

MEMBER NEWS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Columbus Family YMCA

3912 38th St, Columbus NE 68601

May 2019

columbusy.org



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SUMMER YMCA UPGRADE

Thanks for being a Y member! Summer is almost here. That brings schedule changes and families looking for something for their kiddos to do! The Y is here for you. We have a great summer of activities all planned and waiting for your children.

Summer Day Camp, our old stand-by has day camp options throughout June and July. We finish the summer off with our Niobrara River Canoe Trip. You don't want to miss that outdoor fun. New this summer is our in-house child care, named Summer Fun Club. Field trips, active adventures at the Y, reading programs, and so much more. If you need a place for your child to learn and grow while you work, the Y is that place.

Also new this summer is a Parent/Child Trip to the Omaha Storm Chasers game on Friday, June 21. Nothing beats fun at the old ball park.

We have youth and adult sports leagues. We have tons of swimming lessons for the kids. All of your regular workout options will still be here.

The Y is the place to be in in summer 2019!

Corey Briggs, CEO

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.

SUMMER FUN CLUB

Ready to have the best summer yet? Summer is here and the YMCA is ready to help keep your kids learning, growing, and thriving while school is out. Focusing on Youth Development, we are committed to nurture the potential of every child both inside and outside our Y all summer long.

We have specifically tailored our summer programs to not just keep kids having fun and active in a safe environment, but also to present learning opportunities in areas such as science, reading, writing, and math. Your kids will also be excited to attend with activities including swimming, crafting, sports, and board games. Summer Fun Club will explore outdoors partaking in fun structured based activities. Your children will be going to movies, the library for some fun packed days this summer, and participating in a Zumba Dance party every Friday.

The YMCA childcare staff created an educational yet fun environment for the kids, we plan on having fun exploring this summer. All you need to do is register your kiddies today. Summer Fun Club is open to all in the community, including members and non-members (rates will vary). Kids can also take part in fun club one day a week, or for the whole week. The Summer Fun Club program will be offered from 7 a.m. to 5:30 p.m. all day, with summer childcare for those children ages 6-12 (child must have completed kindergarten).

It is a privilege to be entrusted with the lives of so many kids in our community. We look forward to helping each of them have their best summer yet at the YMCA!

Chrissy Zuerlein
402-564-9477
czuerleincfy@gmail.com

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!*



TRADITIONAL YMCA SUMMER CAMPS

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

KICKSTART AN ACTIVE HEALTHY SUMMER

Start your summer off with these fun family activities!

- Create a family art space at home and display everyone's favorite work of art. Bonus Tip: upcycle-or reuse-household items like old magazines or fabric. It's cost effective and encourages creativity.
- Get Active in the great outdoors by exploring a nearby part with a fun scavenger hunt. Bonus tip: Pack water and a healthy snack to stay hydrated and fueled for your day of adventure!
- Give Back as a family through activities that help to strengthen your community! Bonus tip: Events like fun runs or volunteer days are a great way to connect with neighbors.

For more activity ideas, visit ymca.net/membernews.

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

Wed. May 29th 9am - 12pm

Tues. June 11 1pm- 4pm

Thur. June 27th 9am -12pm

Mon. July 15 1pm -4pm

Cost: \$40

SUMMER SWIM LESSONS

Are you thinking about enrolling in swimming lessons? If so, you have come to the right place. The Y introduced the country to the concept of group swim lessons more than 100 years ago, (1909), and each year, the Y teaches more than a million people invaluable water safety and swimming skills.

Our Swim Lesson Curriculum is a core group of aquatic skills every person needs to be safe around water. Students begin with and build upon skills they are ready to learn, helping them to celebrate their successes, build self-confidence, and enjoy learning to swim and water safety. We have compiled together a list of reasons why you should enroll in swimming lessons at the Y today.

- **Swimming is something you can do at any age.** This activity is something that lasts a lifetime and you can always improve it. Expose your child to swimming now and they will have a recreational, aerobic activity that they can continue to enjoy throughout the rest of their lives.
- **71% of the World is Water.** With those statistics, drowning can happen nearly anywhere with standing water. Swimming lessons teach important safety skills to prevent drowning, which is the second leading cause of unintentional injury death among youth.
- **Planning on going to the beach or sending your child to summer camp?** Signing yourself or your kids up for swimming lessons will help improve confidence around the water year round.
- **Swimming is good exercise.** Swimming is fun and challenging way to help children and adults stay fit!
- **Swimming helps kids do better in school.** Swimming has been scientifically linked to a better academic performance. Studies have found that children who swam during their developmental years achieved several physical and mental milestones faster than their non-swimming counterparts.
- **Swim lessons can help improve self-confidence.** Humans love mastering a new skill and take great pride in their achievements. Success always boosts self-confidence and makes us eager to take on further challenges.
- **Swim lessons can lead to other new adventures.** Swim lessons at any age can lead to the confidence one needs to try new activities. Whether you personally want to try something new like a new group exercise class or want to get your child involved in new adventures, swim lessons can be a great starting point.
- **Meeting new people.** Swim lessons provide opportunities to bond with family, friends or meet new people at the Y and in other community settings.

Summer Swimming Lessons Registration

Members: May 13th

Non-Members: May 20th

FROM THE FITNESS FLOOR

TRY SOMETHING NEW!

BodyPump is a barbell workout for anyone looking to get lean, toned and fit. You use light to moderate weights with lots of repetition. BodyPump gives you a total body workout. BodyPump classes workout all major muscle groups, including legs, chest, back, arms, shoulders, and abdominals. There is always a proper warm-up and cool-down offered in class. The Columbus Y offers classes in the early morning, morning, noon, night classes and Saturday morning. There are 30, 45 and 60 minute classes. The Y has been offering pump classes for 9 years now and it continues to be one of the Y's most popular. This full body barbell workout will burn calories, shape and tone your entire body, increase core strength and improve bone health. We do offer class orientations for free, so if you want to experience a bodypump class before you go to an actual class, set up a session or two with a trainer. Bodypump is for all levels, ages, and men and women.



It is not too late to sign up for Yoga, starting May 6th

Monday, Wednesday at 9am

Tuesday, Thursday at 5:30pm

SUMMER BOOTCAMP COMING IN JUNE, WATCH FOR MORE DETAILS!

LIBRARY SURVEY

THE CITY OF COLUMBUS, COLUMBUS LIBRARY BOARD, AND FOUNDATION ARE SEEKING COMMUNITY INPUT REGARDING THE DEVELOPMENT OF A NEW LIBRARY. WE ARE WORKING TO ENGAGE THE PUBLIC AT EACH PHASE OF THE PROJECT DEVELOPMENT.

CURRENTLY WE ARE WORKING ON PHASE 1: GATHERING COMMUNITY INPUT REGARDING WHAT COMPONENTS MIGHT BE INCLUDED IN A NEW LIBRARY.

PLEASE TAKE OUR ONLINE SURVEY AT
[HTTP://BIT.LY/CPLENGAGE](http://bit.ly/cplengage) (ENGLISH) OR [HTTP://BIT.LY/CPLCONTRATAR](http://bit.ly/cplcontratar) (ESPAÑOL)

PHASE 2 WILL INCLUDE GATHERING ALL COMMUNITY FEEDBACK AND DEVELOPING A PROJECT PROGRAM THAT REFLECTS THE WANTS AND NEEDS OF COLUMBUS.

PHASE 3 WILL BE TO DEVELOP A PLAN AND COSTS. THIS PHASE WILL INCLUDE EVALUATING THE BEST LOCATION FOR THE PROJECT.

Karen Connell
Library Director

2504 14th St.
Columbus, NE 68601

TOGETHERHOOD: WELLNESS GARDEN

We are getting closer to starting year 3 of the Wellness Garden here at the Wellness Center. This year we have had changes with the Wellness Garden that we are looking forward to share with all of you.

Togetherhood has teamed up with *Tracy Dodson and the Columbus High School Skills USA kids*. They are building us Raised Garden Beds to be placed in the Garden Area. These kids have been working really hard and we cannot thank them enough for their hours they have put in to make sure we have a great garden.

Wilma Arp—Togetherhood would like to thank and acknowledge Wilma Arp in all her efforts in contacting, researching and moving all our changes forward. Thank you, Wilma, for all you have done for Togetherhood and the YMCA.

WE ARE STILL NEEDING HELP IN ONE AREA. We have not been able to secure someone into coming and pouring the cement that is needed to complete the garden. If you are interested in helping with this please contact me at the YMCA at 402-564-9477 or email me at beckhardtcfy@gmail.com.

We are looking forward to what this year has to offer in the Wellness Garden.

—Betsy Eckhardt

