

## TO THE YMCA MEMBERS:



Hopefully, the winter weather is behind us and now much of our free time turns toward events and activities in the outdoors. This is true as well at the YMCA, as spring soccer is underway and as we begin planning for our **SUMMER CAMPS** for children grades Kindergarten through 8<sup>th</sup> grade.

As Director of the YMCA, I am excited about our summer camp programs (**Adventure camp and Sports camp**) not only for what is planned, but also the purpose behind these camps. As our schools finish up in May, many parents need a place for their children during the summer months. I feel confident that our YMCA camps are safe, fun, educational, affordable and will provide physical and intellectual activities for all ages.

As outside activities begin, remember the importance of physical fitness and the many hours of hard work you have put in at the YMCA during the winter months. Our staff looks forward to the upcoming months and hope to see large amounts of activity inside and outside the building this spring and summer.

**A painting project has been planned on Sunday, May 5<sup>th</sup>.** A group of high school volunteers will be at the YMCA between 3:00-8:00pm to paint our hallways and other sections of our building. We will be open the normal Sunday hours but there will be a paint odor and some wet walls.

## FITNESS NEWS

Look what's new in Fitness at the Y.

**Hatha Yoga (beginner level)** can restore a weakened body and build it back up. Yoga postures, breath work and inner focus can help rebalance, strengthen and restore overtaxed muscles, joints and ligaments. In essence, *Yoga is designed to bring body, mind and spirit into balance.* Yoga classes will begin Monday, May 6 at 10am, Wednesday at 10am and 4pm. Instructors will be Debbie Overacker and Andy Daniels



Fitness Tip:

- Resistance Training
- Boost Muscular Strength
- Enhances your ability to perform everyday activities
- Increased Endurance
- Improves Posture and Physical Appearance

**MOMMY AND ME** class is canceled. Will begin back in September.

## GET FIT CHALLENGE:



Winners of the first session of the new **"Get Fit Challenge"** were presented their prizes at the end of March. *Session II started April 1<sup>st</sup> and will end May 31<sup>st</sup>.* Session I winners for each age group were **Kerri Brown, Bob Grubb, Julius Smith and Ray Needham.** Get Fit Challenge is a contest for our membership that tracks the total number of YMCA fitness hours our members log during a two month period. Any member is eligible to participate. Congratulations to our first session winners!



### **BANANAS & APPLES – 25 cents each**

We have had a wonderful response to the fruit bowl at the front desk. Thanks for your support. We will be happy to continue this service.

### **NO FOOD OR DRINK ALLOWED IN GYM:**

Despite our signs at the entrance to the gym about **"No Food or Drink Allowed"** – we are still having a problem in this area. *We have sticky spills and empty beverage and snack containers to clean up on a daily basis.*

We realize many of the people who do this are non-members, but not all of them. Please encourage others to follow the rules by your example of not eating and drinking in the gym.

*Thanks for the cooperation given to the staff regarding the new policy of locking the back gates. We feel better knowing who is in the building throughout the day and it has reduced the number of non-members who enter the building.*

### **The Afterschool Program is coming to an end and Summer Camp is about to begin.**

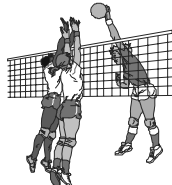
The YMCA offers the following summer camps: **SUMMER ADVENTURES, BASEBALL, BASKETBALL, GOLF, SOCCER, AND TENNIS.** Summer Adventures camp begins at 8am and ends at 4pm although counselors are available from 7am-6pm. Sports Camps will be held from 8:15-11:45am. (Transportation is provided.) *The Summer Adventures Camp will be going on many exciting field trips such as Kinser Park, Long View Ranch, Olympic Lanes, Horse Creek, and Hardin Park.* Activities will include **daily swimming, nutrition and fitness classes, talent shows, and other various sports and activities.**

\*\*\*The first day of Camp is May 28 and the last day is August 9. Please keep in mind the YMCA will be closed the week of July 4<sup>th</sup>.\*\*\*

# SPORTS NEWS:

**SPRING SOCCER** is off to a great start under the direction of new Soccer Coordinator, *Brian Diaz*. Boys and girls 1<sup>st</sup>-8<sup>th</sup> grade account for the 31 teams along with another 48 kindergarten kids meeting once a week to develop basic skills and fundamentals.

**TOURNAMENT CHAMPIONS WERE CROWNED IN THE FOLLOWING BASKETBALL AND VOLLEYBALL LEAGUES:**



4 on 4 Adult Men: **Chuckey United, Notre Dame, Clear Springs, Cedar Creek Church of God and Four Seasons.**

4 on 4 Adult Women: **Scrubs and Brown Springs Baptist Church**

Youth Basketball: **Wildcats**

Volleyball: **Air Pro and John T” Defenders**

*A special thanks to all of the coaches, officials and scorekeepers for making basketball and volleyball a huge success.*

.....

**P P O O L P**

(Pool OPERATOR ON LOCATION)

A national course for persons that operate and maintain pools, will be offered **Friday, May 3 – 9:30am-4:30pm**. This 7-hour course covers topics such as *pool chemistry, filtration, legal liability, and standards for operating and maintaining a safe and clean pool*. For more information, contact **Emily O’Dell**.

L L

.....

The YMCA will continue to offer temporary memberships.

5 visits for \$35 or 10 visits for \$60.

**It will be a full membership and will be valid for 6 months after purchase date.**

# POOL NEWS

**YMCA SWIM LESSONS:** The last swim session of spring classes begins **Tuesday, April 23 and concludes Thursday, May 16**. Classes for all age groups will meet for four weeks on Tuesday and Thursday. *A minimum of 4 participants is required for the class to be offered, and a maximum number of 16 students will be accepted for each class.*

**Class times are:**

- Parent/Child: ages 12 thru 36 mos. – 5:30-6:00pm
- Pre-School: ages 3,4,5 years – 5:00-5:30pm
- Youth: ages 6-11 years – 4:15-5:00pm
- Adult: ages 18 years and up – 6:00-6:30pm

**SUMMER SWIM SESSIONS** begin **June 3**. Both *morning and evening classes* are offered during each of the four sessions that will meet in the summer. Participants will meet Monday through Thursday for two weeks during each session. **For more information, check with the front desk or Emily O’Dell.**

**LIFEGUARDING CLASSES** for persons *16 and older* will be offered **April 23 through May 16 or May 17 through May 22**. Both classes are 30-hour courses that upon successful completion will certify participants in lifeguarding. Class days and times will be determined by course participants and instructors. Persons interested in completing these classes may register at the front desk. **For more information, call Todd Clendenon or Emily O’Dell.**

**SPLASH IS COMING!** *Free introduction to swim lessons will be May 28 through May 30*. These classes are open to anyone in the community desiring to participate. **Registration will begin April 29.**



**Pre-school classes for ages 3,4,5 will meet 9:45-10:15am and Youth classes for ages 6-11 years will be conducted 10:15-10:45am. Pre-registration is required for participation in this program.**