

# WHY THE Y?



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## LAKELAND HILLS FAMILY YMCA

100 Fanny Road Mountain Lakes NJ 07046

June 2017

www.lakelandhillsymca.com

A NEWSLETTER FOR THE MEMBERS AND VOLUNTEERS OF THE Y

VOLUME III - ISSUE X

## CAMP IS COMING MONDAY - JUNE 26

The annual arrival of happy and excited children attending the Y's popular summer camp is almost here! Every effort is made to accommodate this extensive program involving nearly 600 children, along with the daily needs of our members. Obviously, parking is the primary issue and we strongly encourage members, **when possible, to avoid the following drop-off and pick-up times... 8:45-9:45 a.m. and 3:15-4:15 p.m.** Also, when exiting, in an effort to facilitate traffic on Fanny Road, **there is a right turn only at the top of the driveway between 8:45-9:10 a.m.** Thank you in advance for your patience and understanding.

Our campers ages **6-8 (School Age Half-Day Camp)** and ages **5-12 (Full-Day Camp)** are offered numerous opportunities to grow socially, physically and emotionally through various cooperative activities. The Y camp experience provides a nurturing environment where the youngsters develop problem-solving skills and positive social behaviors. **Bruce Muchnick**, licensed psychologist who works extensively with day and resident camps, said, *"Each summer at camp a unique setting is created, a community is constructed that allows participants to get in touch with a sense of life that is larger than one's self. The camp community seeks to satisfy children's basic need for*

*connectedness, affiliation, belonging, acceptance, safety, and feelings of acceptance and appreciation."*

In summary, the Y camp experience is consistent with our mission of youth development, healthy living and social responsibility.



# JUNE



# INAUGURAL GOLF OUTING

MONDAY - JULY 31 ROCKAWAY RIVER COUNTRY CLUB

9:00 am Brunch | 11:00 am Shotgun Start | 4:00 am Dinner & Awards Reception



## JOIN US ON THE COURSE FORE A CAUSE

## CALLING ALL GOLFERS AND SPONSORS! RESERVE NOW!!

As part of the annual Give A Kid the Y campaign, the Lakeland Hills Family YMCA is sponsoring its first-ever golf outing, "ON THE COURSE FORE A CAUSE." All of the proceeds from this event will be used to ensure that everything the Y has to offer is available to all children in our area regardless of their ability to pay.

From safe places to academic achievement, to family well-being and more, when you support our cause, you're giving those in need the opportunity to thrive.

To make **reservations**, become a **sponsor** or simply to **join us for dinner**, please use the following link for additional details:

<http://www.lakelandhillsymca.com/golf>

**Contact:** Rosemary Linder Day at 973-334-2820

### SPONSOR LEVELS

You/your company can support our event in the following ways:

#### EVENT SPONSOR

- Golf and dinner for four
- Tee sponsor sign
- Logo on all event media including web
- Prominent recognition throughout event
- Full page print ad on back panel of event catalog

**\$2,500**

#### DINNER SPONSOR

- Recognition at dinner
- Tee sponsor sign
- Full page print ad in event catalog

**\$1,000**

#### BRUNCH SPONSOR

- Recognition at brunch
- Tee sponsor sign
- Half page print ad in event catalog

**\$750**

#### TEE SPONSOR

- Tee sponsor sign

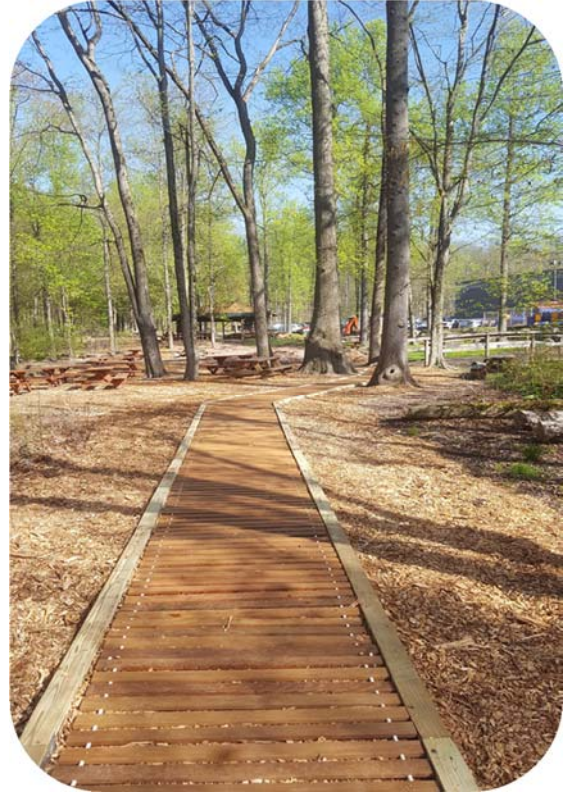
**\$100**



# BOARDWALK PATH COMPLETED!!

Thanks to... the New Jersey Healthy Communities Grant, Borough of Mountain Lakes municipal government and Atlantic Health for their financial and in-kind support. In addition, a special note of appreciation to John Sheehan, Mike Ambrosi, Celia Ward, Matthew Sheehan, Daniel Rua, Bob Squire's Landscaping team of Kevin, Whitey, Paul, and Larry for their efforts in completing the project.

The boardwalk path is a wonderful addition for the Y and other community members. *A job well done!*



In attendance left to right, Chris Michael Kirk and Jessica Mulcahy from Atlantic Health, John Sheehan, Y Building & Grounds Supervisor, Anthony Shovlowsky, Y Fitness Director, Lauren Barnett, Deputy Mayor of Mountain Lakes, Beverly Cooper, Y Communications Director, and Y Board Vice President, Angelo Intile.



# FITNESS UPDATES...

from Darlene Kievit, Group Fitness Director & Anthony Shovlowsky, Fitness Director

## SIX WEEKS TO SUMMER

We have over 185 participants participating in the program. The program began May 8<sup>th</sup> and will continue until June 18. This program has mirrored the success and popularity of the [6 Weeks to Wellness](#). The program offered 12 wellness activities for the members with various exercises and classes on a daily basis. The seminar offerings included: *Re-Think Your Drink: Better Beverages & Smoothies*, *Step Up Your H<sub>2</sub>O: Water Infusions*, *Meditation and Thai Massage*, and *Essential Oils and Restorative Yoga*. Pictured below are the raffle prizes to be awarded to winning participants in the fitness campaign.



*"I love all the unique programs in the evening. They are so different from anything the Y has done before!" JM*

## GRIT

The **GRIT** class kickoff took place on Saturday April 8 and was a huge success with over 60 participants for both classes. **GRIT Plyo**, **GRIT Strength** and **GRIT Cardio** classes consist of high intensity interval training, which increases fat loss and improves performance in only 30 minutes. The class is offered on our schedule 5 times a week. These are great classes to complete your workouts in a shorter period of time.

## ONE STEP

Lakeland Hills Family YMCA introduced the **One Step** program for individuals with Multiple Sclerosis. The program participants meet on Mondays and Wednesdays to help combat the fatigue and weakness that they may feel on a day-to-day basis.

One participant in the program said, *"...before working with the trainers at the Y, I didn't think I would be able to attend these classes at all. I now feel stronger after the sessions and know I can do it!"* The trainers in the program are Daniel Scozzari, Michele Vakili and Sue Paolazzi.



This 7-week program encourages the participants to build strength, balance and flexibility utilizing weights, bands and Yoga for the mind and body. The the program is Free to Y Members and open to non-members for \$89 and a new session begins on June 12<sup>th</sup>.

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# NEW FITNESS EQUIPMENT

The Y recently added several exciting pieces of new equipment in the fitness area. Feel free to ask a staff member for assistance in using this equipment.

## MATRIX ROWER

The Matrix Rower has a sleek design that offers a smooth and very quiet operation. The more even stroke, easy adjustment and repeatable resistance levels add to the rowing workout.

### Additional features include:

- Ergonomic contours of the seat make intense training sessions more comfortable
- Compact Footprint
- Seat lock offers enhanced stability
- Clearly defined quick keys provide instant access to sprinting, distance rowing and high-intensity interval training programs
- Long, reinforced handle includes a comfort-enhancing over-mold that allow both large and small users to comfortably pull stroke after stroke



*"The rower is so smooth and the resistance gives it a more realistic feel!" SL*

## PRECOR ADAPTIVE MOTION (ATM) TRAINER

This ATM is similar to the older style with some added benefits including built-in Cardio Theater, stride depth and smoother movements.

*"The new treadmill allows you to do so much in such a short period of time!" PJ*



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## MATRIX S-DRIVE PERFORMANCE TRAINER

A new approach to indoor athletic training, this piece of equipment is a multi-purpose fitness machine that will help members refine their form while building power, endurance and agility. This self-powered fitness machine looks similar to a treadmill but is far more versatile.



*"I love it...but I also hate it... because it's so challenging!" VT*

### Additional features include:

- Sled brake with eight settings provides a true-to-life weighted sled pushing experience
- Parachute brake with 11 settings gives users the feel of real parachute resistance
- Sled and parachute brakes can be used individually or together to vary between cardio and strength-building workouts
- Adjustable harness offers easy entry and exit while allowing for a complete upper body range of movement
- Built-in bar simulates sled pushing and pulling without needing the space to use a traditional sled
- 7-degree incline is ideal for building strength and explosiveness with proper form, whether the user is performing forward, lateral or reverse movements
- Full perimeter handrails offer easy entry and exit and support during lateral movement
- Low-inertia design offers true-to-life ground reaction force and quick deceleration, ideal for high-intensity interval training
- Heavy-duty deck stands up to the most intense workout environments and accommodates larger users for rehabilitation
- 7" step-on height offers easy access for users of all kinds
- True zero start and unlimited top speed offers a wide variety of users the ability to match their workout experience to their needs and fitness goals

P.S. *Be on the lookout for outdoor fitness stations coming this summer!*



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# NEW CLASS! RED HOT DANCE FITNESS

## SATURDAYS @ 8AM

### WHAT

This is not your typical workout! **Red Hot** Dance Fitness is a dance-based fitness program that combines the hottest music with easy-to-follow yet challenging choreography suitable for beginners yet challenging enough for the advanced dancer. An invigorating, exhilarating, liberating and calorie burning dance party that will have you addicted from the first beat!

Join us as our new instructor, Pamela Ballas, introduces you to this fabulous workout. This class replaces Zumba.

### WHEN

Saturday mornings at 8am  
beginning June 3

**CONTACT** Questions?  
Contact Darlene Kievit:  
Darlenek@Lhymca.com



### LAKELAND HILLS FAMILY YMCA

100 Fanny Road, Mountain Lakes, NJ 07046  
P 973 334 2820 F 973 334 1308  
[www.lakelandhillsymca.com](http://www.lakelandhillsymca.com)



## BACKUP GENERATOR

The picture at right is of the recently poured concrete pad on the side of the Y building that will host the emergency generator. The ordered generator is an 80kw natural gas-powered unit that will provide emergency backup during power outages. This unit will enable the Y to run essential equipment including but not limited to pool pumps, filters, IT equipment, selected lighting and other circulating pumps during an outage.



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## ANNUAL SENIOR PICNIC

Please join us for our traditional, **FREE** senior picnic! Enjoy hot dogs and hamburgers, great company and the sounds of the New Horizons Band. The event is free, but online ([www.lakelandhillssymca.com](http://www.lakelandhillssymca.com)) or in-person registration is necessary.

**WHEN:** Thursday, June 8 from 12-2:00 p.m.

**Rain date:** Friday, June 9

**WHO:** Adults 55+

**WHERE:** McCrudden Pavilion (located in the rear of the YMCA)

**CONTACT:** Randy Smith, Community Service Director 973-334-2820

**Please bring a covered dish to share!**



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# ANNUAL DINNER

On May 17, the Y held its Annual Dinner at the Knoll West Country Club in Parsippany was attended by 220 guests and honorees.

The theme of the evening included:

*"Strengthening the Foundations of Our Community," "Serving Our Communities," "Our Mission", and "We Get What We Give."*

Prior to the awards ceremony, a brief business meeting was held to elect the members of the *Class of 2020* to the Board of Governors. The class includes returnees Barbara Girz, Renee Lischin, Jim McCarthy, John Smith, and new inductees Bill Munday and Bill Olderman. The *Class of 2019* includes John Bernauer, Bob Flynn, Dave Fulton, Chuck Graf, Georgiann Hook, Angelo Intile, and Greg Pizzano. The *Class of 2018* includes Sabrina Literati Guenzel, Megan Luciano, Linda Mirabella, Melissa Muilenburg, John Powers and Marci Racaniello.

A special note of appreciation is extended to the organizers of the event: Rosemary Linder Day and Nancy Dunham and to Nancy Nally for assisting with the set-up for the evening. *Ladies... a job well done!*

## Happy 173<sup>rd</sup> Birthday to the YMCA!

### Founders' Day Tid-Bits

**On June 6, 1844 George Williams founded the YMCA in London to help men flooding the cities during the Industrial Revolution**

- **Did you know** that by giving to your local Y you are helping neighbors in need?
- **Did you know** Father's Day was created at a Y?
- **Did you know** the USO was created with help from the Y, and the Peace Corps was patterned after a Y program.
- **Did you know** the world's first indoor pool was at a Y and the concept of group swim lessons.
- **Did you know** that night school and English as a Second Language classes began at the Y?
- **Did you know** that in addition to the invention of basketball at the Y, volleyball and racquetball also began at the Y?
- **Did you know** that for 173 years the YMCA has met the needs of thousands of communities in the U.S. and 119 countries around the globe?
- **Did you know** the Y is one of the largest providers of before and after school child care?

# BINGO!!

From Randy Smith, Community Service Director

The Lakeland Hills Family YMCA supports our community through various inspiring service efforts. Last month our Teen Leaders visited St. Francis Residential Community located in Denville, New Jersey where they assisted the residents and participated in bingo. The residents and the Leaders enjoyed good fun and made lasting memories. The residents expressed their appreciation for the student Leaders' participation in the bingo event.

