

MEMBER NEWS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Columbus Family YMCA

3912 38th St, Columbus NE 68601

February 2019

columbusy.org



P·R·I·O·R·I·T·I·E·S

WHAT REALLY IS THE Y ABOUT?

I have had a copy of this picture in my office, at my house and in my mind for many years. This sums up the reason why I work at the YMCA. The quote underneath it reads, "A hundred years from now it will not matter what my bank account was, the sort of house I lived in, or the kind of car I drove...but the world may be different because I was important in the life of a child."

We have a truly wonderful YMCA. The facility is first class. Our equipment is quality and state of the art. We have a wonderful range of activities for young and old. But I often catch myself thinking, "What really is the Y about?" That answer is simple – people. Simplified even more – it's kids. This world is cruel, hard and in your face. Kids need a place where they can feel safe, valued and important. EVERY child matters to us. EVERY child is welcome here. Rich or poor; right side or wrong side of the tracks; any and every

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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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language and culture. I will never forget the impact interested, caring adults had on my life. We want to be that safe place for kids. The Y staff is here for everyone. We're working hard to make that difference in the lives of those we come in contact with.

Corey Briggs, CEO

LEAD WITH LOVE

There are many ways to be a leader in your community. Here are a few ideas for getting started.

- **Role Model Healthy Living:** Carry a reusable water bottle to showcase your commitment to hydration and the environment.
- **Speak Up Against Bullying and Exclusion:** At the Y, everyone should feel welcome and supported.
- **Volunteer and Invite a Friend.** Ask your front desk about opportunities to support young people, underserved neighbors or families in need.
- **Consider the Benefits of Giving a Hug:** Hugs have been found to temper stress, boost immune systems, and lower blood pressure.

- Y Member News-Y of the USA

Betsy Eckhardt

Membership Director



TAI CHI

Beginner Classes - Step 1 (20 limit)

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. Class is designed for people 60 and older. Class may help with balance issues. We do recommend 2 Beginner class sessions to completely feel comfortable with the 8 moves.

Mar 18 - June 6th

M,W at 4:30pm

T,TH at 11am

Classes are 45 min

Fee: \$25 for Members

\$75 for Non-Members

100 CLUB

January 1, 2018- December 31, 2019

Registration is \$5 per year

EACH PARTICIPANT MUST COMPLETE THE DESIGNATED MILES IN THEIR PREFERRED AREA WITHIN THE CALENDAR YEAR. ALL MEMBERS THAT ARE SUCCESSFUL WILL BE RECOGNIZED AT THE ANNUAL BOARD MEETING. ACCUMULATIVE MILES ARE AWARDED AT 500 AND 1,000 MILES.

EXERCISE FOR LIFE: Must complete 200 miles running/walking indoors or outdoors. Work done on the elliptical, step mill, arc trainer can be counted and will be counted as walking.

CYCLING FOR LIFE: Must complete 400 miles of cycling indoors or outdoors.

RUN FOR LIFE: Must complete 200 miles running indoors or outdoors.

WALK FOR LIFE: Must complete 200 miles of walking indoors or outdoors.

SWIM FOR LIFE: Must complete 100 miles of swimming.

SUMMER DAY CAMP 2019

We are looking forward to another fun filled summer here at the Columbus Family YMCA. Our Summer Day Camps will give each camper an opportunity to explore nature, develop friendships with other campers and our staff, learn new skills, and have tons of fun in a safe and supportive environment!

Dates may be subject to change.

Prices:

Members: \$110 - 5 day week Non-Members: \$135 - 5 day week

DAILY OPTION: Y Members: \$25 per day Non-Members: \$30 per day

New this summer: sign up for individual days of camp! Must register one week prior to camp so Y staff can plan for added campers.

Session 1: June 10th - June 14th - Deer Camp 1 (6-11 year olds)

Session 2: June 17th - June 21st - Deer Camp 2 (6-11 year olds)

Session 3: June 24th - June 28th - Deer Camp 3 (6-11 year olds)

Session 4: July 1st - July 3rd - Travel Camp (8-12 year olds)

Session 5: July 8th - July 12th - Chipmunk Camp A.M. only (4-5 year olds)

Session 6: July 15th - July 17th - Mlni (Fawn) Camp (6-11 year olds)

Session 7: July 22nd - July 26th - Deer Camp 4 (6-11 year olds)

Session 8: July 29th - August 1st - Deer Camp 5 (6-11 year olds)

Session 9: August 5th - August 7th - Niobrara River Canoe Trip (10-15 year olds)



PROM MODIFIED SWING LESSONS

***Coming in March 2019 again!
Don't miss out on the FUN, more
details to come!**

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

February 15th (Friday) 1:00-4:00

March 13th (Wednesday) 4:00-7:00

Cost: \$40

NRG ZONE

NRG Zone Free After school program for Columbus youth. We provide Homework help, snack, and plenty of activities to keep your child moving and thinking after school. Sign up online or at the front desk.

Session 4 (Feb. 11- March 21)

Monday, Tuesday, Thursday

After School 3:40p to 5:30p

Monday - North Park and Immanuel Lutheran

Tuesday - St. Bonaventure's and Emerson

Thursday - West Park and St. Isidore's

No NRG Zone March 11-15 - CPS Spring Break

INTRO TO VOLLEYBALL CLINIC

Come and learn the basics of volleyball and sharpen up your skills in this introductory clinic! The clinic will be taught by our instructor, Kelli Thomazin. All participants will learn and develop basic volleyball skills including passing, setting, spiking, serving and defense. There is a limit of 20 participants per session, so be sure to register early!

Session 1: February 12 - March 5

Session 2: March 19 - April 9

Day: Tuesday Evenings

Time: 6 PM - 7 PM Session for 1st-3rd graders

Time: 7 PM - 8 PM Session for 4th-6th graders

Registration Fee: YMCA Member: \$20 Non-Member: \$40

Registration will open online and at the YMCA for members on January 31st.

Non-members may register after February 6th.