



The learning never ends at the YMCA...



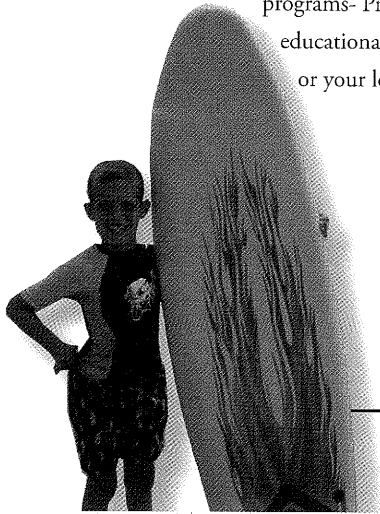
When school ended this spring, the learning didn't stop for children in the Y family- it only began- thanks to some innovative programming at our branches. "It is our goal at the YMCA of Coastal Georgia to enrich our campers' summer time experiences with exciting and challenging camp offerings," stated Joel Smoker, YMCA of Coastal Georgia Vice President.

To meet the needs of the adventurous water-lovers, the YMCA is offering weekly surf and kayak camps through the end of August for children as young as seven years. The camps are taught by professionals who are well-versed in their respective sports. Surfing instructor, Alex Arnold, shares his passion for surfing saying, "The kids I teach will be the surfers of tomorrow, so I want them to approach surfing in a positive manner. This includes sharing the waves with others, keeping the beaches clean, and becoming good citizens in their communities."

The Y didn't want to leave parents out of the learning process either, as we introduced Family Fusion Surf and Kayak camps this summer. During Family Fusion Kayak Camp, family members learn the fine art of kayaking under the direction of North Island Surf and Kayak instructor, Shane Parris. Families paddle their way to nearby Cockspur Island to explore the lighthouse and later to Little Tybee Island. Families have to learn how to work together- thereby building a stronger family unit- as novice kayaker, Jed Parker discovered. "We had to paddle together to go anywhere." By the end of his first family fusion trip he exclaimed, "Man this is the life!"

Landlovers had reason to celebrate this summer as sports-focused campers chose to sign-up for specialized enhancement camps to include baseball, basketball, soccer, flag football, and gymnastics. Gymnastics camp has been a huge draw this summer throughout the association. Skylar Christianson sums up what she has learned this summer saying, "The counselors taught us how to do cool things like cartwheels on the balance beam, back extension rolls, and front tucks on the vault."

Now it's time for our campers to take all the skills and the character values of caring, honesty, respect, and responsibility they have learned this summer to school with them. At the YMCA of Coastal Georgia, we plan to continue helping all our children learn new skills from the youngest attending Mothers Morning Out, Three-Year-Old Child Care or Georgia Pre-K to our school-aged children attending our before and after school programs- Pryme Tyme and Fun Club. For more information about educational programs, please contact Pryme Tyme at 912-351-3622 or your local branch.



photography by Sherri Simmons

ymcaofcoastalga.org



Welcome to YLife!

Welcome to the YMCA of Coastal Georgia's new bi-monthly edition of YLife. We have created this easy-to-read publication to keep you, our members and donors, updated on the mission-driven programs that build healthy spirit, mind and body for all. It is our goal to take you on a journey every issue to see first hand the difference the Y is making in the lives of the women, men and children we serve. Thank you for your continued support in helping us build strong kids, strong families and strong communities. God Bless-

Randy Bugos
President/CEO

Community Health Mission and the YMCA join forces to control diabetes

For the management of diabetes, it is highly recommended for patients to increase physical activity, to promote healthy habits, and to learn preventive measures. YMCA's infrastructure offers an alternative to people who want to be physically active. The YMCA provides activities that involve the whole family and promote community well being. On the other hand, the Community Health Mission (CHM) is actively working on prevention and educational programs designed to help participants achieve good clinical and behavioral health outcomes. This new partnership represents a new model of community outreach and health care delivery of a grass roots organization in partnership with the YMCA- creating opportunities to integrate disease prevention and health promotion into the treatment of CHM and YMCA members. The Diabetes Education Program consists of 8 weekly classes. This class will provide information on how to self manage your condition and other helpful information about nutrition and ways to avoid complications. Classes are free to YMCA members. For more information, please call the Habersham YMCA at 912-354-6223.



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