

Community

FREE FAMILY FUN NIGHTS

Family Fun Nights are free and open to all members and community members. Depending on the event, food and snacks may be available for purchase. Please check monthly flyer for details. Advanced Registration is preferred by the Wednesday before the event. Register online or sign up at the Welcome Center or PlayCenter at either Y. All Family Fun Nights are a free event to members and the community!

Saturdays, 6:00 -8:00 pm

Family Skate Night at NCY: February 4

Magic, Magic, Magic Family Night at MCY: March 3

Family Night Kickoff at MCY: September 8

Family Gym & Swim Party at MCY: November 3

ARTS & CRAFTS FAIR

Arts & Crafts Fair: McCleskey-East Cobb YMCA will be hosting an exhibit of artists and crafters offering their creations, products and services at the Y. We will also hold a \$1 raffle for items donated by artists. Items will be on display a week before the fair. The drawing will be held Saturday at 4 p.m. You do not need to be present to win. Booths are available for vendors of hand-made arts and crafts. Contact Linda Jackson for more information at: lindaj@ymcaatlanta.org or 678-564-2120.

Friday & Saturday, Sept. 14 & 15

9:00 am - 5:00 pm (both days)

Free admission & \$1 raffle tickets

COMMUNITY ENRICHMENT

Business Network Group at Northeast: Bring business cards and tell us about your company in a 1-minute presentation.

Every other Friday, in the Teen Center, 7:30 - 8:45 am

Free to Y members. Guests are welcome.

Questions? Ask Rosemary: rosemarym@ymcaatlanta.org.

Knitting/Crochet Club at McCleskey-East Cobb Y:

Get-together with others who love to knit or crochet at the Y. All knit & crochet enthusiasts are welcome

Monday's 1:00 - 3:00 pm



THANK YOU Y SUPPORTERS YOUR EAST COBB COMMUNITY IMPACT

Thank you to our members and community for giving to Partners with Youth, our annual support campaign. Together we raised \$138,000. Your donations make a huge impact in Cobb County.

HEALTHY LIVING

- \$215,406 given annually through YMCA membership scholarships. Memberships allow lower income families to reconnect, develop healthier lifestyles and combat our obesity epidemic.
- \$10,659 allowed children at the Y and in the community to overcome their fear of water and develop confidence in learning to swim who may not have had the opportunity otherwise.

YOUTH DEVELOPMENT

- \$32,144 given to children for summer camp who would otherwise be in an empty home caring for themselves during the summer.
- \$13,756 given annually to help children realize their potential in a non-competitive youth sports environment.
- \$6,480 provided support to The Little School. Research shows less than 30% of Hispanic children are prepared for Kindergarten. The Little School is making strides to better prepare Cobb's youngest children so they may be successful in school.

SOCIAL RESPONSIBILITY

- \$2,180 brought East Cobb families together for a day of volunteering for Lockheed Elementary's Beautification Day.

Community

LOCK-INS & FACILITY RENTALS

Lock-Ins and Facility Rentals: Are you interested in renting the YMCA? We offer rental of our McCleskey & Northeast facilities to non-profit organizations for lock-ins, meetings and events. Rental participants must complete the Facility Rental Agreement and pay a \$500 security deposit. The security deposit is refunded after the event, provided there is no damage during usage. Proper insurance must be submitted with rental agreement. For facility rentals please contact kristeng@ymcaatlanta.org.

SHARING THE HOLIDAY SPIRIT

Community Outreach Projects

Our two branches, McCleskey & Northeast Y's, are collection sites for the holiday projects listed below for our community. In this upcoming holiday season, we have many opportunities for you to share in the spirit of giving. Contact Linda Jackson for more information at lindaj@ymcaatlanta.org or at (678) 564-2120.

Thanksgiving Food Drive

November 1 - November 15

Through the efforts of Center for Cobb Family Resources, Thanksgiving food baskets will be distributed to low-income families throughout Cobb County.

Holiday Food Drive

December 1 - December 14

We will be collecting non-perishable food items this holiday season to distribute to families in need. Please bring your donations to the lobby by December 16.

Happy Holidays for the Military

December 1 - December 14

Support our Soldiers during the holidays! We are collecting items for our Wounded Warriors at Ft. Benning & Ft. Gordon. Please see the Angel Tree in the Y lobby for gift giving ideas.

Merry Christmas Cobb County Orphans & Children

December 1 - 14

Help a local child this holiday season. Select an Angel from our Angel Tree in the Y lobby and help make this holiday a special and joyous one.



SPECIAL EVENTS AT BOTH MCCLESKEY & NORTHEAST COBB Y's

Member Appreciation Days - Ongoing

Join us as we celebrate you, our members, and show you just how much we value your membership here at the Y! Events will be held on the following dates:

Sunday, January 1 – New Year's Day Open

House: Let the Y be your New Year's Resolution Solution! Bring a guest to tour the facility and enjoy healthy snacks.

Wednesday, February 29 – Leap Year Day

An extra day to work out at the Y!

Saturday, March 17 – St. Patty's Day:

Start the day with a cup o' tea, some goodies and a wee bit o' fun.

Wednesday, April 18– Garden Party:

Enjoy healthy fruits & veggies

Wednesday, May 23 – Sunshine & Lemonade:

Quench your thirst with some old-fashioned fun.

Wednesday, July 4 – Happy Birthday

America! We'll be popping up fun with popcorn & refreshments.

Tuesday, August 14 – Beat the Heat :

Join us for frozen ice cream treats in the lobby.

Monday, Sept. 3 - Salute to Workers of

America: Join us as we honor workers in this great Nation!

Monday, Oct. 1 – Finally Fall:

Enjoy a fall harvest of seasonal fruits & vegetables.

Sunday, November 11 – Veterans Day

Celebration: Salute those who serve our great country!

Wednesday, December 12 at 10:30 am –

Winter Tea & Cookies: Celebrate the warmth of the season!

Community

Register online now!

CPR/AED

CPR/AED For The Community and Workplace: A combined CPR and AED program designed specifically for laypeople. This program is an excellent choice for both the community and workplace setting, and is based upon the 2010 International Consensus on Cardiopulmonary Resuscitation (CPR) and Emergency Cardiovascular Care (ECC) Science with Treatment Recommendations (CoSTR).

Intended for individuals who do not work in the healthcare field but are occupationally required to, or desire to, have CPR knowledge and skills, such as:

- Emergency response teams in business and industry
- School bus drivers
- Adult residential care personnel
- Child care workers
- Teachers
- Parents
- Babysitters

Northeast Cobb Y: Thursdays, 5:30 - 8:30 pm
February 16, March 15, April 12, May 17, July 26
August 16, Sept 20, Oct 18, Nov 15, Dec 13
Cost: \$50

CPR PRO FOR THE PROFESSIONAL RESCUER

CPR Pro for the Professional Rescuer: Students learn how to recognize a life-threatening emergency, how to provide basic life support and what to do in case of an airway obstruction or choking. CPR Pro for the Professional Rescuer has been approved for training for Emergency Medical Services personnel and is accepted by the National Registry of Emergency Medical Technicians (NREMT).

American Safety & Health Institute's CPR for the Professional Rescuer program is designed for individuals in the healthcare or professional rescuer field that are required to have a professional-level basic life support training.

Northeast Cobb Y: Thursdays, 5:30 - 9:30 pm
February 2, May 3, August 2, November 1
Cost: \$50



BASIC FIRST AID

Basic First Aid: Basic First Aid was created to help students develop basic first aid knowledge, skills, and the confidence to respond. The program is an excellent choice for both the community and workplace setting, and is consistent with recommendations of the 2010 National First Aid Science Advisory Board and OSHA's best practices for first aid training programs in the workplace.

Northeast Y: Thursdays, 5:30 - 7:30 pm
March 1, July 12, October 4
Cost: \$30

WILDERNESS FIRST AID

Wilderness First Aid: A must for those who love the outdoors. Wilderness environments create special situations not usually encountered in an urban or suburban environment. Wilderness First Aid is a two-day, 16 hour class designed for trip leaders, camp counselors, and outdoor enthusiasts. This course will teach you how to respond to an emergency if you are in an area where help may be delayed in reaching you. This comprehensive 16-20 hour course meets the Boy Scouts of America Wilderness First Aid curriculum and guidelines.

Northeast Y: Two-day course
Saturday & Sunday: April 28-29
9:00 am - 5:00 pm
Cost: \$175

Events

FUN EVENTS at the McCleskey Y

Easter Egg Hunt ages 8 and under: See the Easter Bunny and hunt for prize-filled eggs! Bring your camera and Easter baskets. Held inside if it rains. Please arrive on time as this is fast and furious event. Don't miss the fun!

McCleskey Y: April 1, 1:30 pm

Free Community Event

Healthy Kids Day all ages: Relay races, inflatables, games, Kids ZUMBA & more! Starts immediately after the Easter Egg Hunt!

McCleskey Y: April 1, 1:30 - 4:30 pm

Spooktacular ages 12 and under: Come dressed up in your spookiest costume and join us for food and lots of Spooktacular fun! We will have carnival games, crafts, and costume contests, not to mention our ever popular "spooky obstacle course". Game tickets are included in the registration fee. Food items can be purchased for a nominal fee and are not included. Parents are free! *Parents must accompany children to this event.

Friday, October 26, 6:00 - 8:00pm

MEM: \$5 per child PRO/COM: \$8 per child

Cookies with Santa: All ages are invited to join us for a relaxing, fun-filled afternoon of holiday activities. Kids will be able to talk to Santa in a casual environment. We'll enjoy an afternoon of cookies, desserts, cocoa and tea and make wonderful take home holiday crafts. (Parents are free but must accompany children to this event).

Sunday, December 9, 2:00 - 4:00 pm

MEM: \$5 per child PRO/COM: \$8 per child

5th Annual Chili Cook-off: Join members, staff, and the community for a good-ole fashioned Chili Cook-off! Our panel of judges will determine the winner. Top three finishers will be recognized. Not a cook?! Then come sample all of the chili you can eat for a \$5 donation to Partner with Youth. Contact Kristen Gauvreau to register your award-winning chili at: kristeng@ymcaatlanta.org or 678-564-2122.

Wednesday, November 14, 11:30 am

Toppings for chili will be provided.



FUN EVENTS at the McCleskey Y

Cookie Swap: Do you love sweet things? Bring your favorite homemade cookies to trade with friends. Pack six bags with six cookies. You will leave with six bags of different cookies to share with your family or eat all by yourself! RSVP to: kristeng@ymcaatlanta.org or 678-564-2122.

Wednesday, December 12, 10:30 am

Light refreshments will be provided.

FUN EVENTS at the Northeast Y

Fun Fall Potluck & Pumpkin Contest: Bring a dish and get to know your fellow Y friends. Fun, food & cheer. Meet in the Teen Center. Free for members. Contact Linda Jackson for more info: lindaj@ymcaatlanta.org or (678) 564-2120.

Wednesday, October 17 at noon
in the Teen Center

School Break Camps

Register online now!

DYNAMITE DAYS OFF • ages 5-12

Dynamite Days Off Camps ages 5-12: During school break holiday breaks the Y is excited to provide healthy and fun activities for your child. Our qualified counselors will lead activities that will help build your child's self confidence, strengthen their social skills, deepen their respect for others and build lasting relationships. Activities include swimming, crafts, sports, group games, and making friends! Pack a lunch, drink, two snacks, swim suit and towel.

At Both McCleskey and Northeast Ys

January 2-6, January 9, April 2-6,

November 19-21, December 26-28

9:00 am - 12:00 pm (Free extended care form 7:30 am - 6:00 pm)

MEM: \$35/day PRO: \$55/day



SPRING BREAK SOCCER CAMP • ages 5-12

Spring Break Soccer Camp ages 5-12: Enjoy no school but all soccer during Spring Break! This camp was designed to teach players more about ball control, passing, foot-work, shooting, and overall technique. Campers will focus on all aspects of the game while engaging in games such as footy golf and kickball world series.

At McCleskey Y: April 2 - April 6

Half-day: 9:00 am - 12:00 pm

MEM: \$25/per day PRO: \$30/per day

DISCOVER FUN WHILE SCHOOL IS OUT

SPRING BREAK TENNIS CAMP • ages 6-14

Spring Break Tennis Camp ages 6-14: Beginning tennis with games and fun. Learn the basics while developing a past-time that you can enjoy for a lifetime!

At McCleskey Y: April 2 - April 6

April 2-6

9:00 am - 4:00 pm (Free extended care form 7:30 am - 6:00 pm)

MEM: \$175 PRO: \$225



Kids & Family

Register online now!

ADVENTURE GUIDES www.cobbadventureguides.com

YMCA Adventure Guides ages K-8: is a program designed to build and strengthen the bonds of love, understanding and mutual respect between parent and child. Busy parents get the opportunity to know their children better as this program sets aside that "quality time" for fun, memorable experiences. Parent and child are placed in a group based on the age/gender of the child. Members participate in monthly meetings and activities. An Adventure Guides Activity Calendar will be provided with activities and events that Members can choose to participate in (some have additional fees, some are free).

Some of our annual favorites are:

- Adventure Guides Family Night Kickoff, Saturday, Sept 8
- Family Gym & Swim, Saturday, Nov 3, 2012
- Pinewood Derby Race Saturday, Jan 26, 2013
- Spring Campout at Camp High Harbour April, TBD, 2013

The Adventure Guide Program runs Sept - May

MEM: \$50 (per parent/child) + \$25 activity fee

PRO: \$75 (per parent/child) + \$25 activity fee

Additional child with same parent \$25 + \$25 activity fee

Register online to be placed in a circle (or form your own neighborhood circle) and email kristeng@ymcaatlanta.org.

PARENT BREAKS

Parents' Morning Out ages 2-6: We will watch your children while you enjoy a morning of shopping, running errands, going to appointments or just some blissful quiet time! Bring a lunch! No peanut products. Register online or in-person. Limited space. January 10 - December 21 (Cobb County School year calendar)

McCleskey: Monday/Wednesday, 9:00 am - 12:00 pm

Northeast: Tuesday/Thursday/Friday, 9:00 am - 12:00 pm

MEM: \$15/child per day PRO: \$20/child per day

Lunch Bunch ages 2-6: Extend your day at Parent's Morning Out with us! We will eat lunch and do an art project.

McCleskey: Monday/Wednesday, 12:00 - 2:00 pm

MEM: \$10/child per day PRO: \$15/child per day

Parent's Night Out ages 2-12: Parents can enjoy an evening out while their children have a fun and exciting time at the Y! Age appropriate fun! Dinner included. Register by the Wed. before the event.

McCleskey: Fridays, 6:00 - 10:00 pm

Jan 20, Feb 17, Mar 16, Apr 20, June 15, July 20, Aug 17, Sept 21, Oct 19 & Dec 14

MEM: \$15/child per day PRO: \$20/child per day



AFTER SCHOOL PROGRAM

YMCAs are the nation's largest provider of after-school child care. By incorporating the values of caring, honesty, respect and responsibility, we give children the solid foundation they need to thrive. We believe that after being in a structured environment all day, kids need time for playing and having fun in a safe, nurturing environment. Our staff will also take your child to any onsite Y programs they are enrolled in! Activities include: outdoor & indoor fun, healthy snacks, homework help and swimming.

At McCleskey-East Cobb Y

Monday-Friday, 2:30-6:30 pm each school day
Bus transportation provided daily from Eastside Elementary. Drop offs welcome.

Questions? Ask Allen: allens@ymcaatlanta.org.

Y BIRTHDAY PARTIES

Y Birthday Parties ages 1-10: Parties can accommodate up to 15 kids. Just bring the cake and the kids! Saturday or Sunday and include a party coordinator to assist you during the party. Contact Christina Luna at 678-507-9632.

Arena or Basketball Parties at Northeast for ages 5-12
1:00-2:45 pm or 3:00-4:45 pm

Pool Parties at McCleskey for ages 6-10

1:15-3:00 pm or 3:30-5:15 pm

Activity Room Parties at McCleskey for ages 1-5

1:15-3:00 pm or 3:30-5:15 pm

New Zumba Parties at Northeast Cobb Y for ages 7-12!

1:00-3:00 pm

MEM: \$125 PRO: \$150 COM: \$175

Moonbounce available for an additional \$25

Tweens/Teens & Seniors

Register online now!

TWEENS & TEENS

Babysitting Class ages 10+: Learn about basic childcare accident prevention, handling emergencies, entertainment ideas & more Includes ID card, certificate, manual & helpful babysitting handouts. Bring a doll to class.

Saturdays, 10:00-11:30 am in the Northeast Y Teen Center
Feb 18, April 21, May 12, June 9, Sept 22, Oct 20

MEM: \$30 PRO: \$40

Middle School Nights: Middle schoolers can enjoy a night out of the house with their friends at the YMCA! Come participate in our dodgeball tournament, shoot hoops with your friends, and/or just hang out. Community is welcome.

Middle School Nights are held at the Northeast Cobb Y.

Saturdays, 7:00 - 10:00 pm

Jan 28, Feb 25, Mar 24, Apr 28, May 19,

Sept 22, Oct 27, Dec 1

MEM: \$5 per person PRO & COMM: \$10 per person

For more information, please contact Kristen Gauvreau at kristeng@ymcaatlanta.org.

Regional Teen Events: At the YMCA of Metro Atlanta, we take the future of our youth seriously. That's why we offer many opportunities for teens to grow as future leaders by developing programs which promote volunteerism, community activism, social responsibility and more.

Look for more information coming soon, about ways you can get involved serving your community, the Y or even helping communities abroad!

For more information, please contact Wes Bender at wesb@ymcaatlanta.org.



SENIORS

Senior Day Trips ages 55+: Enjoy monthly Y outings with your friends! Look for flyers with dates, fees & activities in the lobby. Registration closes one week prior to each trip. All trips include transportation, tour, and meal. For more information, please contact Kristen Gauvreau at kristeng@ymcaatlanta.org.

Trips depart from the McCleskey Y
Trips: February, March, April, September, October, November & December.

YMCA Kickers (ladies ages 60+):
YMCA ambassadors of fitness and fun!
We are now recruiting more ladies to join our unique dance troupe. For more information, please contact Judy Guard at 770-977-5991 ext. 238.

Ease the Journey...Age with Dignity:
An education and resource discussion panel designed to educate and provide tools to make your lifestyle changes more positive when affecting your personal health and well being. The panel consists of local providers from the following industries: Estate Planning & Legal Needs, Geriatric Care Management, Home Care Services, Home Modification, Hospice and Medicare.

At McCleskey Y

Wednesday, January 18, 10:00 - 11:00 am

Contact Linda Jackson for more information at lindaj@ymcaatlanta.org or at (678) 564-2120.