

MEMBER NEWS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Columbus Family YMCA

3912 38th St, Columbus NE 68601

April 2019

Columbusy.org



Photo credit: Anonymous Facebook user

OUR COMMUNITY

Spirit, mind and body. Those are the three legs of the YMCA triangle. The Y has always been more than just a gym, more than an exercise facility. We are so much more to so many different people in so many different ways.

The disaster that struck our community and surrounding communities has just shown how important the Y is for people. We have gladly opened our doors to displaced families and individuals who needed a shower or just a place to get away from the mess and madness. We haven't been able to rebuild roads or rescue families from the flood waters. Yet, we provide that safe place, a second home if you will, for anyone who needs us.

Everyone, from all walks of life are treated exactly the same when they walk through the front doors of the YMCA.

Thanks for being a Y member. This is your Y. This is the city of Columbus' Y. We're here for you.

Corey Briggs, CEO

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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.

HEALTHY KIDS DAY

April 27th 9am-11am
Free Family Event



Come and join us at the YMCA for a morning full of family fun! We will have activities available such as: Zumba Dance Parties, Gaga, Pickleball, an Art Wall, Science Experiments, Bike Safety demonstrations and much more! In addition to the wonderful family

activities we are also hosting a book drive to help grow our Youth Library for the Columbus Family YMCA. Donations are encouraged, but not mandatory.

NEW AQUATICS DIRECTOR

Please help us welcome our new Aquatics Director, Marissa Dixon! Marissa comes from Eads, Colorado. She graduated from Fort Hays State University in Hays, Kansas in May 2017 with her Bachelor's degree in Sports Management. Marissa will be finishing up her Master's degree in Sports Administration from FHSU in May 2019. Working as a graduate assistant for FHSU Intramurals and side-by-side with the Aquatics director has given her two years of experience in aquatics. Her favorite hobby is going to concerts, and as a big rock music fan, she tries to go to as many concerts as she can! Marissa's favorite food is any kind of Mexican food. Her dream vacation would be to go to Ireland, it's so pretty! The movie "Dazed and Confused" is on the top of her favorite movie list. Marissa's favorite quote: *"It's a good day to have a good day."* Welcome Marissa!



HEALTHY KIDS DAY SCHEDULE

9am-11am
Carnival Games

9am-11am
HyVee Dietician Healthy Food Taste Test

9am-11am
Way to Grow

9am-11am
Art Wall

9am-11am
Tornado House-CFD

9am-11am
Picture Station-Canoe

9am-11am
Marshmallow Catapult

9:00am-9:30am
Camp Game 1

9:30am-10:00am
Camp Game 2

9:30am-9:45am
Family Zumba

9:45-10:15am
Hula Hoop contest

10:00am-10:30am
Camp Game 3

10:15am-10:30am
Family Zumba

10:30am-11:00am
Camp Game 4

10:45- ???
Family Walk

TAKE ME OUT TO THE BALL PARK...

Friday, June 21, 7:05 p.m. game at Werner Park near Omaha.

The YMCA will drive the bus. You and your child(ren) ride and get ready to enjoy the game! Omaha Storm Chasers vs. San Antonio

There will be fireworks after the game!

1 parent/1 child: \$30

1 parent/2 children: \$40

1 parent/3 children: \$50

Fee includes ticket to the baseball game and the bus ride to the game. *Food, drinks and souvenirs are your responsibility.*

Enjoy a great night of family fun at America's pastime.

Registration deadline Monday, June 17, 2019.

BUMP SET SPIKE!

Youth Volleyball Clinic

Date: Monday - Thursday, June 3-6

Where: Columbus Family YMCA

Time: 8:00am □ 10:00am (Girls entering 6-8 grade)

Time: 10:15am □ 12:00pm (Girls entering 4-5 grade)

Fee: Member \$25 Non-Member \$50

High School Volleyball

Come enjoy playing against teams from the surrounding area as well as staying active during the summer. It will be played on Wednesday nights (5pm-10pm) which will include 1 ref for each game.

June 12, 19, 26 and July 10, Tournament on July 17

Cost: First team \$200 \$100 for any additional teams

Jr High Volleyball

Come enjoy playing against teams from the surrounding area as well as staying active during the summer. This will take place Thursday Mornings (8am-12pm) which will include 1 ref for each game.

June 13, 20, 27 and July 11, Tournament on July 18

Cost: First team \$200 \$100 for any additional teams

3RD ANNUAL YMCA COLOR RUN

August 17th, 2019
Columbus Days

Time: 7pm

UPCOMING AREA RUNS

34TH ANNUAL DOWNTOWN RUNAROUND

JULY 20TH, 2019

TIME AND
LOCATION: TBA

A NEW ADDITION



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YOGA

COLUMBUS FAMILY YMCA

Instructor Info: Danica Izaguirre. She has been teaching at the YMCA for 3 years. In February 2018, she was certified in YogaFit, Foundations Class and in April she will be taking Communication Class. As Danica starts on her Yoga Journey, we want to offer some Beginning Yoga Classes.

Session 1:

May 6th-June 14th (6 Weeks)

Monday and Wednesdays 9:15am-10:00am

Tuesday and Thursdays 5:30pm-6:15pm

MUST PRE-REGISTER AT THE FRONT DESK FOR CLASS!

MEMBER

2 Classes a week (12 Classes) \$50

1 Class a week (6 Classes) \$30

Drop In Rate: \$5/Class

NON MEMBER

2 Classes a week (12 Classes) \$105

1 Class a week (6 Classes) \$55

Drop In Rate: \$10/Class

Deer Camp

Member \$100 Program Participant \$150

Deer camp provides an exciting and safe environment for young people to explore the outdoors, build confidence, develop skills and lasting friendships and memories, so they can grow as individuals and leaders. Activities that your camper will participate in would be: swimming, hiking, boating, archery and more! Ages 6-11 Years

Chipmunk Camp

Member \$60 Program Participant \$110

This camp is a week long, half-day introduction to YMCA Summer Camp. 4-5 year olds will be introduced to the great outdoors with all the YMCA fun you can imagine. Campers will participate in a wide range of activities including: crafts, hiking, games and more! A mid morning snack is provided . Camp times: 8am-12:00 noon. Ages 4-5 Years

Adventure Camp

Member \$175 Program Participant \$225

Adventure camp is 3 days of out of town excursions to a variety of fun locations. Campers will travel by the YMCA bus to each day's location for adventure, fun and excitement. Destinations have included in the past: Island Oasis, Henry Doorly Zoo, Edgerton Explorit Center and more. Each summer's destination will be different. No overnight stays . Ages 8-12 Years

Niobrara River Camp

Member \$225 Program Participant \$275

Canoe on Nebraska's National Scenic River! This trip is 3 days of outdoor adventure. Campers will ride the Y bus to the Valentine/ Sparks/Niobrara River. Smith Falls State Park will be our campground, home to Nebraska's highest waterfall. Campers will experience true natural Nebraska. We will cook our own meals, sleep in tents and create lifetime memories. Ages 10-15 Years

2019 SUMMER DAY CAMP SCHEDULE!

Session 1	June 10-14	Deer Camp 1	6-11 years old	M: \$100 NM \$150
Session 2	June 17-21	Deer Camp 2	6-11 years old	M: \$100 NM: \$150
Session 3	June 24-28	Deer Camp 3	6-11 years old	M: \$100 NM: \$150
Session 4	July 1-3	Adventure Camp	8-12 years old	M: \$150 NM: \$200
Session 5	July 8-12	Chipmunk Camp (AM Only)	4-5 years old	M: \$60 NM: \$110
Session 6	July 15-17	Mini Deer Camp	6-11 years old	M: \$60 NM: \$110
Session 7	July 22-26	Deer Camp 4	6-11 years old	M: \$100 NM: \$150
Session 8	July 29-Aug 2	Deer Camp 5	6-11 years old	M: \$100 NM: \$150
Session 9	August 5-7	Niobrara Canoe Trip Camp	10-15 years old	M: \$200 NM: \$250

Daily Fees: Member \$25 Non Member: \$35

*** Daily Fee is subject to change for Adventure Camp and Chipmunk Camp**