

# MEMBER NEWS



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**Columbus Family YMCA**

**3912 38th St, Columbus NE 68601**

May 2017

Columbusy.org



## BUILDING CONNECTION IN THE COMMUNITY

Health and well-being require more than just eating right and staying active. Keeping connected socially is a key element of well-being, and higher levels of well-being are associated with decreased risk of disease, improved immune functioning, and increased productivity.

As a member of the Y, you have opportunities every day to get to know people you might not otherwise meet. Here are some ideas for forming social connections.

- Newcomer programs: such as Welcoming Week next month, promote cross-cultural understanding and create a welcoming environment for all.
- Youth Sports encourage friendships with youth of diverse ages and backgrounds.
- Health and Well-Being Programs such as Move for Life, an older adult fitness program, foster a sense of belonging among participants, which helps support their choice for a healthier lifestyle.

Betsy Eckhardt, Membership Director

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SEPTEMBER 8TH, 2018 7-11AM**

### 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.

**SEPTEMBER 14TH-23RD**

## **WELCOMING WEEK**

Welcoming Week is a national celebration of the growing movement of communities that fully embrace new Americans and their contributions to the social fabric of our country. Created by YMCA of the USA's (Y-USA) national partner Welcoming America, Welcoming Week brings together immigrants and U.S.-Born residents at community-based events to promote cross-cultural understanding and raise awareness of the benefits of welcoming everyone! More information on events to come!

Betsy Eckhardt  
Membership Director

## **NEW YOUTH DIRECTOR**

Can you believe it? Summer has disappeared again! I hope you enjoyed some great family time and some great time at the Y. We had a great summer full of kids, adults and families doing fun and exciting things as they worked to improve their spirit, minds and bodies.

I want to introduce you to our new Youth Program and Camp Director, Spenser Rokahr. Spenser's first day at our Y will be August 21. He comes to us from Yankton, South Dakota. A recent graduate of the University of South Dakota in Vermillion, Spenser just completed a summer internship full of kids at the Norfolk YMCA. You will need to forgive him though, he was born in Texas so does cheer for those dreaded Longhorns. I think you'll like him in spite of his team choice!

Spenser will be responsible for all non-sports youth programming: NRG Zone, Summer Day Camp, and all the great, creative, fun school year weekend programming that we are working on for the upcoming school year. Please stop in and say "hi" to Spenser. Welcome to our Y and to Columbus!

Corey Briggs, CEO



## **CHILD WATCH NEEDS YOUR HELP!**

YMCA staff was hard at work during shut-down in the Child Watch room. While we made some great changes and additions, we are missing a few items. Please consider helping us out! Thanks!



## **WE ARE LOOKING FOR THE FOLLOWING ITEMS TO BE DONATED!**

- Kleenex
- Hand Sanitizer
- Coloring Books/Crayons
- Building Blocks
- Toys for 6 weeks—6 years
- Barbie's and Baby Dolls
- Barbie or Baby Doll Clothing
- Dinosaurs
- Barn/Barn Yard Animals
- Jumper



## Y-LOSE IT

**DATES** October 1-December 8

Join the revolution of our Y-Lose It Program! This will be an AMAZING 10 week health and fitness journey for you! You will be on a team with up to six team members interested in making a change in their wellness habits. You get access to a wellness coach, you train, exercise and learn healthy habits that will last a lifetime along with your team. You can make your own team, or make some new friends by having the Y assign you to a team. MyFitnessPal will be used by you and your Wellness Coach throughout the challenge to log you food. Each team will work out together 2 days every week for 10 weeks of the Challenge. Your Wellness Coach will conduct weekly weigh-ins. Y Logoed items will be given to each team.

**Group that loses biggest percentage of body fat Wins \$50 each.**

**Basic Fee:**

**Member \$95 Non Member \$190 (based on 10 weeks)**

**New\*\*\*\*\*Meet with a Dietitian once a week option.**  
**Dietitian Fee: Meet with a Dietitian each week. Price TBA**

## FALL LAUNCH

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 Front Desk to waive fee.**

## TAI CHI

**CHAIR CLASS - GET READY FOR BEGINNER TAI CHI CLASS - LEARN THE IMPORTANCE OF SHIFTING AND MOVING EVERYDAY.**

**OCTOBER SESSION** OCT 2-OCT 25 (T,TH) 1:45PM - 2:15PM

**NOVEMBER SESSION** NOV 6-NOV 29 (T,TH) 1:45PM - 2:15PM

**BEGINNER CLASSES - STEP 1 (20 LIMIT) - 12 WEEKS**

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.

**SEPT 17 - DEC 6**

M, W at 5:15pm - 6pm

T,TH at 10:30 - 11:15am

Members: \$25

Non-Members: \$75

**Review Class- Step 2 (no limit)**

For anyone that might need more hands-on help with the Beginner Class and someone that would like to continue to enhance their technique. Must have attended a Tai Chi Beginner Class

**OCTOBER SESSION** Oct 3 - Oct 31 Wednesdays 11am - 11:45am

**NOVEMBER SESSION** Nov 7-28 Wednesdays 11am - 11:45am

## FALL FITNESS

Did you slip into a summer slump? Get back into a groove with these Fun Fall Fitness options!

**Personal Training**

This is a program for the individual looking for a one on one workout with a qualified trainer. The workout is geared toward the participant's goals. *Price Brochures are available at the Y.*

**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.

# CHANGES TO 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 are making schedule changes! Our program has grown to big! Each school will have three five week sessions of NRG Zone available to their students. All the same fun, just done a little differently schedule wise.

## SESSION 1 (October 1 - November 1)

MONDAY - North Park and Immanuel Lutheran

TUESDAY - West Park and St. Isidore's

THURSDAY - Centennial and St. Anthony's

## SESSION 2 (November 5 - December 6)

MONDAY - Columbus Christian and Lost Creek

TUESDAY - St. Bonaventure's and Emerson

THURSDAY - North Park and Immanuel Lutheran (Thursday ends Dec. 13 to make up for Thanksgiving)

## SESSION 3 (January 7 - February 7)

MONDAY - Columbus Christian and Lost Creek

TUESDAY - West Park and St. Isidore's

THURSDAY - Centennial and St. Anthony's

## SESSION 4 (February 11 - March 21) \*NO NRG Zone March 11-15- CPS Spring Break\*

MONDAY - North Park and Immanuel Lutheran

TUESDAY - St. Bonaventure's and Emerson

THURSDAY - West Park and St. Isidore's

## SESSION 5 (March 25 - April 25)

MONDAY - Columbus Christian and Lost Creek

TUESDAY - St. Bonaventure's and Emerson

THURSDAY - Centennial and St. Anthony's

### 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-4 are able to attend.

**TUNE-UP FOR LIFE HEALTH FAIR  
SEPTEMBER 8TH, 2018 7-11AM**

## YOUTH STRENGTH TRAINING

Tuesday Sept 11th  
4-7pm

Saturday Oct 20th  
9 - 12pm

November 21st  
2-4:30pm

Cost: \$40

Private Class \$55

## BIRTHDAY PARTIES

Make your next party one that you won't forget at the YMCA ! Price includes: Activity Rental, Party Room Rental, and Staff to supervise your party. We setup and teardown! You may bring in cake, food, beverages, and decorations for your time in the party room. You will also receive a special gift from the YMCA for the birthday boy or girl. We require registrations to be turned in no later than 2 weeks before the party.

**One House :** Member-\$130 Non-Member-\$180

**Two Houses:** Member-\$180 Non-Member-\$230

**Three Houses:** Member-\$230 Non-Member \$280

**One Inflatable plus Nerf Gun Fun:** Member-\$160 Non-Member-\$210

**Recreational Swim Party:** Member-\$100 Non-Member-\$150

**20 Guest Limit (including birthday child and adults) and the party must be paid in FULL at registration**

**Child must be a member at the time of registration and on the day of the party to receive the member rate.**