

# OUR VOICE



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

GREATER NAPLES YMCA

5450 YMCA ROAD, NAPLES FL

September/October 2018

[www.GreaterNaplesYMCA.org](http://www.GreaterNaplesYMCA.org)

The Greater Naples YMCA Community Newsletter



## GREATER NAPLES YMCA LAUNCHES NEW SWIM CURRICULUM

Over the summer, the Greater Naples YMCA launched and upgraded its swim lesson curriculum to increase the accessibility and enjoyment of swimming to all ages and skill levels. The latest evolution of Y Swim Lessons accommodates varying abilities to help foster a sense of achievement as swimmers' progress between levels. Through this approach, advanced swimmers flow more easily to higher levels while, swimmers who need more instruction can learn at a comfortable pace. This results in overall safety around water and more confident swimmers who gain a sport to love and stay well.

Since the program launch in June, more than 100 swimmers each month engaged in various types of lessons to achieve their goal. Swimmers of all ages may register for private or group lessons.

Collier County is committed to water safety. The Y, along with other community partners, are implementing classes and programs to prevent drowning and gain safety around water. As part of this initiative, the Y offered free swim lessons to kids participating in Y day camp this past summer. Campers gained life-saving skills after their Y swim lesson program.

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## SPECIAL REMINDERS

### FALL FESTIVAL

Fall is just around the corner and so is our annual Fall Festival! The event will be held on October 20<sup>th</sup> from 5:30-8:30 pm. Family haunted house, carnival games, bounce house, trick or treating, a costume contest, food, and so much more! Come on down to the Y for free fun with the whole family!

### LEARN TO SWIM!

At the Y, swimming is a life skill. We offer a wide selection of parent & child, preschool, school age, teen, and adult swim lessons that build strong and confident swimmers. Learn more at [www.GreaterNaplesYMCA.org](http://www.GreaterNaplesYMCA.org).

### WHEN SCHOOL IS OUT, THE Y IS IN!

Fun Days are a great way for children to explore nature, find new talents, try new activities all while making new friends on their day off from school. **Now serving middle school students!**

**Upcoming dates:** September 19, October 15, November 21, December 7, December 26, December 27 & December 28

To learn more or sign up for Fun Days visit [www.GreaterNaplesYMCA.org](http://www.GreaterNaplesYMCA.org).

### SAVE THE DATE! 2019 SNEAKER BALL

We're excited to announce the return of **SNEAKER BALL** on **February 23, 2019!**

This year's Sneaker Ball will include high energy entertainment, exciting foods and beverages from local vendors as well as exciting opportunities to help support the Y's **Annual Giving Campaign!**

## NAPLES YMCA LEADERSHIP

Thank you to our volunteer Board members for their continued service to our community.

### YMCA BOARD OF DIRECTORS

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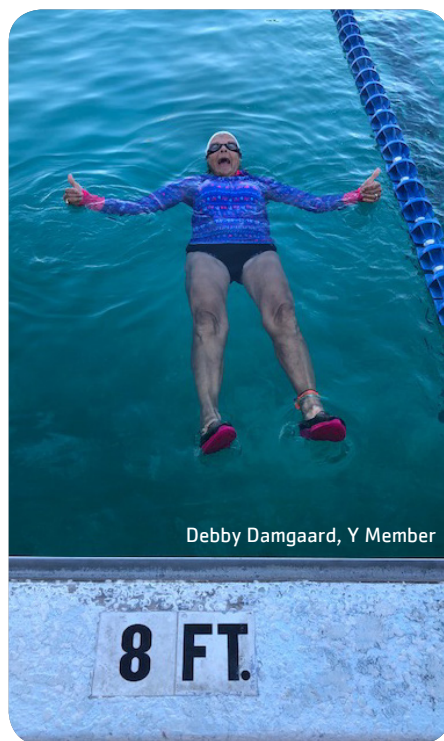
Jeannine Stetson

### YMCA ADMINISTRATION

Mark Hanke  
*President & Chief Executive Officer*

Heather Perkins  
*Chief Operating Officer*

Since the start of the Y's upgraded curriculum, we have celebrated many success stories, including 10 year old Vaughn Potts. Vaughn was scared of the water when he started lessons. By the end of the program, Vaughn was jumping off the diving board and swimming on his own. "Swim lessons are crucial because you can drown in an inch of water" said Melissa Wilson, our aquatics director. "The primary focus of the Y's swim lessons is to teach our learners how to save themselves if they fall in the water. Our Mommy-and-Me lessons explain to the parents how to teach your child water safety and teach them to swim. From six-months- old to sixty years old our swim lessons are impacting the people in our community to know the importance of swimming and learn to be safe in and around water."



Debby Damgaard, Y Member

Debby Damgaard, sixty-five-year old Y member, came to Naples on holiday with a mission to learn how to swim correctly. She grew up not spending a lot of time in the water, but when she did, it became a challenge. Coming to the Y, she noticed the clean and warm water and how her instructor, Melissa Wilson, started her off slow and worked on getting her comfortable in the water first. Melissa showed Debby step-by-step the various strokes in the water while standing beside her. Debby realized to learn the basics of these skills she would need practice. At each lesson Debby learned tips that helped her gain strength, momentum and reconfirm what she learned from each previous lesson. At the end of her lessons she was able to swim in the deep end and float on her back. Most importantly, Debbie gained confidence and safety. She recommends everyone sign up for lessons at the Y so they can learn the important skill of swimming.

Families interested in learning more about Y swim lessons and water safety should visit [greaternaplesymca.org/swimming.html](http://greaternaplesymca.org/swimming.html).



## STAFF HIGHLIGHT: ANGELIZ RAMOS

Meet Angeliz Ramos, our new Director of Membership Experience! Angeliz was born in Staten Island, New York and moved to Naples when she was ten years old. She became an employee of the Y in 2006, while she was still in high school and fell in love with the Y mission. After attending college, Angeliz's relationship with the Y continued in 2011 when she accepted a full time job as Supervisor in child watch. "Over the years, I have watched kids and families overcome

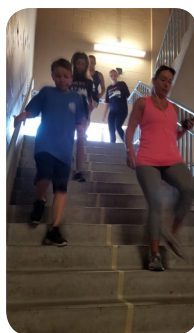
different obstacles in their life, and that has inspired and motivated me to do my best at my job," says Angeliz. Angeliz loves the staff and the community that has formed at the Y and it has impacted her life tremendously. Stop by the front desk to visit Angeliz!



## 9/11 MEMORIAL STAIR RUN

On Sunday, September 9th, the Naples YMCA, Collier County Sheriff's Office and North Collier Fire & Rescue hosted the 9/11 memorial stair run as a tribute to the 343 firefighters, 63 Police Officers & 8 EMT's who gave the ultimate sacrifice on September 11, 2001.

All proceeds from the run went to the Collier County 100 Club to provide immediate financial assistance to the families of fallen police and emergency responders.



## VOLUNTEER HIGHLIGHT: SUE RAIN

You may have seen this Y volunteer around because she works six mornings a week. On August 10 the YMCA celebrated our beloved volunteer Sue Rain's 10-year anniversary of volunteering at the Y. Sue has lived in Naples for 25 years, and has been a member since 1994. She is a self-claimed workaholic and after retiring in 2008, was looking for something to do. After speaking with Jimmy Underwood, the former assistant executive director at the Y, she was considering applying to be a volunteer at the Y. Once she began volunteering at the Y, she became a volunteer-aholic. Her purpose and contribution is to help in the membership department. She enjoys seeing how much the Y has advanced from her impact and how the community benefits from Y memberships and participation.

"Jackie (former Membership Director) has made the biggest impact in my time volunteering at the Y, she has taught me everything I know," says Sue. Sue volunteers six mornings a week and loves every minute of it. Being retired, she says, the Y gives her a place to go and gives her a purpose. She enjoys being treated as staff but having all the benefits of a volunteer such as having the freedom to set her hours. "I'm a free spirit," Sue explains. The love for the Y has extended from Sue onto her 8 year old nephew who has grown up as a Y kid, and loves the Y just as much as Sue. "Everyone cares about each other, it's nice to feel part of the Y."

## "EVERYONE CARES ABOUT EACH OTHER, IT'S NICE TO FEEL PART OF THE Y."

We are very thankful for all the work Sue has done to help the Y over these past 10 years and the work she continues to do everyday!

Thank you Sue!



*Sue Rain, center, poses with Y staff during 10 year anniversary celebration*





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NAPLES Y ANNUAL



# FALL FESTIVAL

**SATURDAY, OCTOBER 20TH**  
**5:30 PM - 8:30 PM**

## GREATER NAPLES YMCA ANNUAL FALL FESTIVAL

### Fun for the whole family!

Invite your family & friends and join us for  
**FREE FUN** for the whole family, including:

- *Family haunted house*
- *Carnival games*
- *Bounce house*
- *Trick or treating*
- *Costume contest*
- *Food*
- *and so much more!*

For more information or sponsorship  
opportunities, contact Carly Gibb at:

**E. [cgibb@greaternaplesymca.org](mailto:cgibb@greaternaplesymca.org)**  
**P. 239.963.3771**

The Y.™ For a better us.™



## STAYING SAFE WHILE PLAYING PICKLEBALL

The fastest growing sport in America is available at the Greater Naples YMCA. This easy-to-learn game is fun for beginners and can develop into a quick, fast-paced, competitive game for experienced players. However, the same with any sport, injuries are bound to happen. The most common injuries that occur while playing pickleball include ankle, wrist, knee, heel and shoulder strains. Listed below are some tips to stay healthy and decrease the risk of injury on the pickleball court:

- 1) Know your limits:** It can be easy to get carried away in a pickleball match. Recognize your capabilities and train to build your stamina and flexibility.
- 2) Stretches and core exercises:** It is important to exercise your skills off the court so you are primed for the times you need them on the court.
- 3) Proper attire:** Wearing the proper attire is just as important as any other step to prevent injuries. Court shoes, not running shoes are the most supportive when moving



side to side on a pickleball court.

- 4) Warm-up is key at all ages:** Warm-ups is a healthy way to start any activity. A warm-up is designed to prepare muscles, increase heart rate and start mindful breathing. Focus stretches for your shoulders, neck, back, hips, knees, and ankles.
- 5) Take time to rest:** After an exercise your muscles and tendons need time to rebuild and strengthen. Listen to your body, if you have any pain or soreness, give it time

before getting back on the court. Resting will prevent overuse and give you adequate time to rebuild so you can continue to play pickleball for years to come!

Remember, if you get hurt you'll be out of commission when it comes to pickleball and many other important activities in your life. Take your health and safety seriously, use some of the pickleball injury prevention tips above and apply good old fashioned common sense. Happy Pickleballing – stay safe and well!



## MY Y STORY: IMPACT IN ACTION

I completed 7 personal training sessions with the recommended trainer, Joe Morello. I was skeptical at first but Joe exceeded my expectations and made a difference in the way I work out.

He is focused, professional, and sensitive to my specific needs. During our time, I have lost 6 pounds and established a workout schedule that I am using successfully.

Outstanding job Joe!

Sincerely, Al Kostanoski

**SHARE YOUR Y STORY!** Whether you come to the Y to work, play or give, we want to know what the Y means to you!

**Interested in Personal Training?** Contact Diana at [dsideri@greaternaplesymca.org](mailto:dsideri@greaternaplesymca.org).

## NEW CLASS ALERT

A new season calls for **NEW CLASSES** at the Y. Whether you're a seasoned athlete or a health seeker, we have new classes for you! Find a workout buddy and start planning your fall weekly workout routine now.

### New Classes Include:

- Les Mills BARRE
- Hip Hop
- Les Mills TONE
- New SilverSneakers
- Afternoon Classes for Teens & Teachers
- Les Mills SPRINT
- Afternoon Aqua Fitness Classes
- Little Buddha's Children's Yoga
- & more!



## RECIPE OF THE MONTH

### NO BAKE ENERGY BITES

Want a tasty snack to keep you going? These deliciously healthy No-Bake-Energy-Bites are perfect for snack time at work, home or on the go.

#### Ingredients

- 1 cup dry oatmeal
- 2/3 cup toasted coconut flakes
- 1/2 cup peanut butter
- 1/2 cup ground flax seed
- 1/2 cup semisweet chocolate chips (or vegan chocolate chips)
- 1/3 cup honey or agave nectar
- 1/4 cup unsweetened cocoa powder
- 1 Tablespoon chia seeds (optional)
- 1 teaspoon vanilla extract

#### Instructions

- Stir all ingredients together in a medium bowl until thoroughly mixed. Cover and chill in the refrigerator for at least half an hour, to make the mix easier to handle and mold.
- Once chilled, roll into balls of whatever size you would like. Store in an airtight container and keep refrigerated for up to one week.
- Makes about 20-25 balls.

#### Cooking Tip

If the mix seems to dry, add in an extra tablespoon or two of honey or peanut butter. If the mix seems too wet (which may happen if you use natural peanut butter), add extra oatmeal.



## PERSONAL TRAINER SPOTLIGHT: ANN CONTI



Ann Conti has been working as a personal trainer since 1996. Today, Ann brings more than 20 years of experience to your Naples YMCA. She specializes in rotational sports such as golf. Ann works on improving the characteristics of her client's swings and performance on the course and also keeping them healthy while playing. Her goals as a personal trainer are to be very specific in creating workouts to each client based on their needs, goals and intensity levels.

Below, we asked Ann to share one of her favorite exercises and how they benefit our bodies overall.

**Safety Tip Reminder:** Before you try this exercise, consult with a Y certified personal trainer on proper form to avoid any injuries.

### THE TALL KNEE STEP OUT & UP

#### How to do it:

1. Start by kneeling on a thick pad with a light weight bar or golf club raised above your head.
2. Swing right leg around to half kneeling and rotate upper body towards knee then come to standing left knee and rotate to the left.
3. Come back down to tall knees and reverse.

Make sure your foot and knee are aligned straight ahead and your upper body is rotating while lower body is stabilized squeezing towards midline.

Can't get to standing right away? No problem! Start with tall knees, to half kneeling with rotational then reverse without standing up. Work up to the standing up challenge!



#### Why it works:

This is a high threshold exercise designed to stimulate your nervous system and develop a more efficient neuromuscular connection to improve rotational athleticism. It requires each segment of the body to act as a driver of movement, stabilizer for rotational slings to anchor on to, and become a base for quality movement to occur in the segment above and below. Perfect exercise for any golfer, baseball player, thrower, hockey player, soccer player, and any other rotational athlete! The key is to move smoothly and efficiently without any stoppages or breaks in the movements.

"Being consistent with your fitness is the best way to reach your goals" – Ann Conti.

Want to learn more about Ann Conti and our other amazing personal trainers? Visit us online at [www.greaternaplesymca.org](http://www.greaternaplesymca.org).





**#MYNAPLESY**

Share your photos on Facebook, Twitter or Instagram using the hashtag **#MyNaplesY** and you could see your photos on our next newsletter!







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#### GREATER NAPLES YMCA

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239.597.3148

## GET INVOLVED

### JOIN US TO STRENGTHEN OUR COMMUNITY

#### GIVE TO HELP ALL THRIVE

Visit [www.GreaterNaplesYMCA.org/give.html](http://www.GreaterNaplesYMCA.org/give.html) to support our mission.

#### VOLUNTEER TO STRENGTHEN YOUR COMMUNITY

Email [volunteers@greaternaplesymca.org](mailto:volunteers@greaternaplesymca.org) to learn more about volunteering opportunities.

#### FOLLOW US

Check Facebook, Twitter and Instagram for the latest updates on everything happening at the Naples Y.



## SNEAKER BALL

February 23, 2019

For more information or sponsorship opportunities, please contact Carly Gibb at 239.963.3771 or via email at [Cgibb@greaternaplesymca.org](mailto:Cgibb@greaternaplesymca.org).



## BUILDING A STRONGER COMMUNITY

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