

MEMBER NEWS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Columbus Family YMCA

3912 38th St, Columbus NE 68601

December 2018

Columbusy.org



A SEASON FOR GIVING

Did you know the YMCA is a charity? I bet you didn't. Most people don't think of the Y like that. Two things typically come to mind, the Village People and their song and people working out.

As we finish 2018 this month, I want to reshape how you view the YMCA. Every year the Y conducts a sustaining funds drive, we call it the Strong Kids Campaign. Our goal for the year is \$65,000. As I write we are just past 50% of our goal. The funds we raise help us provide programming and memberships for low-income children and families.

Funds help us keep youth programs at low or no cost. We provide free drop in child care for all members who use the YMCA facility and programs. We provide quality swimming lessons at affordable rates. No child is denied membership to the YMCA if their family is unable to pay for it. We partner with schools, social service agencies, churches, and community organizations to provide services and activities to them at little to no cost. If there's an unmet need in the community that is in our field of work, we do our best to meet it.

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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.

That's where the charity piece comes into play. The YMCA can raise funds to help meet needs in Columbus by being a 501c3 tax deductible organization, donors can claim their donation as a deduction on their taxes. It's a great win win for everyone.

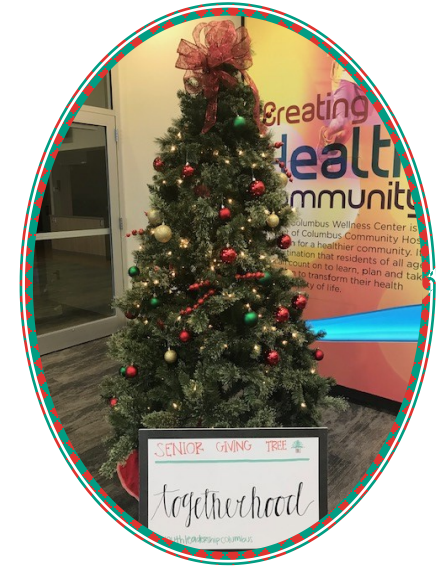
I always like to ask the question what would Columbus be like if the Y wasn't here? How many more drownings would have occurred without us teaching water safety to kids? How many at risk youth would have gone on to a life of crime and delinquency without programs that built them up and challenged them to rise above their circumstances? What about the families with no money in their pockets and nothing positive in their lives who could go to the YMCA because funds were available for them to have a fun, safe place to be active and work off stress?

Your donation, no matter how big or small, helps. It's like the old story of the boy throwing star fish back into the ocean off the beach. When an old man told him you can't save them all, the boy replied, "but I can save this one."

Please make a year-end donation to the Columbus Family YMCA Strong Kids Campaign.

Merry Christmas,
Corey Briggs, CEO

TOGETHER WE WILL MAKE A SENIOR'S HOLIDAY BRIGHTER



Senior Giving Tree- Togetherhood ® and Youth Leadership Columbus

The Columbus Family YMCA Togetherhood® Group and Youth Leadership Columbus are giving back to our seniors this Holiday Season. We have collected gift requests for our seniors in need.

**Please have all gifts returned by
December 7th!**

We still need Volunteers to help wrap our gifts to be given to our seniors. If you are interested in helping, please contact Betsy Eckhardt at beckhardtcfy@gmail.com or 402-564-9477

WINTER BREAK CAMP

Join us for FUN during winter break. We will have planned activities each day for our kids to participate in. You will need to bring a sack lunch and swimsuit each day. Daily and Weekly registration is available.

Dates: Dec 26-28 or Jan 2-4

Weekly Cost: Member \$50, Non Member \$75

Daily Cost: Members \$20, Non Member \$30

Ages: K-5th

Registration is available both online and in-house.

Dec 26-28th Schedule:

- Wed, Dec 26-half day 12-5 Swimming, Gaga Ball, Bounce Houses
- Thurs, Dec 27-Full Day Bowling and Swimming
- Friday, Dec 28th-Full Day Ice Skating at the Fremont YMCA and Swimming

Jan 2-4 Schedule:

- Wed, Jan 2nd-Full Day Swimming, Gaga Ball, Bounce Houses, Dodgeball
- Thurs, Jan 3rd-Full Day Bowling and Swimming
- Friday, Jan 4th-Full Day Field Trip to Hastings Museum, Swimming (if time permits)

**SATURDAY CHILD WATCH
HOURS-BEGINNING
DECEMBER 8TH
8AM-11AM.**

Y LOSE IT PROGRAM NEW YEAR'S RESOLUTION EDITION

For New people to the YMCA

Jan 7th - Jan 26th

10 % of Resolutions stick after the first month. Start off your exercise program the right way.

Learn about classes and all the equipment on the Wellness Floor with a coach.

Teams of 3 or 4.

Members \$35.00

HOLIDAY HUSTLE FITNESS CHALLENGE

Come to 18 classes in 18 days and win a YMCA drawstring bag

Starts Dec 3 - Ends Dec 22nd

Keep cards at Front Desk or with you. Have an instructor initial the card for every class.

YOUTH STRENGTH TRAINING - STEP 1

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 studios, wellness floor and track.

Dec 26th Wednesday - 12:30-3pm

Cost \$40



YOUTH STRENGTH TRAINING STEP 2

(MUST HAVE ALREADY TAKEN STEP 1 CLASS)

Take what you learned in Youth Strength Training Step 1 and make sure you completely understand all the principles.

December 27 and 28 from 11am - 1pm

Cost \$20

HOW TO SUPPORT A BETTER US

The season of gifting is an annual reminder of all the ways we can support others, our communities, and the causes we value. When you give to the Y, you help us support people in the communities near and far with the services and opportunities they need to thrive, no matter who they are or where they are from.

Give today to help us:

- Keep our doors open to ALL: We make sure Financial Assistance is available so household income is never a barrier to membership or youth programming.
- Develop New Generations of Leaders: As the largest youth-serving organization in the country, we help children and teens reach their full potential by ensuring their basic needs are met and developing their character through programming like camp and teen leadership.
- Empowering People to improve their Health: We help people overcome barriers to good health, including chronic disease, obesity, and needs associated with aging and health inequities.
- Support Communities Worldwide: YMCA's in 119 countries are working to provide more than 58 million individuals-many in underserved communities-with the opportunities they need to thrive.

-Y of the USA

EXTENDED FAMILY SWIM HOLIDAY SCHEDULE

December

26th 2-9pm

27th 2-9pm

28th 2-9pm

**no open swim 24th or 31st*

January

1st 2-9pm

2nd 2-9pm

3rd 2-9pm

4th 2-9pm

2019 MEMBERSHIP PRICES

Family	\$63
Single Parent Family	\$52
Married Couple	\$58
Adult	\$46
Young Adult	\$35
Senior	\$35
Senior Married Couple	\$52
Youth	\$18