

MEMBER NEWS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Columbus Family YMCA

3912 38th St, Columbus NE 68601

August 2018

columbusy.org



IT'S A WRAP

We're nearing the end of summer! Wow! Where did that time go?

The Y is a great place for everyone, of all ages and of all walks of life. We have had so many wonderful experiences and activities this summer. I sure hope that you and your family were able to take advantage of all the YMCA had to offer this summer.

Over 200 campers, ages 4-14 have gone to summer day camp. They've learned life skills such as sharing, teamwork, responsibility and have had a ton of fun! Hundreds of junior and senior high youth have participated in volleyball and basketball leagues. Exercising and being active, at the same time learning about sportsmanship and winning and losing while they work to improve their skills are all fringe benefits of those sport leagues. Thousands of adults and young people have built their bodies, the physical side of the Y triangle in classes and personal exercise. Great amounts of children have learned to swim, been cared for in our Child Watch program, and have had good old fashioned fun at the YMCA.

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ENJOY THIS ISSUE?

Feel free to share this newsletter with anyone who you think may find it useful.

QUESTIONS, COMMENTS, IDEAS?

Contact Amy Mahoney, the editor at amahoneycfy@gmail.com.

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There truly aren't many places where the spirit, mind and body can be touched and impacted in one location. The Y is firmly planted in the roots of Columbus to help improve the Youth Development, Healthy Living and Social Responsibility of everyone who comes through our doors.

Thanks for being a Y member. We are here to serve you.

Corey Briggs, CEO



TAI CHI

Chair Class – Get ready for Beginner Tai Chi Class – Learn the importance of shifting and moving everyday.

October Session – Oct 2 – Oct 25 T, TH at 1:45pm – 2:15pm

November Session – Nov 6 – Nov 29 T, TH at 1:45pm – 2:15pm

Cost Members \$15

Non-Members \$45

Beginner Classes – Step 1 (20 limit)
– 12 weeks

This is for anyone brand new to Tai Chi or someone that hasn't been to a Tai Chi class in awhile. Learn the Basic 8 moves over a 12 week class.

DATES

Sept 17 – Dec 6

M, W at 5:15pm – 6pm

T, TH at 10:30 – 11:15am

Cost Members \$25

Non-Members \$75

Review Class– Step 2 (no limit)

For anyone that might need more hands-on help with the Beginner Class and someone that would like to continue to enhance their technique. Must have attended a Tai Chi Beginner Class

October Session – Oct 3 – Oct 31

Wednesdays at 11am – 11:45am

November Session Nov 7-28

Wednesdays at 11am – 11:45am

Cost for One Month– Members \$10

Non-Members \$30

Cost for Two Months –Members \$15

Non-Members \$45



2018 IN HOUSE SUMMER CAMP



Different weekly themes kept our younger members happy and busy over this season. From play dough to slime, to office to beauty parlor, these kids have done it all this Summer! We created, played make-believe, moved and read books. We even helped decorate for our Launch Week! Summer In House Camp has been the place to be!





2018 YMCA COLOR RUN

COST

\$25 Adults (18 and older)
\$20 Youth (5-17 years old)
\$15 (0-4 years) with Kit
FREE (0-4 years) No Kit.

Volunteers \$15 for a Kit

RACE DATE: AUGUST 18TH

RACE TIME: First heat begins
7pm

REGISTRATION

You can register at the YMCA or
online at getmerged.com
"YMCA 1-Mile Color Run"

REGISTRATION START DAY:

June 1st

REGISTRATION DEADLINE:

Aug 3rd at 9pm.

**ALL REGISTRATIONS BEFORE AUG 3rd WILL
RECEIVE A Kit (T-SHIRT,
SUNGLASSES, AND PERSONAL COLOR KIT).**

LATE REGISTRATION:

**\$20 AUG 4TH— 17TH (ENDS AT
5PM AT THE YMCA) NO KIT**

**\$25 AUG 18TH 5-6:30 PM AT
FRANKFORT SQUARE NO KIT**

PACKET PICKUP:

Friday, August 17th 12p-5:30p at the
YMCA

Saturday 5pm-6:30pm at Frankfort
Square

Additional questions?

Please contact Jennifer Brownlow at
402-564-9477 or by email at
jbrownlowcfy@gmail.com

NRG ZONE: AFTERSCHOOL PROGRAM

A new school year is filled with potential—a chance to start new routines and habits, build new friendships and discover new possibilities and interests. It's an exciting time for many kids, however—at the end of the school day, 1 in 5 children do not have someone to care for them after school, according to [Afterschool Alliance](http://AfterschoolAlliance.org), a nonprofit public awareness organization. As families are transitioning from summer to fall, the Columbus Family YMCA is offering programs to school-aged children throughout Columbus to keep youth active, busy and engaged during out-of-school time. Through a well-rounded approach to youth development, the Y's program offers activities in a caring and safe environment during the critical hours after school. Whether through sports, mentorship, or academic support, the Y nurtures the potential of youth throughout the school year.

We are making schedule changes! Our program has grown too big! Each school will have three five-week sessions of NRG Zone available to their students. All the same fun, just done a little differently schedule wise.

SESSION 1 (October 1 - November 1)

MONDAY - North Park and Immanuel Lutheran

TUESDAY - West Park and St. Isidore's

THURSDAY - Centennial and St. Anthony's

SESSION 2 (November 5 - December 6)

MONDAY - Columbus Christian and Lost Creek

TUESDAY - St. Bonaventure's and Emerson

THURSDAY - North Park and Immanuel Lutheran (Thursday ends Dec. 13 to make up for Thanksgiving)

SESSION 3 (January 7 - February 7)

MONDAY - Columbus Christian and Lost Creek

TUESDAY - West Park and St. Isidore's

THURSDAY - Centennial and St. Anthony's

SESSION 4 (February 11 - March 21) *NO NRG Zone March 11-15- CPS Spring Break*

MONDAY - North Park and Immanuel Lutheran

TUESDAY - St. Bonaventure's and Emerson

THURSDAY - West Park and St. Isidore's

SESSION 5 (March 25 - April 25)

MONDAY - Columbus Christian and Lost Creek

TUESDAY - St. Bonaventure's and Emerson

THURSDAY - Centennial and St. Anthony's

You must register for each session separately.

The YMCA bus will pick your child up at their school and take them to the Y for the program.

Y Staff will supervise children at each school until the bus arrives.

Children must be picked up at the YMCA no later than 5:30 p.m.

FREE FOR ALL STUDENTS! - Program is funded by the Columbus Area United Way Grades K-4 are able to attend.

The Y Bus will only pick up at the school's listed above. If your 5th grader wants to attend but is at the Columbus Middle School please call us to let us know you want to have them participate.

SPORTS

CLUB BASKETBALL LEAGUE

Registration Deadline: September 28, 2018!

Grades: 3rd-8th

Divisions: **(Registration dependent)**

Boys: 3rd Grade, 4th Grade, 5th Grade, 6th Grade, 7th Grade, and 8th Grade

Girls: 3rd Grade, 4th Grade, 5th Grade, and 6th Grade

3rd/4th, 5th/6th and 7th/8th grade divisions may be combined if necessary

Dates: SATURDAYS

October 27th - November 17 (four week league)

FEE: \$200 per team

ROOKIE FLAG FOOTBALL LEAGUE

Join us for our Rookie Flag Football League! This league will run for six weeks, with practices and games on Tuesday night's. Dates: Tuesdays, August 21 - Sept 25 Grades: K - 2nd (for 2018-2019 school year)

*Divisions will be separated by grade if registration allows. Grades may be combined if necessary.

Cost: \$25 members, \$60 non-members

Registration Deadline: Monday, August 10th

* Players may be added after the registration deadline with the approval of the Sports Director.

There will be a \$10 penalty for late registrations.

Location: **Highland Park Evangelical Free Church**

Mens' 3 v 3 Basketball

Fall Session: Thursday's September 6 - November 15

Deadline: August 16

Members: \$20

Non Member: \$70

Women's 4 on 4

Team registrations only. No individual registrations will be accepted. All games will be played on **Wednesday night's** between 5:30 and 10:00 pm.

Registration Deadline : August 22

Dates : September 5 - October 24 (Last two weeks are tournament - (Oct 17 and 24)

Cost : Member \$20 Non Member \$70

Sub Fee: \$10 (must paid prior to playing)

YOUTH STRENGTH TRAINING

This is a program designed for youth 11-14 years old to teach them the principles of weight lifting and how to use machines on the Wellness Floor. Successfully completing the course earns you a YMCA muscle shirt to be worn when using the exercise rooms and the track. Limit of 10 per class.

DATES

Monday August 13th 9-12pm

Tuesday Sept 11th 4-7pm

Cost: \$40

SWIM TEAM

The Columbus YMCA Swim Club (CYSC) is our competitive swim team with practices and monthly meets. Swimmers who participate must be able to swim 25 yards (one length) of the pool using both the freestyle and backstroke. ***Swimmers must know and understand the basic concepts of swimming – this is NOT swimming lessons. Emphasis will be placed***

upon stroke instruction, endurance, sportsmanship and having fun.

- Swim Team has two sessions (see below). *Swimmer(s) must register for the first session to be able to swim in the second session.*
- Swim team participants are required to be YMCA members – Nebraska YMCA Swim League policy.
- Swimmers must be registered prior to the first meet in October to swim.
- All new swimmers will swim with a coach the first week of practice to make sure they qualify for the swim team. If for any reason the child is unable to successfully complete the swim, the family will be refunded in full for the cost of the session.

Session 1

September 10 - Mid December

Practice Time: Mon-Tues-Wed-Thurs 4:15pm-5:45pm (Mon & Thurs 7-8:30pm)

Parent Meeting: September 4, 7-8:30pm

Home Swim Meet Location: Columbus Aquatic Center (November 10th)

Session 2

Late January 3 - Mid March

Practice Time: TBA

FEE: Youth – 5 years old to 8th

Grade - \$100/session

High school student: \$45/session