

# ON THE WATERFRONT



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Embarcadero YMCA  
September 2010 Issue #92

## MEET THE PARTICIPANTS OF EMBARCADERO YMCA PROGRAMS

We asked members and program participants who received financial assistance to tell us about the impact of the Y programs on their lives. We received many responses. Here are a few.

### Youth & Government

"With the same determination and strength I was able to become Forum Speaker of the Assembly of California Youth & Government, I proved to everyone that I may not be from a well-to-do family and community, but I can do anything I put my mind to."

—Uchechi Amachi, age 17, co-president 2009-2010  
YMCA of San Francisco Youth & Government delegation



### Exercise Made for People with Disabilities

"I heard about the Exercise Made for People with Disabilities program at the Y and wanted to change my life a little to be more independent. As I was going, it just helped me with everything—physically, mentally and dealing with day-to-day life. It helped me with my confidence and my health and made me want to keep trying."

—Simon Wong, age 39



### Member Scholarship

"I have been a member since I came here from Russia in 1994. I visit every day and swim laps. I am blind but they make a lane free for me. Everyone is so nice—the sincere good will of all employees without exception has amazed me."

—Galina Vassershteyn, age 72

### Swimming & Camp Scholarship

"I like that you supported my family and that was a good start. I like the swim lessons and the support of the teachers and I am excited about going to the swim team and camp. I hope my sister gets to learn how to swim like me."

—Diego Nunez, age 8

## CALENDAR

### September 6 [Click for modified class schedule](#)

- Labor Day hours 8am–1pm. No Group Exercise classes

### September 12

- Sunday Group Cycling Class begins at 9:30am

### September 15

- Posture and Gait Analysis with Dr. Mazgaloff and Dr. Medel  
\$20.00 per session 4:30pm–6:30pm in the Lobby
- Discover your Pilates body in 30 days. Sept 15 to Oct 15 Pre-enrollment required. \$375 in the Pilates Studio (New Pilates clients only)

### September 20

- Core Agility Training with Personal Trainer Ernie B.  
Tuesdays & Fridays 10:30am–11:30am \$199

### September 22

- Stress Reduction with an Attitude, by Suvanna Cullen  
Free, 6:30pm–7:30pm Boardroom

### September 27

- Have a Ball with Self Massage by Massage Therapist Maia Scott  
Free 6pm–7pm Boardroom

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:00pm–5:15pm WIND DOWN YOGA	5:30pm–6:30pm ZUMBA™	6:30am–7:30am CYCLING CLASS HILLS, HILLS, HILLS	11:30am–12:30pm IYENGAR YOGA	6:00pm–7:15pm URBAN BOOT CAMP	12:30pm–1:10pm AQUA FITNESS	1:00am–3:00am WHEELCHAIR RUGBY

# IT TAKES A FRIEND TO MAKE A FRIEND

By Katie Keers, Youth and Teen Coordinator

Friendship. It's something so simple, and so complex. One of the most important benefits campers receive from going to day camp is all the new friendships they create. For some, it's as easy as just walking up to someone and saying hello, while for others, it's more of a process.

One day, a new camper came up to me, tugged on my elbow and asked me the most innocent and yet one of the most difficult questions I've ever been asked. She said, "Can you help me make a friend?"

I looked down at her, struck by what she had just asked of me. How do you make friends? You can play ice-breaker and name games all day long but how do you make that spark with another person happen? Of course, I couldn't refuse her request, so I began scanning the playground for a camper I thought would make a suitable companion. I spotted a group of some returning campers who I'd always admired for their kindness. I introduced them to her, got them talking and left them to let their friendships form. Mission accomplished, right?

Wrong. While I was patting myself on the back, I saw our new camper playing—all alone. When I asked her what happened, she said, "They didn't seem like they could be my friends." I thought about this statement for a moment before realizing that I had made a mistake trying to choose



for her who could be her friend. I knelt down next to her and said, "Did you see me as someone who could be your friend?" "Yes" she said. I told her, "Well, then, you've already made a friend. Now let me introduce you to some of mine. If you like them, great, if you don't you still got me and I've got you." The smile on her face stays with me still, and from that day on she was never without a friend.

What does Y Camp do for campers? It gives them the rare gift of learning how to make a friend.

## GROUP EXERCISE CORNER

As we wrap up our summer weather this month before we head back into our schedules, the Thursday Urban Boot Camp will be extended 15 extra minutes to end at 7:15pm during its final month. Take advantage of Nes' great coaching skills.

- Are you new to Pilates and curious about all the hype? We are also launching the first week a specialized conditioning program for those who want to find out what Pilates can do for them, SMART Pilates Intensive. Take 30 days to discover your own Pilates body. This coached program includes three private Pilates sessions, nine Pilates group sessions, four Pilates Plus mat classes, an orientation meeting, and a massage appointment: all for \$375. Pre-enrollment required.
- New to Kinesis? Get three of your friends, and get two free 1/2-hour Kinesis training sessions. Already a Kinesis participant? Get three of your friends, and get a \$30 discount on a package of 12 (September Only).

PLEASE NOTE, we will have a reduced schedule of classes for the Labor Day weekend, Sept. 3-5. Pick up a schedule in the lobby or [online](#). There will be no classes on Labor Day, Sept 6 (hours 8am to 1pm).

We want to help you get back to basics and back to health. Let us know what we can do for you.

## STRENGTHEN YOUR CORE AND BUILD AGILITY

Exercise with Personal Trainer Ernie B. for six weeks

Tuesdays & Fridays 10:30am– 11:30am \$199 starts September 20th

# BE A MENTOR, CHANGE TWO LIVES!

Looking for a unique volunteer opportunity? Mentors change lives and impact our whole community. Playing such a formative role for a youth can challenge your own outlook. Become a mentor with Building Futures today and make a big difference in a child's life!

The Building Futures Mentoring Program offers one-on-one mentoring to at-risk youth ages six–18. Mentors meet for two hours each week with their mentees over a one-year period. The program helps youth—referred by local schools and YMCA programs—build self-esteem, gain family and peer conflict resolution skills, and boost academic and decision-making skills.

"The program's been pretty rewarding in my life too, allowing me to reconnect with my inner child and exposing me to neighborhoods and cultures outside of my comfort zone" said Program mentor Theo Kwon. "I can't recommend the Building Futures program enough. Try it out, you'll be surprised by the impact you can make in someone's life."

Building Futures is unique from other mentoring program as it offers mentors a 15-hour paraprofessional training to work successfully with at-risk youth. This training, coupled with thorough ongoing support assures that mentors have proper tools, contacts and support to help their mentees.

Trainings are offered monthly on three Tuesday evenings and a Saturday afternoon. Contact us if you would like to attend and join our diverse and dynamic team! The one year commitment to the program assures 1-3 hours with each mentee per week. Days are flexible—scheduled by mentor and child.

## Contact:

Nick Wightman, MFTI Building Futures Coordinator, Bay Area YMCAs  
nwightman@ymcasf.org  
415 561 0631 x 102

## FROM A CURRENT MENTOR:

"Over the year, I've become a pretty integral part of my mentee's young life. We have a schedule where we go laser tagging, play ball, visit a ton of tourist attractions, baseball games, the library, etc. These activities really help to build my mentee's self-esteem and give him the ability to escape his often chaotic environment at home and in his neighborhood."

—Theo Kwon

## STAFF OF THE MONTH

### Michael Ono, Lifeguard

Michael Ono started swimming when he was about eight years old, and soon joined a swim team. During his senior year of high school he volunteered to teach swimming lessons at the Chinatown YMCA for one year. That stretched into a five-year position teaching lessons and coaching the Chinatown YMCA swim team. In 2006, he started working at the Embarcadero YMCA and has been teaching and lifeguarding ever since. Michael brings 15 years of experience to our pool, teaching both kids and adults how to swim.



Behind the scenes in the Aquatics Department, Micheal plays a huge roll. He has taught hundreds of children to swim here and is an integral part of the swim lesson program. He also has been a big contributor to the summer camp swim lessons and extends his time by helping out the department when everyone else is on vacation. He loves what he does and we're fortunate to have him here at the Embarcadero Y.

## VOLUNTEER OF THE MONTH

### Kathe Sweeney, Bessie Carmichael Tutor

By Laura Grishaver, Director Orrick Year Round Enrichment Program at Bessie Carmichael Elementary

It is my honor and pleasure to award Kathe Sweeney volunteer of the month. I met Kathe many years ago as a teammate on the YMCA Triathlon Club. Back then she was a true inspiration and supportive training partner. Today, Kathe is the same kind of team player in her role as volunteer at Bessie Carmichael.



Every week Kathe comes in with a huge smile on her face and a ton of energy. The staff and kids look forward to her visits every week. Kathe was born an educator. She has a tremendous capacity to reach our children at their level—whether it's emotionally or academically or by bringing us right office supply to do a special project. It's hard to find volunteers that have the same skills as a staff member. Kathe is a perfect fit to our YMCA family.