



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Greensburg YMCA

Members 1st Quarter Newsletter January–March 2024

From the President of the Board....

DR. SYDNEY BEELER

As I start my column this quarter, I would like to start by sharing the Board of Directors' gratitude for Suzanne's work. Her leadership undoubtedly pulled our Y out of the depths of a pandemic, through a national staffing shortage, and into a position of stability. She has worked tirelessly and positioned the Greensburg YMCA to be able to move from surviving to thriving. Suzanne, thank you for your service, love, and leadership to our beloved Y.

As we look forward to the new year, the Board will focus on providing guidance through our transition as well as remaining committed to executing our strategic plan. This includes focusing on our external partnerships that provide youth development and community connections for many of the individuals involved with our programming, raising the level of support through the annual support campaign, and continuing to make improvements for our membership.

We have already made some progress in the remodeling and upgrading of our facility. The men's locker room remodeling has already seen improvements. That project should be completed in the next couple months as we await the installation of new flooring and lockers. There are also some corrective projects completed in the women's locker room, then further improvements will be forthcoming.

One major project, that is unseen to many, but is among the most important and resource intensive is the installation of a new boiler and pool heater. Both of these projects are nearing completion as I write this and will ensure that our members are comfortable in our facility and our pool!

(Continued on back page)



FRONT PAGE NEWS ... FROM THE GREENSBURG Y

Holiday Hours

New Year's Day (1/1)—6 am–Noon

FITNESS FACILITY HOURS

Monday–Thursday:
5:30 am–8:30 pm

Friday:
5:30 am–8 pm

Saturday:
7:30 am–2 pm

Sunday:
8 am–1 pm

Scan for
website



CONTACT INFORMATION

Welcome Center: 724.834.0150,
ext. 111.

NEW CHILD WATCH HOURS

Let us watch your children as you work out. Our Child Watch service is available six days a week. New hours for 2024 are:

- Monday, Wednesday, Friday and Saturday, 9 am–Noon
- Monday–Thursday, 4:30 pm–7:30 pm

DONATE TO OUR Y

Now is the time to support our Y and the Annual Support Campaign. Please help us fulfill our Y's mission and consider a contribution to this critical initiative of our Y. Donate online at www.greensburgymca.org/donate or scan the QR Code below.

Scan Here
to Donate



From the CEO's Chair...

SUZANNE PRINTZ

I announced last month my intent to resign from my position as CEO of the Greensburg Y effective January 31, 2024. While I've had the opportunity to speak to some of you in person, I am taking this opportunity to speak to all of you from my heart and to reflect. Thanks in advance for indulging me.

I first stepped foot in our Y back in April of 2003 when I signed my eldest daughter up for swim lessons. Many of you know my Y story and how I believe God, medical doctors and this Y's swimming programs helped put my eldest daughter into remission from a rare auto-immune disease. I spent many nights sitting on the bleachers in the pool area watching aquatics staff and volunteers feed into the lives of children and adults in our community. I experienced the family culture of this Y, watched my children as they "got" that they belonged to something bigger than themselves, and valued beyond measure the core values of my faith being mirrored in the environment of the Y.

My staff tenure here began in the position of Administrative Assistant, then Membership Director, which aligned my work with my schooling and experience, and reignited my passion for non-profit work. It had been a joy to serve as the Membership Director and get to know so many of you... to smile with you, to cry with you and to do life with you. I have been blessed beyond measure with the relationships I have formed with staff, volunteers and our community.

As I reflect on my work as CEO, I've had great highs and some not so great lows. I've done some good things, but I've also

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MEMBER SPOTLIGHT

BARBARA JONES

Barbara Jones has been a member of our Y since October of 1995, when she moved from New York City to become curator at the Westmoreland Museum of Art. She currently is an independent curator after retiring from the Westmoreland last year. She took a few minutes for the Member Spotlight Q & A session:



Why did you join the Greensburg Y? I wanted a place where I could swim, use exercise equipment, and take classes. I used the Y facilities in NYC.

What's your favorite part of being a member of the Y? I enjoy the classes, especially BodyPump and Yoga, both of which I've participated in for many years. I started taking Les Mills BodyPump when the Y first added it to the roster of classes. We loved Damian who was teaching it then and we now love Renee. I think I'm one of its earliest participants. I enjoy exercising in a group setting but also use the CYBEX equipment which I'm glad is available.

What is your current occupation? I'm now working as an independent curator, having retired last year after 27 years at The Westmoreland.

How do you define success? Being able to do what you love.

Who inspires you? I've been inspired by many people but two stand out. The first is my Art History Department Chair at Syracuse University, David Tatham, who was a Winslow Homer scholar. I was his Teaching Assistant during my three years earning my M.A. in Art History and MFA in Museum Studies, and he served as a model to me in so many ways but especially in his teaching/lecturing style. The

second is Judy O'Toole, Director Emerita of The Westmoreland. She and I bonded the first time we met in Philadelphia when I interviewed for the curator position in 1995, and she inspires me everyday with her strength and tenacity. She led the museum through myriad challenges, including a major renovation and expansion that contributed an iconic piece of architecture to the City of Greensburg and continues to face life's challenges with grace.

If you could choose anyone as a mentor, who would you choose and why? See above.

What's the next place on your travel bucket list? Traveling to see and experience more of the U.S.

What's something about you (a fun fact) that not many people know? I received a motorcycle for my high school graduation and rode it all through college.

What's the last book you read? I just finished reading Judy Blume's *Summer Sisters*.

What is your favorite hobby? Working out at the Y, and donating blood.

Currently binge-watching any shows? Right now I'm watching Cheers, having worked my way through all episodes of Andy Griffith, Leave it to Beaver, the Donna Reed Show (shows I watched growing up), and Frasier.

If you had to eat one meal every day for the rest of your life, what would it be? Breakfast.

What's one item you can't live without? My afternoon cup of Earl Grey tea and my cats (I know that's 2).

Aquatics...

COMING EVENTS/PROGRAMS

- Feb. 9**—Registration opens for Spring I session. Lessons run from Feb. 26–April 19.
- The main pool will be closed for Greensburg Salem High School home meets: January 18, 22 and 25.

AQUATICS/LIFE GUARD CLASSES:

- American Red Cross Lifeguarding Certification class in 2024. Dates to be determined soon!
- Feb. 9–11**—Lifeguard Class-Blended Learning February 9–11. Cost: \$250.00. Times to be announced.
- March 9**—LGI Review. Cost: \$95.00. Time to be announced.
- April 27–28/May 4–5**—Lifeguard Instructor Blended Learning Course. Cost: \$415.00. Times to be announced.

Registration for all classes begin Jan. 15.

2023–24 Fall/Winter Swim Team News

- The GYST last dual-last dual meet of the season is Jan. 16 then on to the championship season that includes:
 - Jan. 28—Division Championships 1/28/23
 - Feb. 24—Novice Championships
 - March 7–9—District Championships
 - March 22–24—State Championships
 - April 4–5—National Championships

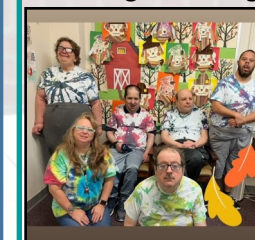
The best of luck to our GYST swimmers.



Happy Hinges, one of our most popular GroupEx classes meet three times a week on Monday, Wednesday and Fridays at 11 am.

Adult Care Services...

- Our Adult Care Services has a number of events planned for the New Year, including group outings, Friday craft days and movie days (two Fridays/month).
- If you are compassionate, caring and have a passion for working with special-needs adults, we have openings for direct care professionals. To apply for ACS positions or our other staff positions, visit www.greensburgymca.org.



(Left): Our ACS model their finished products from a recent tie-dye day.



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From the CEO's Chair (Cont. from Pg. 1)...

made mistakes as any leader does. (The moment you hear a leader touting perfection, run the other way.) I've tried my best to learn from my mistakes and do better as we all should strive to do. Leading this organization through the pandemic and transition in leadership has been challenging to say the least, and so many of you have experienced similar challenges professionally and personally. Somehow we're all getting through it. I thank God for faith!

My decision to leave the Y was based on two main factors. First and foremost, I can see the vision for this Y's future, and I believe it's time for someone new to take the helm going forward to lead with a slightly different expertise than mine. The second is that my cup is empty. For the last several months, I notice myself not recovering from the lows like I used to. I'm snapping at people, I'm frustrated when the normal day-to-day ebbs and flows occur. This is not how I want to lead, this is not how anyone should lead. I am confident that this is God's way of telling me it's time for me to move on. I also believe it is God's way of moving the organization along to the future. It is my hope that those that come after me will also seek God's will because if He is in it, and the mission is being followed, good things will follow.

I leave you with a few challenges: 1) Take care of yourself. If your cup is empty, like mine, use the membership that you have with this Y and invest in yourself. Brenda Willett, our Sports and Wellness Director, is offering wonderful programs for you and your family to get well. Take advantage of our wellness coaching, our personal training, our group exercise classes. Your mind, body and spirit can be nurtured here, you just have to commit to putting in the work. I started my first wellness coaching session in December; what's keeping you from doing the same? Do it! 2) Become a champion for this Y. If you have had a positive experience, tell others. We need to increase membership in order to increase revenue. Debby King, our Membership

Director, and her team are working hard and succeeding as we are growing membership every month. Support her efforts! We're doing our part: As of this writing in mid-December, final reviews on equipment replacement bids are occurring; the pool heater is being replaced; the roof leaks have been repaired; the locker room renovations are occurring. I would be remiss if I didn't give a shout-out to Kris Peters, our Aquatics and Facilities Director, for the substantial time and effort she has put in to keep this building and the pools operating, functional and open! Thanks Kris! 3) Give to our annual support campaign. One of the issues that became very apparent to me early on as CEO was that this YMCA has been extremely generous to the community in giving away free services and programs, but it hasn't received the financial support from the community that it needs to cover the loss that generosity caused. We need your financial support and the financial support of your network to give to this Y. Fundraising will be a vital part of this Y's next steps; the Board of Directors understands that this is forefront. While we work on our part, would you come alongside us and give of your treasure?

Our Y is a community Y and we need the community to give to the Y today!

I would like to thank each and every one of you for trusting our YMCA to care for you and yours. Thank you to past and present Board of Directors members who gave me the ride of a lifetime and believed in me when I didn't believe in myself and who acted alongside me to sustain this YMCA. Thank you to my wonderful staff who selflessly give of themselves. I will miss all of you terribly and thanks sooo much for the laughs!

In closing, I leave knowing that I accomplished some good things, that I was obedient to God, that I made mistakes for which God has forgiven me, and that I loved the people and staff of this organization the best I knew how. My wish for you as a member of this Y, is that you, too, would love well, would treat others the way you wish to be treated, and that you would invest in helping others experience our Y so that Christian principles can continue to be put into practice to build and sustain programs that promote a healthy mind, body and spirit for all.

May God richly bless you,

Suzanne



Part of the men's locker room remodeling that was completed during Printz's tenure.

Sports & Wellness...

2024 GROUPEX LES MILLS SCHEDULE:

	SUN	MON	TUE	Wed	THUR	FRI	SAT
Intro./BodyPump				9:15 am			
BODYPUMP	10:50 am		6:15 pm	9:30 am	5:25 pm	9:15 am	8 am
GRIT (Cardio)			4:50 pm				9:05 am
Intro./GRIT					8:45 am		
GRIT (Strength)	9:15 am	6 pm			9:15 am		
BODY FLOW	8:55 am	10:20 am	5:25 pm			10:20 am	



Tots Basketball returns in January.

CURRENT/FUTURE PROGRAMS

- **Personal Training/Wellness Coaching:** One-on-one sessions and group fitness programs have launched.
- **Coed Youth Soccer Clinic (Ages 6-9):** Jan. 9-Feb. 13. Tuesdays (5-6 p.m.). Led by Coach Adam Wilson, captain of Greensburg-Salem Boys' High School Team. Great way for youth to learn

soccer in a fun, friendly environment.

- **Tots Winter Basketball Program (Dec. 28-Feb. 2):** Our Tots Basketball program is a great way for children in ages, 2–4, to learn the sport of basketball in a fun, friendly environment. Sessions are Thursdays, 6:16-7 pm. Registration ends Jan. 14, 2024. Cost: \$55/

members;\$75/non-members.

- **Pilates:** Classes resume Jan. 3 on Monday and Wednesdays at noon. Cost : Free/members; \$5/non-member. No registration required.

To register for all programs, visit our website at www.gbgymca.org.

Membership/Welcome Center...

News and Notes From the Welcome Center

JOIN FEE PROMOTION IN JANUARY!

- **WAIVE THE JOIN FEE!** The month of January is a great time to join our Y. If you know a friend or are contemplating joining, join during the month of January and your join fee will be waived. Please stop by our Welcome Center or visit our website at www.gbgymca.org for details.

NEW COFFEE AND CONVERSATION PROGRAM

- Our membership department is starting a monthly program in January, titled Coffee and Conversation. This program will be led by Membership Coordinator Maryellen Haddock and will be held monthly to discuss various topics of interest such as nutrition, healthy aging, exercise and getting to know your community The first is January 12, 2024, 11:30 am - 12:30 pm. Join us for an introduction to all our YMCA has to offer. Learn more about the Y's exercise classes and other ways to get you moving. Meet our GroupEx instructors, Wellness and Membership directors, and others who help make our Y the place where you want to be. Coffee and light refreshments will be served. Cost Is free for this first session.

FAMILY FUN NIGHTS CONTINUE

Our Family Fun Nights began in November and continue through March. The fun takes place in our gym on the third Friday of the month. Admission is FREE to our members and nominal fee for the community. We will have themed crafts, snacks and heart-pumping activities. The dates and themes for this quarter are:

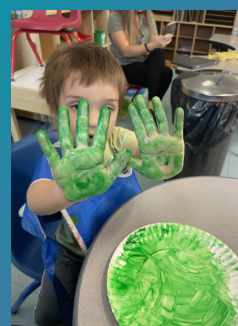
- January 19 —Winter Wonderland @ the Y
- February 16 —We Have Happy Hearts @ the Y
- March 15—Lucky to Be @ the Y!



Child Care Development...

Early Childhood Learning Center (ECLC)

- Our Y is excited to announce Deanna Malis as its new ECLC director, who begins her new role in January. Welcome Deanna to our Y family.
- Our ECLC has openings in our Preschool and Pre-K classrooms, and limited openings in our Toddler and Infant rooms. If you are in need of childcare, please contact Senior Director of Operations Christine Marquis at c.marquis@gbgymca.org.



Scenes From the Y



Before & After School Enrichment (BASE)

- There are current openings at two sites:
 - Fort Allen—AM for Fort Allen Students.
 - Fort Allen—PM for All Hempfield students
 - Hutchinson/Nicely—PM only.
- To enroll, visit our website at www.gbgymca.org.
- Summer Adventure Camp registration will be opening soon. Camp is tentatively scheduled to begin June 10. Please visit our website at www.gbgymca.org to check updates on camp.



Students (top) at our West Hempfield site work on school assignments. (Above left) Fort Allen students enjoy a craft day. (Above right) Fort Allen students engage in Science experiment.

From the President of the Board (cont.)

We are excited about the future of the Y in 2024 and beyond. There is much work to do, and we need your help. Whether it is volunteering for one of our programs, coaching a youth sport or providing financial support...we NEED you!

Happy New Year to All...and I hope to see you at the Y!

Sydney

SAVE THE DATES!

JANUARY

- 16 Member Appreciation
- 18 Greensburg Salem Home Swim Meet
- 19 Family Fun Night, 5:30 –7:30 pm
- 22 Greensburg Salem Home Swim Meet
- 25 Greensburg Salem Home Swim Meet

FEBRUARY

- 9 Registration opens for Spring I Swim Lessons
- 16 Family Fun Night, 5:30-7:30 pm
- 20 Member Appreciation
- 26 Spring I Swim Lessons begin

MARCH

- 19 Member Appreciation
- 15 Family Fun Night, 5:30-7:30 pm

ADULT PICK-UP SPORTS SCHEDULE

PICKLEBALL

Mondays and Wednesdays 1-3 pm
Thursdays 7-8:30 pm
Sundays 8:15-10:30 am

VOLLEYBALL

Mondays 7-8:30 pm
Wednesdays 7-8:30 pm

BASKETBALL

Tuesdays (morning) 6–7:30 am
Tuesdays (evening) 7-8:30 pm
Thursdays 6-7:30 am

SHARE YOUR Y STORY

Help us spread the good news and impact we have in our community. Please tell us your Y impact story by visiting our website at www.gbgymca.org/about-us/this-is-my-y-story/. Submit your story and receive a free day pass.

STORIES, IDEAS AND MORE

If you have a great story, comments or ideas you would like to share for the newsletter, please do not hesitate to email memberservices@gbgymca.org.





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SCENES FROM THE GREENSBURG Y...

