

Columbus Family Y Newsletter

March 2012

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Y-Care Stand Out

Our Y-Care stand out for the month of March is Cindy Determan. Cindy works well with children and loves spending time in Y-Care after her full time job. She enjoys showing the preschoolers how to make crafts and coloring. Cindy works on Monday, and Wednesday evenings from 4:30-8pm. Please stop in and say hi, you'll see why we all love her so much!

As a Christian child care provider, I demonstrate my love for Christ in my daily life by showing quality care for the youth who I am assigned to; thus benefiting the child, parents and fellow staff members. I also support the goals, principals, and philosophy of the YMCA as well as its programs and administration. - Cindy Determan

MEMBERS

Put Thursday, May 3 on your calendar. This is the YMCA Prayer Breakfast on the

Dear YMCA Members,

Can you believe it is March already? It is never too early to be planning for summer. We have a bunch of neat things cooked up for our members and program participants this summer. You should never have to hear the words, "There's nothing to do here" or "I'm bored."

Summer camp information will be out soon. Thom has a great variety of activities and adventures dreamed up. Travel Camp, regular old outdoor summer fun, and so much more. Camp is the dead center core of what a YMCA is about: building the lives of young people, helping them grow mentally, physically and spiritually. Give your child the experience of a lifetime - summer camp.

Bob is busy getting a slate of summer sports lined up for all ages - T-Ball, summer basketball leagues and clinics, volleyball camps and leagues, too much to list here. The Y and CCC have been developing a partnership between their athletic department and our youth sports program. Come check out all we will be offering.

Body Combat, Body Pump, Zumba, Group Cycling, tennis, racquetball, personal fitness, Boot Camps, Jen and her staff are always pushing a great product for anyone of any level of ability. If you haven't tried any of our group exercise classes, you don't know what you're missing - and they're included in your membership!

Can you tell there is a lot happening at the YMCA? Too much to put into a brief newsletter. The Y exists to impact our community through Youth Development, Healthy Living and Social Responsibility. The Y is a community - your community, whatever your interest is. Thanks for being a part of the Y. Please tell your friends all they are missing.

Corey Briggs
CEO

National Day of Prayer.
The event will be held in the Multi-Purpose Room at the YMCA, 7:00-8:00 a.m. A light breakfast will be served along with fellowship and music.

This year's speaker will be Lincoln Murdoch, pastor of All Nations Church in Omaha. Lincoln has trained for and competed in several of Hawaii's IronMan Triathalon's. Come hear his message on preparation and perseverance and how that brings us back to Christ. Breakfast will be available as a free-will offering.

BodyCombat classes are here and more classes will be on the March Fitness Schedule. Please check class times and days on www.columbusy.org

FUTURE YOUTH STRENGTH TRAINING DATES:

March 12th: 12:00pm-
3:30pm

May 21st: 12:00pm-3:30pm

Y-RUN PROGRAM

Running Club is open to everyone from absolute beginners to the running pro. Join us for support, encouragement, and inspiration! We will have speakers covering a wide range of topics including benefits of running, nutrition, injury prevention, beginning running, how to run faster and so much more. It is not to

COED Volleyball

Our COED volleyball league is for men and women who are out of high school. Games will be held on Monday nights. The session will be eight (8) weeks long with a single elimination tournament to determine a league champion. Registrations are due by March 12th.

Dates: March 19th - May 21st

Fees: \$12- Member \$65- Non member \$10 Sub Fee (each time)

Women's 3 on 3 Volleyball

Our 3 on 3 volleyball league is for women who are out of high school. This variation of the sport offers a fast paced game and a great workout. Games will be held on Wednesday nights. The session will be eight (8) weeks long with a single elimination tournament to determine a league champion. Registrations are due by March 14th.

Dates: March 21st - May 23rd

Fees: \$12- Member \$60- Non member \$10 Sub Fee (each time)

Youth Tennis Lessons

Y tennis lessons are a great way to introduce your children to the sport of tennis. Fundamentals are stressed in a fun and creative atmosphere.

Dates: Saturdays, March 3rd - March 24th

Times: Grades K-2 10:00-10:50am
Grades 3-6 11:00-11:50am

late to sign up. Please contact mgrantcfy@gmail.com

WELCOME

Please Welcome Heather Cline our new Early Childhood Director. Heather and her family live in Schuyler where her husband Jason is the Schuyler Middle School administrator. Heather and Jason have two children.

Heather is a graduate of Kansas State University.

Please stop in and welcome Heather to the YMCA family.

Special Thanks

You may have noticed that the Y's Tennis Center has new tennis court divider nets! They were purchased jointly by the Columbus Family Y and the Columbus Tennis Association. A special thank you from the YMCA goes out to the following tennis players that installed the dividers on Thursday evening, February 2:

Bob Arp, Wilma Arp, Fred Chittenden, Russ Freeman, Curt Goebel, Bill Haack, Randy Kaiser, Bob Palik, Doug Terry, and Tracy Wiegert

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Private Tennis Lessons

The YMCA now offers private tennis lessons. These lessons are great for individuals new to the game or experienced players who would like some extra guidance. You can enjoy these lessons individually or with a group of family and friends. Sessions are set up in either 45 or 90 minute time slots. You do not need to be a member to take advantage of this opportunity!

Fees: \$15/person (45 minute)

\$25/person (90 minute)

Announcing The New YMCA After School Club!

The N.R.G. Zone (Energy Zone) is a safe, fun, educational place for kids (K-5th) when they get out of school. We will be providing snacks, helping with homework, doing character building activities, exercising, and having a lot of fun.

Topics this term will include:

Kindness, Freedom, Self-control, Failure (missing the mark), Forgiving, and Faith.

During a typical day the students will rotate to different activities:

· **Check In/ Snack Time** - When students arrive they will be checked off of our roster, and will proceed to the multi-purpose room where we will have snacks ready for them. Snacks will try to be a balance of healthy food choices and great flavor.

· **Home work help** - Will be a time for students to get caught up on the work of the day so that they wont have to worry about it while having fun with our other activities.

· **Character Builder** - This is a time when we will sit down and learn about a virtuous characteristic. Using proverbs and Bible passages we will explore what these characteristics mean and how to apply them in our lives.

· **Club Time** - This will be a time of fun and games like dodgeball and scooter soccer. With a different club each week

we will learn about art, dance, science.

· **Clean Up** - Students will take on some of the responsibility of cleaning up and taking care of their space in the YMCA.

The YMCA Bus will come to each school and bring the students to N.R.G. Zone. Parents can pick them up at the YMCA when the session is finished.

Monday:

St. Isidore, West Park, Lost Creek

Tuesday:

Columbus Christian, North Park, Homeschooled Students, Emerson

Thursday:

St. Bonaventure, St. Anthony, Centennial

And the best news? During this introductory session, there is no fee. That's right IT'S FREE! Space is limited so come in and register today!

If you have any questions please contact Thom Schmit (tschmitfy@gmail.com).