



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

FEBRUARY 2019  
COMMUNITY CONNECTION

## REACHING OUR POTENTIAL IN THE COMMUNITY



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

Here at the [Community YMCA of Eastern Delaware County](#), our mission is to constantly strive to reach our potential...for YOU.

We are dedicated to building a healthy spirit, mind and body. We are committed to being a positive part your family life, by promoting the values of caring, honesty, respect and responsibility. Yes, we offer extensive fitness options, but the Community Y is more than just a gym. First and foremost, we ensure our families are well taken care of in all facets of their lives. We offer a wide array of social services that are crucial to a solid foundation and happy, healthy well-being. **Community Open House Week** is a great time to Come See Y, take a tour, talk with our staff and other members, try a class, learn about all the programs we offer. Trust us, there's something for everyone! [See the full schedule on our website.](#)



## HERE FOR YOU

The Community YMCA of Eastern Delaware County aims to create a place where everyone is welcome. Here, you can reach goals, make friends, and find a place to belong. It is where you can find help when you experience unplanned challenges. During the recent government shutdown, the Community Y did our part to help alleviate the burden on our affected members by allowing full access to our facilities, classes, and programs at no cost.

## LEADING THE ROAD TO RECOVERY

130 people died every single day in 2017 due to opioid overdose. The numbers of addiction, injury, and death is alarming, and our country is in a public health emergency. We are trying to do what we can to help decrease these staggering numbers. The Community YMCA is now offering a program that combines yoga and body therapy to create a powerful, welcoming environment for recovery. Our FREE 12-week class, **"Meeting on the Mat: Recovery and Self-Love,"** is held on Sundays at 3pm at the Ridley branch, and is an hour long. It opens with an intention or dedication, followed a by a yoga practice. Studies show yoga has the ability to help aid in recovery by strengthening both body and mind. The non-judgement atmosphere is open to everyone. In addition, the program allows you and your family members to participate in any of our programs for free. For details, contact Colleen Gutowski at [cgutowski@cyedc.org](mailto:cgutowski@cyedc.org).



## STRONG SWIMMERS, SAFE & CONFIDENT KIDS

Believe it or not, summer will be here before we know it. That said, now is a great time to enroll your children in the **Community YMCA Swim Lesson Program**. At the Y, swimming is a life skill. Our swim lessons prepare kids of all ages to stay safe and have fun in the water, building strong swimmers, and confident kids. Working with a certified instructor, your child will first learn self-rescue skills, then progress into how to swim. Not only will your child feel more comfortable in and around the water, you will feel better having the peace of mind your child knows lifesaving skills. [Visit our website for full details.](#)



## A Y UNITED

250 people from all over the community gathered together at Drexelbrook Corporate Events Center for our **18th Annual Dr. Martin Luther King, Jr. Unity Day Celebration**. Community YMCA of Eastern Delaware County welcomed Y members, family, friends, and elected officials to honor the life and work of Dr. King. Dr. L. Joy Gates Black, President of Delaware County Community College, delivered a powerful message to the audience, discussing her role as the first woman, and the first African American to head the College. During breakfast, guests enjoyed live music provided by the Bible Union Fellowship Church Choir. In addition, 6th grader Josey Doherty from Drexel Hill Middle School was awarded for her winning essay about the impact Dr. King has on her life. Way to go Josey! The breakfast is a community partnership between the Community YMCA, Upper Darby Community Outreach Corporation, Upper Darby School District, and the Delaware County Chamber of Commerce.



### MARK YOUR CALENDAR!

**Community Open House Week**  
Feb. 11-17 (LY&RY)

**Ridley 5k SuperHero Run**  
April 6  
Ridley High School

**Healthy Kids Day**  
Apr. 27 (LY & RY)

**Annual Charity Golf Outing**  
May 20  
Paxon Hollow Golf Club

For more information on all events, and to register, visit [www.cyedc.org](http://www.cyedc.org).

### OUR MISSION

The Community YMCA of Eastern Delaware County is a charitable association founded on Christian principles, dedicated to building a healthy spirit, mind and body. We are committed to being a positive part of family life by promoting the values of caring, honesty, respect and responsibility.

Lansdowne YMCA  
2110 Garrett Rd., Lansdowne, PA 19050  
P: 610.259.1661

Ridley Area YMCA  
900 South Avenue, Secane, PA 19018  
P: 610.544.1080

Community YMCA School Age  
Program at Springfield  
SLC, Sabold & Scenic Hills