

MEMBER NEWS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Columbus Family YMCA

3912 38th St, Columbus NE 68601

September 2019

Columbusy.org



KEEPING OUR YOUTH SAFE

Fall is when the Y starts to get busier. Families start back into their school year routine. The weather starts getting cooler. The sun goes down so much earlier. Along with all of those reasons, the Y is just a great place to be. YMCA Membership numbers are up over 70% since we opened the new facility in November 2015.

Fall is when we have many new members join the Y as well. I wanted to take this time to highlight a key Y policy that is important for all Y members.

The Y is for youth and families. For the safety of the children and for the safety of all members, we do have age policies regarding when and where children may be at the Y without a parent.

All children ages 0-6 are required to be with a parent, registered in a YMCA led program such as swimming lessons or youth sports, or in Child Watch. Youth ages 7-9 may be in the youth

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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.

activity gym or the basketball gym with mom or dad or their legal guardian who is on their membership, in the YMCA. They may also be at the Y in a registered program without a parent. Youth ages 10 and older may be at the YMCA without a parent at the Y.

We also do not allow youth in the adult locker rooms. Youth is categorized as anyone who is a high school student and younger. The whirlpool, warm water pool and steam rooms are adults only as well. High school students may use the wellness equipment and track. Any students younger than that may register for our Youth Strength Training class that teaches them the safety and proper exercise etiquette. Upon successful completion of that course, they receive a t-shirt which they must wear when using the exercise equipment. All youth, high school age and younger, must be out of the YMCA by 9:00 p.m. Monday through Friday.

The safety of our youth is foremost to us at the Y. We understand there are many different upbringings and family dynamics, but to make the Y functional for all, the Y staff and our board established these policies for the greater good of everyone who uses the YMCA.

Thanks for being a Y member.

Corey Briggs, CEO

NRG ZONE

Free Afterschool program for Columbus elementary school aged youth. We provide homework help, snack, and plenty of activities to keep your child moving and thinking in a fun environment.

We've added a day of the week to accommodate more youth. Same day throughout the school year for your school.

FALL SESSION (September 30 - December 12)

MONDAY - North Park and Immanuel Lutheran

TUESDAY - Lost Creek, West Park and Columbus Christian

WEDNESDAY - St. Anthony, St. Bonaventure and St. Isidore

THURSDAY - Centennial and Emerson

WINTER SESSION (January 6 - April 30)

MONDAY - North Park and Immanuel Lutheran

TUESDAY - Lost Creek, West Park, and Columbus Christian

WEDNESDAY - St. Anthony, St. Bonaventure, and St. Isidore

THURSDAY - Centennial and Emerson

You must register for each session separately.

The YMCA bus will pick your child up at their school and take them to the Y for the program. Y Staff will supervise children at each school until the bus arrives.

Children must be picked up at the YMCA no later than 5:30 p.m.

FREE FOR ALL STUDENTS! - Program is funded by the Columbus Area United Way

Grades K-5 are able to attend.

The Y Bus will only pick up at the school's listed above. If your 5th grader wants attend but is at the Columbus Middle School please call us to let us know you want to have them participate.

CHILD WATCH

The YMCA provides free child-care for children ages 6 weeks old to 6 years of age.

Children are our business. The littlest Y members need special care so mom and dad can utilize the YMCA. ***This program is for members*** using the YMCA for classes, programs or individual exercise. **Parents must remain in the building while their child is in Child Watch.** Two (2) hour limit in Child Watch each day. This is a MEMBERS ONLY program- Day Fee's are not eligible for this. All Children participating in Child Watch must be on either a Family or Single Parent Family account and can only be checked in or out by the Adult/Guardian on that membership.

Monday through Friday

8:00 - 11:30 AM

Monday through Thursday

4:30pm-8pm

Sat: 8am-11am

Ages 6 weeks-6 years old.

****NO CHILD MAY BE UNATTENDED AT THE YMCA WHO IS YOUNGER THAN 10.**

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

This is for MEMBERS ONLY.

Limit of 10 per class.

DATES

Tues, Sept 10th 4-7pm

Wed, Oct 9th 4-7pm

Wed, Nov 27th 2-4:30pm

Cost: \$40

Private Class \$50



UPCOMING EVENTS

September

The entire month of September is Hunger Action Month. Hunger Action Month challenges everyone to take action to fight hunger in their communities. The Y will be doing a non-perishable food drive during Welcoming Week (16-20th) to both CELEBRATE the spirit of Giving during Welcoming Week and to also CELEBRATE Hunger Action Month!

September 11th

National Day of Service and Remembrance. On this day we will be celebrating Volunteers and encouraging our Y members to become Volunteers. For Volunteer opportunities please contact Betsy Eckhardt at beckhardtcfy@gmail.com.

October 26th

Family Night Out with a Dive-In Movie

You're Invited to the Columbus Family YMCA for Halloween themed contests including:

- Jelly Beanboozled Fear Factor
 - Feel Factor
 - Costume Contest
 - Cookie decorating
- Don't forget to wear a costume!

October 26th • 5:30
(Movie @ 7:00)

WELCOMING WEEK

Welcoming Week is a great week to celebrate our newest neighbors and bring communities together in a spirit of unity. Here is the Columbus Family YMCA Welcoming Week Schedule



Welcoming Week September 13-24

- Thursday, September 19th: Know Your Right's Workshop- 7pm-8:30pm
- Friday, September 20th: Recipe Share Night-5pm-7pm. Come with some of your great recipes, ready to share, from your heritage or just some goodies we would all want!
- September 24th: Voter Registration Day: Centro Hispano will be at the Y from 9am-12pm giving information and answering questions on how to get registered to vote.
- September 16th-20th: We will be encouraging our Y members to Participate in Giving non perishable food items to be given to the food pantry. This is to both Celebrate the spirit of Giving during Welcoming Week and to also recognize that September is Hunger Action Month.

SHARING THE BOUNTY

From time to time, various YMCA members have contributed to the wellness of our community by simply sharing the bounty of their labor. Some of the produce that has been left for others to enjoy include garden fresh tomatoes, zucchini, cucumbers, peppers, apples, and more! Please feel free to help yourself and a big "THANKS" to those who have shared!



ON THE FITNESS FLOOR

YOGA

Gentle Yoga - Enjoy all the benefits of traditional yoga in a gentler yoga class that encourages self-pacing, promotes over mobility, and emphasizes safe warm-up and stretching techniques. Gentle yoga is shorter, less intense workout centered around longer warm-up and cool-down phases for a more restorative yoga experience. Gentle yoga is a 45-minute class.

Monday and Wednesday at 9:15am Studio 1

Beginning Yoga - Learn the basics of yoga and grow familiar with the foundational poses, cues, and breathing techniques commonly used in yoga classes. Experience a consistent combination of stretching, isometric holds, balancing, and movement in this 45-minute class. Beginner Yoga is beneficial for all fitness levels.

Tuesday and Thursday at 5:30pm in Studio 2

Mixed- Level Yoga

Grow your yoga practice in a longer yoga class with more challenging warm-up, work, and cool-down phases. This 60-minute class combines repetitive movement with static holds for a full body workout experience. Mixed-level yoga builds on beginner yoga poses and introduces new poses designed to increase both strength and flexibility.

Tuesday and Thursday at 6:15pm in Studio 2

Session 3 - 6 weeks

Member:

2 classes a week - 12 classes \$50.00

1 class a week - 6 classes \$30.00

Drop in Rate \$5.00

Non-Member:

12 classes \$105

6 classes \$55

Drop in Rate \$10.00

Group Personal Training

Workout with your friends or let us find some people to workout with. Still has the same one on one experience but you are also motivated by others in your group.

*Rates vary by size of group

Y-LOSE IT PROGRAM - Getting STARTED

DATES Sept 30 - Oct 25. This will be an Amazing 4 week health and fitness journey for you!

Goal of the class is to teach you about machines, different ways to workout and learn about all the Y has to offer for your health and wellness. Going into a new facility is scary, let us help you get started right.

Member: \$40

Non Member \$80

Y lose it Program - Weight Loss Challenge

October 28 - Dec 6th

You will workout with up to 6 team members interested in kicking up their workouts a notch. You get access to a coach, you train, exercise and learn healthy habits that will last a lifetime.

Top 4 people that loses biggest percentage of body fat Wins \$50 each. (not a team contest)

Basic Fee: Member \$65

Non Member \$130 (based on 6 weeks)

Limit to 4 teams - 24 participants. Sign up right away!



Launch Week October 14-19th

Free to non-members to try classes. The Y will waive the \$45 joiner fee if you purchase a membership during a Launch Week/or Weekend. A special card is given to you when you attend launch classes that need to be shown at the Front Desk to waive fee.