



STINGRAYS SWIM ACADEMY SPLASH

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



October Newsletter 2019

TO: OUR GREAT PARENTS WELCOME TO THE STINGRAYS SWIM ACADEMY

A round of applaud for you!!

As a parent you have made the decision to invest in your child's safety by giving them the gift of swimming. Additionally this gift provides them the opportunity to begin a lifelong love of the water that can benefit their wellness into the later years of their lives (not that you can even imagine that right now—because I can't)

The benefits of learning to swim go far past developing a life skill. At our Y, the focus is on building the whole child from the inside out. Kids have the opportunity to participate in positive, fun activities that build physical and social skills and create a lifetime appreciation for active living and enjoyment of the water.

The purpose of YMCA swim lessons is to develop competency in swimming as well as confidence and endurance. Each class has five components: Personal Safety, Personal Growth, Stroke Development, Games, and Rescue. Each week will also incorporate character values such as caring, honesty, respect, and responsibility.

We look forward to many exciting accomplishments ahead!

SWIM STORY OF THE MONTH—Meet Sara Schupsky, Stingrays Swim Academy Instructor

Sara Schupsky started her swimming career at the Hunterdon County YMCA at age 6 when she joined the Little Stingrays Swim Team. "My earliest memory was when I finished my first race. I had swum as hard as I could. You know when your head is in the water, it's quiet. When I lifted my head up everyone was cheering. I hadn't come in first, but everyone on the team loved the little kids so much that the roar of the crowd was deafening. I remember feeling so happy and thinking "I did it!"

For the next 10 years, Sara swam on the Y Stingrays Swim Team. Of course, it helped that her mom was a Coach and what she describes as a "Deck Mom." "By the age of 15, I had participated in every kind of swim class, clinic and camp," she recalls. I was burnt out. I quit swim team, worked for a while as a swim Instructor and started to focus on my other love, which was art.

After graduating with a BFA in Visual Arts from Rutgers, she refocused her creative energy to learn the painting trade, eventually specializing in high end finish and design application. Eventually, Sara found her way to Hawaii where she continued to pursue her art and discovered a whole new swim family when she joined a Masters swim group. "You would be doing backstroke and see the sun come up over the West Maui Mountains." Swimming became much more than winning races, it became almost spiritual and life affirming.

"To feel the water. Be in it. Hear the sound of the waves and have the peace of it. I swam through pods of dolphins, saw eagle rays playing on the ocean bottom, along with turtles, octopus, and corals reefs. I also developed a deep respect for the oceans and nature."

In 2007, Sara made her way back home to Sergeantsville. She started her own painting



Meet Sara and Jane

company in 2010 and continues her art as a landscape painter. She also started a family and has a 3 year old girl, Jane.

"Having Jane brought me back to the Y. I wanted to introduce her to the swimming way of life. Swimming grounds me. Time spent swimming helps me to work on ideas and work out problems."

Sara rejoined the Aquatics staff team this past April. Her favorite level is Pre-Team because there she can impart her vast expertise and motivate and excite new swimmers. "I enjoy teaching because it opens up a new world for a child. You don't know where it will lead them. It thrills me when a child can dive down to the bottom and come up smiling. Knowing that they are safe and can take care of themselves in the water is all important. And of course, at the Y, now they can create their own "swim family."

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SAFETY AROUND WATER - 71% of the World is Water Children Are 100% Curious.

Teaching children how to be safe around water is not a luxury; it is a necessity.

**UPCOMING EVENTS
AT THE Y**

Family Paint Night

Friday, October 11th—6:30—8:00 pm

Families are invited to bring their young artists to enjoy multiple paint based crafts and activities, along with a guided painting activity. Refreshments provided.

Spaces are limited! Advanced registration is highly encouraged to reserve your spot.

Family Nerf Night

Friday, October 18th—6:30—8:00 pm

Families are invited to bring their young artists to enjoy multiple paint based crafts and activities, along with a guided painting activity. Refreshments provided.

Spaces are limited! Advanced registration is highly encouraged to reserve your spot.

Swim With The Pumpkins

Saturday, October 19th—12:15-1:45

The Deer Path pool will be filled with pumpkins and apples. Activities and fun games will be played in the pool at this fun fall festive event. Free for Swim Academy participants. All are welcome. Registration required. Adult Chaperone is free!



Family Monster Mash Mud Run

Sunday, October 20th

This 1.5 mile obstacle course challenge is suitable for the whole family. Get muddy climbing through different obstacles on the property of YMCA Camp Carr. Come in costume for muddy Halloween fun (no masks please)!

Preschool and Kinder Halloween Party

Thursday, October 24th - 10:00-11:30 am

Join us at the Deer Path Branch for a Halloween Party! This is a free event! Open to Y Members and the community. Bring a friend!

FAMILY FIRST FRIDAYS

The 1st Friday of every month, we invite your family to join us for an evening of themed crafts, activities, obstacle course, snacks, and fun!

Spaces are limited! Advanced registration is highly encouraged to reserve your spot.

Please note: Registration is per person and all attendees must register. As a family event, at least one adult is required to participate with children during the event. New: Adult Chaperone is now free!

6:30—8:00 pm—Ages 1 1/2 - 14

The theme for October 4TH is:

Game Show Arena!

The theme for November 1ST is:

Planet Earth!

**EMPLOYMENT OPPORTUNITIES
AT THE Y**

Imagine going to work knowing that what you do positively affects the lives of the people in your community. Our staff enjoy the satisfaction that comes from knowing they are part of a team that makes a difference.

We employ over 300 people of various ages and backgrounds. We have two main branches located in Flemington and Annandale and 23 off-site locations which include Before/After School Programs at 17 schools, two preschools, four summer camps and the YMCA North Hunterdon Active Older Adult Center. At each location, we are dedicated to building healthy, confident, connected and secure children, adults, families and communities.

In 2018, the Hunterdon County YMCA was voted the Best Place to Work in Hunterdon County by Hunterdon Happenings. There's never been a better time to join our team!

OPENINGS

- ⇒ TEACHERS AT OUR CHILDCARE LEARNING CENTER
- ⇒ FITNESS CLASS INSTRUCTORS
- ⇒ MEMBERSHIP SERVICE ASSOCIATES
- ⇒ YOUTH PROGRAM INSTRUCTORS
- ⇒ YOUTH SWIM LESSON INSTRUCTORS
- ⇒ LIFEGUARDS
- ⇒ BEFORE & AFTER SCHOOL CARE AIDES
- ⇒ WEEKEND BIRTHDAY PARTY FACILITATORS
- ⇒ SWIM TEAM COACHES

For more information about these positions and other visit our website at <https://www.hcymca.org/about/employment-opportunities/>

The Hunterdon County YMCA is an equal opportunity employer. Prospective employees will receive consideration without discrimination based on race, creed, color, sex, age, national origin, handicap, veteran status or any condition prescribed by state or local law.

If you have any questions, please contact Cara Salaki, Recruitment & Volunteer Coordinator at (908) 236-7879 ext. 4337 or csalaki@hcymca.org.

The YMCA maintains a "Zero Tolerance" for child abuse and/or substance abuse.

**VOLUNTEER OPPORTUNITIES
AT THE Y**

When you volunteer at the Y, you take an active role in bringing about meaningful, enduring change right in your own neighborhood. Sign up for a **Special Event** or become a **Program Volunteer** today!

**SPECIAL EVENT
OPPORTUNITIES**

MONSTER MASH FAMILY FUN RUN

YMCA Camp Carr, 1 Camp Buck Road, Annandale

Sunday, October 20, 9 am to 12:30 pm

Volunteers are needed for the YMCA's Annual Monster Mash Family Mud Run! More than 200 participants are expected for this 1.5 mile obstacle course challenge, suitable for the whole family. Help us execute a safe and fun event by assisting with registration, course safety, obstacles, water stations and more!

2019 HUNTERDON COUNTY YMCA ANNUAL COAT DRIVE

United Way Volunteer Center, Flemington Various Days and Shifts for Sorting: November 12 - 15

Distribution Day: Saturday, November 16, 8 am to 1:30 pm

We are seeking volunteers to help with the Y's Annual Coat Drive! We will be sorting and preparing for the distribution on Tuesday, Wednesday, Thursday, and Friday, 11/12-11/15, and managing the distribution on Saturday, 11/16. The coat drive will be held at United Way of Hunterdon County's Volunteer Center (20 Fulper Street, Flemington). **Volunteers must be 14+, unless accompanied by an adult. Great volunteer opportunity for a family!**

28TH ANNUAL COMEDY NIGHT

Hunterdon Hills Playhouse, Hampton Friday, November 22, Various Shifts from 4 pm to 11 pm

The Hunterdon County YMCA will host its 28th Annual Comedy Night, at Hunterdon Hills Playhouse on Friday, November 22. Volunteers are needed to assist with set-up, as well as other event tasks throughout the evening. Dinner will be provided. Please contact Christine Coffey, Director of Mission Advancement, at ccoffey@hcymca.org or 908-483-4326 with any questions.



**DISCOVER
YOUR
PASSION**
EXPLORE A CAREER AT THE Y