

MEMBER NEWS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Columbus Family YMCA

3912 38th St, Columbus NE 68601

January 2019

Columbusy.org



NEW YEAR, NEW GOALS

Happy New Year! Welcome to 2019. What are your goals for the year? What are you going to do differently from past years? We are heading into the busiest time of year for the YMCA facility wise. We see so many new people who have made the decision to change their lifestyle. Sadly, not everyone follows through with those lovely new year's resolutions.

My question to you is, "what do you need to do to make a choice and make it stick?" I'm preaching to the choir hear too. I've always been blessed to be "big boned." My mom told my wife when we were still dating, that she always had to buy Husky sized clothes for me! Thanks a lot mom!

All humor aside, it's so much easier to grab a Coke and a bag of chips out of the vending machine or convenience store. We've all had those lovely soggy premade burgers spinning round and round in the counter warmer. Sustenance, yes, nutrition...not so much.

I want to wish all of you, me included, a happy, healthy New Year. Let all of us at the Y help you stay on the tracks for all of your health and family goals.

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.

SOMETHING FOR EVERYONE AT THE YMCA

We are heading into that special time of year. A new year....a clean slate....a fresh start. What can I do better in 2019? One very popular New Year's resolution is "I want to be healthier this year", "I want to be more fit", or "I want to exercise more". I love seeing the new faces at the Y this time of year, but I know it can be very scary coming to a new place, figuring out where everything is and maybe trying a new class. Here are some ways that the Y can help.

1. Make an appointment for a new equipment orientation. Let the staff at the Y help you with equipment you are interested in using. An appointment is the best way to make sure staff is available especially this time of year. We have lots of different cardio machines to use, low impact machines, arm-only cardio machines, stepmills and ladders, treadmills, ellipticals, bikes, aerdynes and more.
2. Learn about the pool. Working out doesn't need to consist of just cardio machines or weight machines. The pool feels amazing on your joints. Lap swimming, water fitness classes, water walking are all great workouts.
3. We still have noon-ball basketball games Monday-Wednesday and Fridays, there is pickleball available in the gyms and there are basketball and volleyball leagues available to get your sweat on if you prefer the sports workout.
4. We offer a lot of fitness classes for people to try out. If you are just starting out, I would recommend our Stretching & Beyond Class, Move for Life, Spine Fit, or Ai Chi to name a few. A Trainer could always take you back to a class and introduce you to an instructor if you would need that.
5. Bring a friend with you to work out. Things are always more fun in groups and you have someone to keep you accountable.
6. Remember to try 2-3 days a week starting out if exercise is new to you and remember you should still be able to carry on a conversation with someone as you work out.
7. Always remember to enjoy a little stretching or sauna/whirlpool time at the Y for some much needed "relax" time.
8. The Y has lockers that you can rent or ones open daily to use for free. I always recommend bringing a lock to lock your valuables up when you are working out.
9. The Y has wipes to disinfect your machines and sweat towels here for personal use.
10. The Y has a TV/DVD player if you want to use a studio to do your own workout during non-class time.

The track is also available to walk or run on during the whole year. Family track time is Tuesdays from 4-5:30pm, Friday 7-9pm or Sunday 4-5:30pm

If your goal this year does involve more exercise, let us help you. Here are a couple other reminders as you get started.

Launch Week – Jan 14 – 19. For Non-Members to try out a class, get a coupon after attending class to waive the joiner's fee on a new membership.

Hundred Club – Try to complete 200 miles in running or walking, 400 miles in cycling or 100 miles swimming in a year at the Y and become part of the Hundred Club!



KID'S NIGHT OUT

Saturday January 26th
6:00pm - 9:00pm

Pool Party!
Popcorn and the movie
The Incredibles 2

Registrations now open!!

Ages: Kindergarten - 5th Grade

Price: Members: \$10/Student

Non-Member: \$15/Student



NRG ZONE-SESSION 3

(January 7 - February 7th)

Monday - Columbus Christian
and Lost Creek

Tuesday - West Park and St.
Isidore's

Thursday - Centennial and St.
Anthony's

Registrations now open!!



PARENT/CHILD DANCE

We will be hosting a formal dance night for fathers and daughters, as well as mothers and sons. There will be good music, great food (including homemade cheesecake), and lots of fun!

Saturday, February 9th. 6:00pm - 9:00pm

Price: Members: \$25/Couple \$40/Family

Non-Members: \$35/Couple \$60/Family

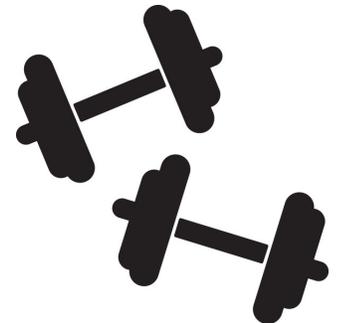


Price includes admission to the dance, dinner, a picture, a family movie after the dance, a flower for each child, and more!

YOUTH STRENGTH TRAINING-STEP 1

Youth Strength Training-Step 1

This is a program designed for middle school aged youth 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. This is for MEMBERS ONLY.



January 26 9am-12pm

Cost \$40

INTO 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!

There are two sessions to choose from or you can sign up for both sessions.

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 at front desk.

