

MEMBER NEWS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Columbus Family YMCA

3912 38th St, Columbus NE 68601

June 2019

Columbusy.org



DAYS OF SUMMER

Summer has arrived...at least I think it has. The calendar says June, so it must be close at least. The Y is such a great place year round, but summer has such a different look and feel to it. Kids are everywhere! Why not be at the Y – full of fun, excitement and life changing experiences. I love seeing little people come through the doors in the morning, flip flops on, towel over their shoulder ready for their swimming lesson. Campers drenched in sunscreen and bug spray, gearing up for a day of outdoor adventure at Camp Pawnee. Adults coming in to try out new classes or start a personal training regime while they meet new and old friends.

We are passionate about what we do at the YMCA. We strive to improve the spirit, mind and body of everyone who comes through our doors.

Thank you for being a Y member. We're here to serve you.

Have a great summer!

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.

NEW CAMP DIRECTOR

We are thrilled to introduce our new Camp Director of the Columbus Family YMCA, Madeleine Catsinas!

Madeleine grew up on a hobby farm near a small town in Minnesota but moved to Nebraska to attend the University of Nebraska-Lincoln. From UNL she received degrees in Environmental Studies, and Agricultural Leadership and Communication with a minor in Fisheries and Wildlife. Throughout college she would go back to Minnesota during the summer months and plan, lead, and teach several types of camps and lessons for all ages and abilities.



While in college Madeleine met her husband David, and got married October 2017 and are loving their life together. In her free time she enjoys being outside, doing DIY projects on their fixer-upper house, and line dancing with her husband. Madeleine enjoys watching people learn new skills and find active hobbies that they can share with their friends and families. While leading camps and activities Madeleine will strive to include everyone and have different activities that all can enjoy.

PREPARING FOR A SAFE SUMMER

Community pools, including pools run by Ys, can be fun for the whole family over the summer months. They can also be a place where kids develop self-confidence, lifelong skills and healthy habits. Safety is critical to keep pool time safe and fun (drowning is the second-leading cause of death for children ages 14 and under). Highly trained lifeguards and swim skills are key. More than 1,200 Y's nationwide offer Safety Around Water (swim lessons) programs to teach kids (and adults) the skills to be safe in and around water, so they can enjoy splashy summer fun.

Do your part to be safe around water:

- Be a "Water Watcher." Maintain constant visual contact with all children playing in or near pools and other bodies of water.
- Make sure you provide young children or inexperienced swimmer with a life-jacket when near ponds and lakes, on boats or in pools.
- Don't let kids play breath-holding games. They can easily lose consciousness.

Get more tips by visiting ymca.net/membernews

Betsy Eckhardt



UPCOMING EVENTS

Parent/Child Baseball Trip

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!

There will be fireworks after the game!

- 1 parent/1 child: \$30
- 1 parent/2 children: \$40
- 1 parent/3 children: \$50

Registration deadline Monday, June 17, 2019.

34th Annual Downtown Runaround

July 20th, 2019

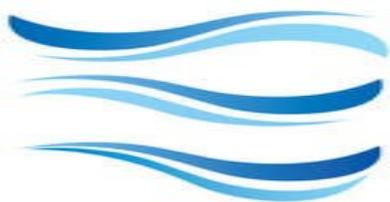
3rd Annual YMCA Color Run

Date August 17th 2019
Columbus Days

Time: 7pm

LAUNCH WEEK

Free to non-members to try classes. The Y will waive the \$45 joiner fee if you purchase a membership during the week of Launch. A special card is given to you when you attend launch classes that need to be shown at Front Desk to waive the fee.
Launch 3 : June 17 - June 22



AQUA CLASSES

- ◆ Aqua Kick
 - T/TH 5:20 AM
- ◆ Aqua Sculpt
 - T/TH 7:00 AM
- ◆ Aqua Pilates
 - T/TH 7:45 AM
- ◆ Hydro-Cardio
 - Monday 9:15 AM
 - Wednesday 8:15 AM
 - M/W 5:30 PM
- ◆ Aqua Zumba
 - W/F 9:15 AM

SUMMER SWIM LESSONS

We have Summer Swim Lessons open now!

Stop in to register your child or visit us online at columbusy.org

Members; \$40

Non Members: \$60



GIVE THE WATER A TRY

Have you ever considered taking a water exercise class? It is a low impact form of exercise that anyone can do. It is an effective exercise that will give you benefits of cardio, strength and flexibility without the stress on your joints. I have written a few articles about water fitness, but this time I wanted a little different approach to my article. I asked a few faithful water class participants for their testimonials and opinions about our classes.

Testimonial 1) I started because I had hoped to lose some weight since I was having ankle problems. I was surprised how much I could do in the water that I struggled with on land. The doctor told me I should try to lose 50 lbs., I didn't think it was possible, but after water aerobics classes three to five days a week I surprised myself and others. What was more exciting than the loss of the 50 lbs. was how many inches I lost all over. I was well into women's plus size clothing and now I am in regular misses' sizes. Something I haven't done for at least 20 years. There are all different kinds of water classes; Aqua Sculpt, Aqua Zumba, Aqua Kick and Aqua Pilates, and Hydro Cardio. It is a very nice variety and the instructors are always adding new things to make it interesting. The other thing that is important is that some women are afraid to get into a swimsuit, thinking everyone is in so much better shape. Once they get there, they realize we are all there to improve or health and for fun. It is amazing to realize how fast the time goes when you are working out with the people that have become your friends. The instructors are so encouraging and fun. They let you know that everyone is at a different point of their abilities so it is important to do your best and just keep moving even if you can't keep up with others. Remember you're in water and they don't see what your body is doing under the water. One last thing, you may not always feel like you want to get up and go to class, but you will be surprised how much better the rest of the day will go and how much more you can accomplish because of the exercise you did.

Testimonial 2) Water classes provide a variety of exercises combined with fun and friendships. Exercising in the pool provides much more resistance than exercise on land. The benefits of your time are multiplied. It is good for exercise, stress relief and toning. Water exercise is a great time!

Leslie Huston, one of our Aqua instructors would like to see women in their 30s and 40s give the Bootcamp a try, here is what she had to say about water exercise, "If they need something very different from their usual routine, they need to try the pool. Shy of swimwear? I have told them to wear shorts with their suit." Another one of our Aqua instructors, Kelli Augustin, had this to say about water exercise. "I have seen a change in body since I started using the pool, especially in toning. I usually burn 500 calories per class. One time I burned 679 calories in class. It is a whole-body workout." We hope you will give our Aqua classes a try.

Rachele Eller - Wellness Coordinator/Personal Trainer

KEEP KIDS ACTIVE THIS SUMMER AT THE YMCA

SUMMER FUN CLUB

Who: Post Kindergarten—12 years old

When: May 28–August 9 7:00am–5:30pm

Where: Columbus Family YMCA

Cost: Member \$24/day

Non-Member \$27/day

***Need to register 2 weeks prior to attendance**

Register for 1 day or multiple days, only pay for days needed!

Youth Strength Training Clinic

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. This is a privilege and it can be taken away. **This is MEMBERS ONLY.**

Dates:

Tuesday June 11: 1:00pm - 4:00pm

Thursday June 27: 9:00am - 12pm

Monday July 15: 1:00pm- 4:00pm

Limit of 10 per class Cost: \$40 Private Class \$55

Youth Strength Training – Step 2

Take what you learned in Youth Strength Training Clinic and make sure you completely understand all the principles. Workout with a trainer for 4 days.

Session 1: June 17-20

Session 2: July 22-25 Monday - Thursday 11:00am - 12pm

Cost: \$20 per session

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