



Central YMCA Member Newsletter

March 2008

YMCA Leadership

Kadi Tarlecky
Executive Director

Troy Tomita
Associate Executive

Cheryl Couture
Member Coordinator

Ben Diones
Office Manager

Thaxton Lukela
Resident Coordinator

Amanda McCann
Youth Director

Charles Pettiford
Health & Wellness Dir.

Debbie Victor
Aquatics Director

Les Yoshida
Facilities Director

YMCA BOARD LEADERSHIP

Neil Takekawa
Chair

Joyce Nakamura
Vice Chair

Mike Street
Treasurer

Phil Sammer
Secretary

Central Welcomes New Executive and Associate Executive!!

You may have noticed some new faces in our YMCA over the last few months. The Central YMCA welcomes Kadi Tarlecky and Troy Tomita.

Kadi began her position in November with the Central YMCA. She comes to the YMCA of Honolulu from Baltimore, Maryland. Her last position was with the YMCA of Central Maryland where her most significant accomplishments there were opening a new 58 thousand square foot YMCA and growing programs and services by 230% in one year. Aloha to Kadi!

Troy has been employed by the YMCA of Honolulu for 14 years. Troy's last position was Aquatic Director at the Nu'uuanu Branch. He paved the way for excellence in Aquatics throughout our Association. He has certified over 200 new lifeguards to provide safer pools throughout Oahu. Aloha to Troy!

Both Kadi and Troy love to meet the members. Feel free to stop them in the hallway or stop by their offices if you would like to say "Aloha"!

YMCA Makes Room for New Fitness Equipment!!

Can anyone say "It's getting bigger in here!" If you are speaking about the Cardio Room, you would be correct! The YMCA expanded the cardio room in anticipation of additional cardio equipment.

10 NEW pieces of new cardio machines with personal TV viewing arrived in January this year. Thanks for your patience with the activation of the televisions. We are happy to report that all machines are hooked up and just waiting on you for a good workout!

10 NEW pieces of strength and conditioning equipment was added to the Weight Room in February. Pieces include a smith machine, Olympic bench press (2), Olympic incline bench press, Olympic decline bench press, Olympic military press, and a squat rack



Having trouble working those new machines? Not sure what they can do? Sign up for a FREE fitness consultation with one of our trainers.

Welcome New Staff Members!!!

There's a reason why the YMCA of Honolulu was voted the best place to work in 2007! These new staff members are about to find out why! ALOHA!

Amanda McCann

Terry Karels

Nicolas Panoni

Zyna Orong

Joshua Shotkoski

Rafeal Hernandez-Seca

Youth Director

Welcome Center Staff

Welcome Center Staff

Child Watch Staff

Aquatics Staff

Welcome Center Staff

YMCA Warms Up Pool with New Heater!

Our swimmers will notice a welcomed change in our pool. In mid-January we finally received our new heater from the mainland after some delay. Our maintenance staff went straight to work on installation.

The temperature in the pool during the winter months will be maintained at about 82 degrees. Of course, with our pool being an outdoor pool, sometimes mother nature can cause havoc on the pool thermometer.

We appreciate your patience and hope that you will take a swim in our pool soon! Thanks to Les and his staff for completing the job quickly so that our members could enjoy our winter weather making a splash in the pool!

*For more on our Aquatics Program
News See Page 3*

Celebrate your next Birthday at the YMCA!

*Pool and sports parties available on
Saturday and Sunday each week.
Party fee includes up to 20 children,
helium balloons and a special gift for
the birthday child!*

*Contact Amanda
for more information*



YMCA Builds Staff Team!

A big aloha to our new Youth Director Amanda McCann. Amanda joins the YMCA staff team to develop and implement youth and family programming for the Central YMCA.

Amanda has 10 years experience working with children in Honolulu. In her last position she was the Director at a before and after school care facility. Amada is a mother of two children and has a wonderful determination to build programs that will serve families.

Amanda will also be supervising our day camp, intersession camp and child watch. Development of a licensed preschool and part time preschool will also be a focus.

Welcome Amanda! We know that you will help the Central YMCA build strong kids, strong families and strong communities!

FREE SPINAL SCREENINGS FOR YMCA MEMBERS!

The YMCA offers free spinal screenings to all members. Services are graciously being donated by
Island Family Chiropractic

First Monday of Each Month
4:30-7:00pm

Contact Charles for more information



MARK YOUR CALANDERS FOR THESE IMPORTANT DATES!!!

March 3rd	Day Camp Registration Begins
March 10th	Spring Program Pre-Registration
March 19th	Spring Program Registration
March 17-March 28	Spring Intersession
March 31- June 1	Spring Program Session
April 12	Healthy Kids Day

Hello? Who's Calling? It's the YMCA!

When your phone rings in March and you see it's the YMCA, please pick up the phone! We have a very important mission at hand trying to reach our goal of \$95,000 for our Annual Support Campaign.

Did you know that the Central YMCA will raise \$95,000 to support our financial aid program this year? With your pledge you will be giving children, teens, adults, families and seniors a wonderful opportunity who could not otherwise afford the YMCA without your help!

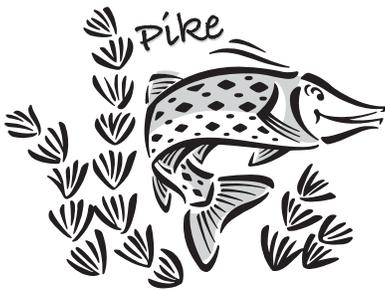
Annual Support pamphlets are located throughout the YMCA. Take a walk down the Kid's Rock hallway and you will see "Thank You" to all those who have already donated and are making a change in a life. The YMCA is a 501 C-3 not for profit organization. Each year YMCA's collectively give back hundreds of millions of dollars nationwide to their communities. The YMCA of Honolulu's goal is just over \$1,000,000 this year! Now that's a lot of giving back!

YMCA Expands Aquatic Programs this Spring!

YMCA launches new aquatic programs and expands swimming lesson schedule for the Spring Session. New classes include:

- Parent Child Swim Lessons
- Private Swim Lessons
- Adult Swim Lessons
- Expanded Weekend Lesson Schedule
- New Weekday Lesson Schedule
- Pool Parties

See our Spring program guide for more information.



With a Heartfelt Goodbye....

Yoshi Mayaux, our Group Exercise Coordinator has resigned from her position. She relocated to the mainland in late February. Yoshi was a great addition to the YMCA. She will be sorely missed by both the members and the staff. We wish her luck and happiness in her new endeavors. Aloha Yoshi! Thank you for all of your hard work and dedication to our YMCA.

The Central YMCA is now actively searching for people who want to make a difference by serving on our Board of Directors.

If you want to help and would like information on how you could get elected onto the board, please contact Kadi Tarlecky.

Did you read what I read in the newspaper? YMCA clears up the rumor mill!

Recently the Central YMCA was featured in a Star Bulletin Newspaper article about the possible relocation of the current facility to a site on the McKinley High School property. We would like to address some of the questions that we have been asked since the release of this article and hopefully clear up any misconceptions.

1. *Is the YMCA really moving?*
 - The YMCA is engaged in preliminary discussions to relocate the YMCA property and build a new facility. No definite plans have been secured.
2. *Why build new and not just renovate?*
 - 2-3 years ago we received bids in excess of \$8 million dollars to renovate the current facility. There is no doubt that those bids have escalated since then. A new building will allow us to provide services that the current building could never accommodate.
3. *Are you going to raise my membership rates to pay for the new building?*
 - No! We will not raise membership or program rates to pay for the new building. The YMCA will pay for the new building through the sale of the current property and through funds generated by the YMCA of Honolulu Capital Campaign.
4. *Is the YMCA closing?*
 - No! The YMCA does not have plans to close or to stop operation before or while the new building is being constructed. Again, we are in very preliminary discussions of a possible new building. The Central YMCA will continue to operate as normal.
5. *What about the residence? Will it be included in the new building?*
 - Again, the YMCA is in preliminary discussions and have not made any conclusive plans on facility design. The need and feasibility for resident operation/space will need to be evaluated, just as any program or space in the new building will be.
6. *When is the new building opening?*
 - Right now anticipate a 3-5 year timeline.

Day Camp Corner!

Island Y Adventures



A Summer of Island Y Adventures Awaits your Child at the YMCA this Summer!

Summer Day Camp, a time for your child to build memories that last a lifetime! Camp with us this summer. The YMCA is the leader of camping in the Nation. Camp runs June 9- July 25, 2008. Registration begins on March 3, 2008.

Join us for a week of fun filled activities with our special theme events, field trips, sports, games, arts & crafts, swimming and much, much more. Check out our theme weeks!

- **Kid-Vention** Create Kid Friendly Inventions
- **ESI** Become an Environment & Science Investigator
- **Kooking Konkoctions** Cooking, creations and more
- **H2O** Everything to do with water fun
- **Go Team YMCA** Our version of Camp Olympics
- **Spotlight on Kids** Show off your talent!
- **Carnival ,Carnival** Every Y kid loves a carnival!

Questions? Contact Amanda!

YMCA Launches New Specialty Camps!

Looking for a new adventure this summer? Want an opportunity to be outdoors and try new things? Then our new Outdoor Explorers and Aquatic Adventure camps are perfect for you!

OUTDOOR EXPLORERS

Join us for a week of hiking, geocaching, kayaking, horse-back riding, low ropes course and conquering the Alpine Climbing Tower! Campers will also learn about outdoor camping skills.

AQUATIC ADVENTURES

You must love the water to participate in this camp! Activities include a visit to Hawaiian Water Park, snorkeling at Hanauma Bay, Beach Day, water games, swimming, swimming and more swimming. Campers will also learn about water safety and what to do in water emergencies.

Camps are offered several times throughout the summer.

Questions? Contact Amanda! **SPACE LIMITED!**

Help Wanted!

The YMCA is searching for new talent! The Y is a great place to work and all employees receive a free membership to the Y. You're already a member, ever think about working here?

Preschool Teacher	Part Time
Child Watch Attendant	Part Time
Welcome Center Attendant	Part Time
Group Exercise Instructor	Part Time
Group Exercise Coordinator	Part Time
Personal Trainers	Part Time



One Island, One YMCA!

Ask us why you should become island-wide today!

The YMCA of Honolulu is building strong kids, strong families and strong communities every day across Oahu!

YMCA Welcomes New Members!!!!

Welcome to our YMCA family! We hope you are enjoying your new YMCA membership!

Hekmatullah Ahrary	Lynden Keala	Troy Tamashiro
Linda Auwelo	Joon Pyo Kim	Cherissa Tamayori
Patricia Beck	Sunny Ko	Stephen Thumm
Geraldine Besse	Kathleen Kodama	Lori Tsukada
Kwan Chan	Karen Koo	Julia Valera
Li Zhen Mai	Edwin Lau	Frank Verheul
Andrea Chong	Marshall Lee	Gerry Villalobos
Kathleen Conway	Cory Lee	Shirley Whittington
Betty Culross	Eun Lim	Warren Young
Gerald Davis	William Linegar	
Jennifer Dietz	Paul Lococo	
Michael Domai	Lisa Martin	
Judy Ensing	Mark McCreary	
Paul Ford	Jihee Motomochi	
Douglas Halcro	George Myers	
Hwang Tae Ja	Hai Quach	
Amber Huber	Douglas Sano	
Lori Ann Inouye	Mayumi Sasaki	
Tate Kaneshige	Anthony Silverman	
Sung Rae Kang	Sara Slough	

Thanks to our great members who continue to spread to good word about our YMCA!