't hold your breath.

Always consult a doctor before beginning any exercise program including core training. Core training can be done 2-4 times per week, giving muscles a day of rest in between sessions. Start with one or two days for the first few weeks.

Core strengthening group exercise classes and personal exercise programs offer variety and are often available free of charge. See a certified personal trainer or fitness specialist to create a personalized core training program.

### There are five basic benefits of core training:

1. To prevent and/or eliminate back pain and help alleviate stress placed on the neck and knees
2. Improve posture, balance and stability
3. Increase longevity and length of mobile years
4. Improve the hip-to-waist ratio as an indicator of cardiovascular disease
5. Increase muscle strength and appearance



## YMCA Basketball League Scores a Win for Participants and Local Communities

By Joe Cerny, Youth and Teen Program Director, Geauga YMCA

This winter, the YMCA of Greater Cleveland will offer kids a chance to exercise, attend community awareness activities and give back. The YMCA Teen Basketball League (YTBL) gives high school teens the opportunity to compete in basketball activities and encourages participants to volunteer their time to the YMCA and their local communities.

Teams will play an eleven-week regular season against other YMCA of Greater Cleveland branches. During the regular season, each team will play one game a week as they rotate to different branch locations around Cleveland. The season will tip-off in early January with games scheduled to be played on Sunday afternoons. Following the regular season, all teams will enter a single elimination playoff tournament.

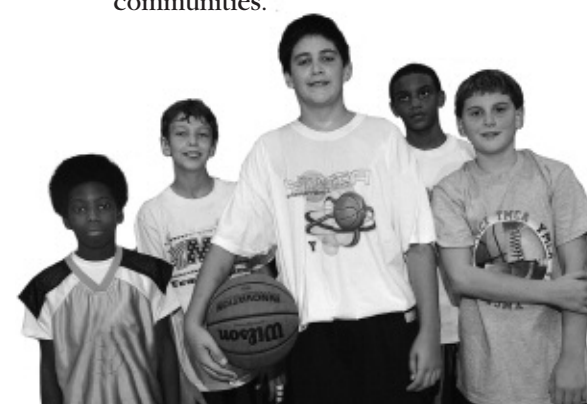
The YTBL champion will be decided based on a point system. The teams will be awarded points for each hour of volunteer work that they provide to the YMCA and local community. In addition, four community awareness activities will be identified throughout Cuyahoga and Geauga counties for

participants to attend and earn points. To become a YTBL champion, character truly does count.

Come cheer on your favorite team! Games are played from 12:00 p.m. to 5:00 p.m. Check the website for a complete listing of game times.

### 2006 Tentative Game Schedule

Week 1	Jan. 8	West Park Family YMCA
Week 2	Jan. 15	Euclid Family YMCA
Week 3	Jan. 22	West Shore Family YMCA
Week 4	Jan. 29	Southeast Family YMCA
Week 5	Feb. 5	Brooklyn Family YMCA
Week 6	Feb. 12	Downtown YMCA
Week 7	Feb. 19	Brooklyn Family YMCA
Week 8	Feb. 26	Glenville YMCA
Week 9	Mar. 5	Hillcrest Family YMCA
Week 10	Mar. 12	West Shore Family YMCA
Week 11	Mar. 19	Gauga YMCA



## YMCA Night with the Cleveland Barons

Saturday, January 28, 2006

vs. Milwaukee Admirals @ 7:05 pm  
at National City Rink in Quicken Loans Arena

St. Edward vs. St. Ignatius prior to  
The Barons game at 3:30 pm!

**\$21 Lower  
Sideline Seats  
For Only \$10!**

To order tickets, please contact Derek Denero at 216-420-2548.



YMCA members, volunteers, staff and friends contributed 2,900 pounds of clothing, shoes and personal items, as well as more than \$800 in gift cards to support the victims of Hurricanes Katrina and Rita.

Standing in front of the boxes they helped pack are Mike Merk, Cindy Tomaszewski, Chris Mebling, Leslie Chamberlain, Glenn Haley, Jeanie Burke, Janice Farmwald, Janet Schneider, Mike Schneider, Barb Freeman and Greg Bell.



The Hillcrest Teen Leader's Club celebrated the 50th anniversary of the Hillcrest Leaders Training School during an awards banquet at Mount Union College in Alliance. Attendees include: (standing) Lisa Kovit, Asbley Moore and Allison Penwell; (seated) Maxx Devneuw, Christopher Cortez, Matthew Love and Tyler Nicbols.



Boston Red Sox outfielder, and former Indians slugger, Manny Ramirez stopped at the Downtown YMCA Day Camp while in town and spoke with the children. Manny answered questions and shared stories with the kids about baseball and fitness.

### YMCA of Greater Cleveland Mission

To promote the balanced development of spirit, mind and body and to put Christian principles into practice to strengthen families, neighborhoods and the Greater Cleveland community.

YMCA of Greater Cleveland services are for people of all faiths, races, ages and incomes. Financial assistance is available for YMCA programs and membership.

**Link** for more information and to sign up for classes or services, call **(216) 566-YMCA**

## Member Profile: *Evan and Anya Luthke*

By Nancy Hrivnak, Geauga YMCA

Within five weeks of arriving in a new country with new adoptive parents, Evan and Anya Luthke, ages 7 and 6, joined the Geauga Family YMCA. The successes they've had since this time attest to their resilience, intelligence and emerging self confidence.

After spending two years in an orphanage in Ukraine, Anya and Evan were adopted by Newbury Township residents Martin and Linda Stein-Luthke. Shortly after, the pair accompanied Martin to the Geauga Family YMCA to tour the facility and inquire about membership. Anya and

Evan first approached the YMCA welcome center shyly, peeking from behind their new father's legs, curious about swimming pools, basketballs and children's play areas.

Within a few weeks of becoming members, the children joined group gymnastics and swimming classes and rapidly became well-behaved, respectful and enthusiastic participants. On weekday afternoons, Evan and Anya practice patience and caring with their swimming lesson classmates.

"They're learning how to be part of a group," Linda said. "They're bright as can be and really work hard to communicate with us."

Already acquiring basic citizenship skills, Evan and Anya are proving themselves worthy stewards of the opportunities of life here in the U.S. while they grow accustomed to their new family and the YMCA.

*Geauga Family YMCA members, Anya and Evan Luthke, enjoy a fun-filled day on their bicycles. The two have already taken full advantage of the many programs offered at the Geauga branch.*



## Corporate Profile: *Become a Corporate Hero*

By Mike Caprino, Corporate Membership Coordinator

The YMCA of Greater Cleveland is proud to announce the addition of three new corporate partners who support its mission. Eaton Corporation, Henkel Consumer Adhesives and Avery-Denison have joined the YMCA's corporate wellness program as part of their commitment to help employees achieve total health in spirit, mind and body.

These are the most recent of many organizations who have taken advantage of the various benefits that a YMCA partnership provides. A reduction in absenteeism and health care costs, increased job productivity and satisfaction, improvement in employee morale and enhancement of employee recruitment and retention are all benefits that companies report after introducing wellness programs.

YMCA corporate partner and affinity membership programs are great ways to take advantage of these benefits. A corporate partner member deducts employee membership dues from their payroll. Many partners supplement, match or even pay for their employees' YMCA membership based on usage,

whereas, an affinity member sets up an agreement with the YMCA and employees enroll and pay at their nearest branch location.

Become a corporate hero and contact the YMCA to set up an assessment of your company's current health and wellness program. Don't have a wellness plan? No problem. The YMCA will set up a comprehensive plan tailored to your company's needs.

### YMCA Welcomes New Corporate Partners:

Eaton Corporation  
Henkel Consumer Adhesives  
Avery-Denison

### Did You Know?

According to the Longevity Institute, just 30 minutes of exercise three times a week can statistically reduce chances of developing heart, coronary artery disease, diabetes, stroke and cancer by 50 percent.

According to the Association for Fitness in Business, a NASA study reported a 12.5 percent increase in productivity from fitness program participants versus non-participants. Participants were able to improve their work performance and enhance concentration and decision-making abilities.

In a recent poll of mid-level executives looking for a new position, the number one benefit they reported was fitness center membership, yet only 25 percent expected to receive such benefits. (Poll conducted by Bernadette Kenney, CEO of Lee Hecht Harrison)

## "On His Way", Y-Haven Men Perform Benefit Play

For the past six years, through a partnership with Cleveland Public Theatre, the men of Y-Haven have written, performed and directed an original theatrical work as part of their annual fundraiser.

This year's play, "On His Way" was performed Nov. 3-6, including a special benefit performance on Friday, Nov. 4. More than 200 people attended the special performance, which featured a dinner and silent auction, helping to raise a total of more than \$30,000 for Y-Haven.

The play depicts the story of a man who finds himself plagued by voices in his head and chased by demonic bounty hunters after escaping a troubled past. In the end, he chooses



*Y-Haven cast members rehearse a scene from the play, "On His Way," a unique partnership between Cleveland Public Theatre and Y-Haven.*

to risk his freedom in order to see his dying father one last time. The play has become a much anticipated event for the men of Y-Haven and an audience favorite among theatre attendees.

"By sharing, in a most courageous way, the struggles faced in a journey of

addiction and recovery, the men of Y-Haven give others inspiration, ideas and a boost of confidence," James Levin, artistic director of the Cleveland Public Theatre, said. "They also do something so critical to any art form: they explore their own internal, sometimes darker regions and let us peek inside."

Y-Haven, the YMCA of Greater Cleveland's transitional housing program for homeless men recovering from addiction, provides its members counseling, case management, housing placements, agency connections and job training. The program also focuses on helping the men develop all aspects of themselves, including their creative spirits.

## Who, What, Where, When, Y

### December

Annual Christmas Tree Sale  
West Park-Fairview YMCA  
All Month

**Saturday, Dec. 10**  
Breakfast with Santa  
Brooklyn YMCA  
8:30 a.m. at Brooklyn and Independence  
Applebee's locations  
\$6 for children, \$9 for adults

**Breakfast with Santa**  
Hillcrest YMCA  
8:30 a.m. at Lyndhurst Applebee's  
locations  
\$6 for children, \$9 for adults

**Breakfast with Santa**  
Ridgewood YMCA  
8:30 a.m. at Southland Applebee's location  
\$6 for children, \$9 for adults

**Breakfast with Santa**  
West Park-Fairview YMCA  
8:30 a.m. at Westgate Applebee's location  
\$6 for children, \$9 for adults

**Breakfast with Santa**  
West Shore YMCA  
8:30 a.m. at Strongsville Applebee's  
location  
\$6 for children, \$9 for adults

**Sunday, Dec. 11**  
Parents' Shopping Day  
Ridgewood YMCA  
1 - 5 p.m.

**Wednesday, Dec. 14**  
Shots for Tots  
West Park-Fairview YMCA  
9 a.m. - 12 p.m. and 1 - 4 p.m.  
No appointment necessary

**Friday, Dec. 16**  
Volleyball and Music for Teens  
Gauga YMCA  
6 - 9:15 p.m.  
Teen Night Lock-In  
Teens ages 13-17 can enjoy overnight  
activities that include movies, sports and  
swimming  
West Park-Fairview YMCA  
8 p.m. - 8 a.m.

**Saturday, Dec. 17**  
Santa's Secret Shop  
A Christmas Shop for children to come in  
and make purchases for their  
parents/siblings  
Brooklyn YMCA  
10 a.m. - 2 p.m.

**Monday, Dec. 19 - Friday, Dec. 23**  
Christmas Fun Days  
Bring your child to the Y for a day of fun  
while schools are closed  
West Shore YMCA  
Gauga YMCA  
All Day

**Wednesday, Dec. 21**  
Free Pilates Class  
Try a class with instructor Gloria Fedor  
Lakewood YMCA  
10:15 a.m.

**Wednesday, Dec. 21 - Friday, Dec. 23**  
Christmas Fun Days  
Bring your child to the Y for a day of fun  
while schools are closed  
Euclid YMCA  
All Day

**Thursday, Dec. 22 - Friday, Dec. 23**  
Christmas Fun Days  
Bring your child to the Y for a day of fun  
while schools are closed  
Brooklyn YMCA  
West Park-Fairview YMCA  
All Day

**Sunday, Dec. 25**  
Christmas Day  
All branches will be closed

**Monday, Dec. 26 - Friday, Dec. 30**  
Christmas Fun Days  
Bring your child to the Y for a day of fun  
while schools are closed  
Brooklyn YMCA  
All Day

**Tuesday, Dec. 27 - Thursday, Dec. 29**  
Christmas Fun Days  
Bring your child to the Y for a day of fun  
while schools are closed  
West Park-Fairview  
All Day

**Tuesday, Dec. 27 - Friday, Dec. 30**  
Christmas Fun Days  
Bring your child to the Y for a day of fun  
while schools are closed  
Euclid YMCA  
West Shore YMCA  
All Day

**Wednesday, Dec. 28**  
Free Pilates Class  
Try a class with instructor Gloria Fedor  
Lakewood YMCA  
10:15 a.m.

### January

Spirit Member Reward #2  
Lakewood YMCA  
Watch for details on the next spirit  
member recognition event

**Sunday, Jan. 1**  
New Years Day  
All branches will be closed

**Monday, Jan. 2 - Wednesday, Jan. 4**  
Holiday Fun Days  
Bring your child to the Y for a day of fun  
while schools are closed  
West Park-Fairview YMCA  
All Day

**Thursday, Jan. 5**  
Senior Luncheon  
Food, fun and fellowship for all members  
and guests  
Euclid YMCA  
11:30 a.m.