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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Christian County YMCA

900 McAdam Dr., Taylorville IL 62568

Spring 2019

www.ccyymca.org

A newsletter for members and volunteers of the Y



CCY-IL PREDATORS

PREDATORS ON THE PROWL

The Christian County YMCA's Swim Team program is founded on the belief that age group competitive swimming offers an exciting and worthwhile experience in a young person's life. It can be learned and enjoyed by those with little ability and by those who are of Olympic caliber, and its values go far beyond that of learning proficiency in the water.

Our Predators have been busy so far this year, competing in 13 swim meets total for the season. During the Snowball Classic in January, 17 Predators competed against 500 other swimmers at the annual 3-day meet and achieved over 40 new personal best times!

On January 26th the Predators competed at the Danville 'Super' Swim meet, which is definitely different than any other meet they attend because they get to parade around in costumes dressed as their favorite superhero, villain or princess on the pool deck! Now, this meet wasn't all fun and games, our 11 - 12 girls division placed 2nd in the 200 yd. freestyle relay, team consisting of Harwood, Delgado, Vocks and Hacklet. A few years younger, but still holding her own, Brooke Bonitzer placed first and qualified for districts in every one of her races during this meet!

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QUESTIONS, COMMENTS, IDEAS?

Contact Mary Kate Curtin, the editor at mkcurtin@ccymca.org.

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simply searching 'Christian
County
YMCA'.



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So far, we have 6 swimmers competing at Junior Districts on February 23rd and 18 swimmers competing at the District Championships at the Kerasotes Y in Springfield through March 1st - 3rd. Brooke Bonitzer is currently our only Predator competing at the State Championship hosted in Indiana through March 15th—17th. Be sure to wish our swimmers good luck if you see them!

The Christian County Predators practice at the YMCA Monday - Friday from 4 - 6 pm. More information about Swim Team can be found on our website at, www.ccyymca.org, or by contacting the Y at [217-287-7271](tel:217-287-7271) and asking for our Swim Team Coach, Melissa Brookens.



STAFF RESTRUCTURING

At the Y, you can discover your passion and a lifelong career helping solve some of the nation's most pressing social issues. We believe that to bring about meaningful change in individuals and communities, we must be focused and accountable. That's why we focus our work in three key areas that are fundamental to strengthening community: youth development, healthy living and social responsibility.

The Y's four core values are caring, honesty, respect and responsibility. We challenge our members and participants to believe in and behave according to these values. Our core values unite us as a movement with a common cause. They are the shared beliefs and essential principles that guide our behavior, interactions with each other and decision-making.

Pictured above is the Christian County Y's management staff for 2019! From left to right is Kathie Cravens, Business Manager; Mary Kate Curtin, Membership and Marketing Director; Melissa Brookens, Aquatic Coordinator; Andrea Bach, Associate Executive Director; Chris Weittenhiller, Executive Director; Debbie Pickett, Youth Development Coordinator; and last, but surely not least, Joe Newingham, Building and Grounds Director.

At the Y, strengthening community is our cause. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

NEW FACES

At the beginning of the new year, the Y staff decided to hire more staff to assist with member services. After some interviews, we finally landed on 4 individuals we thought were right to work for our Y.

One of our hires was Gayle McRoberts, former principle of Pana High School for 16 years! Gayle arrived at the Y this past December for physical therapy in our aquatic center for her knee. After a few visits, she decided to join our Y family as a member, then when she found our ad in the paper, she decided to apply and the rest is history! Find Gayle working our front desk on Tuesday's and Thursday's.

Another front service desk hire was Amy Singleton, who lives in Taylorville and worked at Staples in Springfield for 20 years! Amy spends most of her time taking care of her three grandsons and son. Find Amy's warm personality at our front desk on Monday's, Wednesday's and Friday's.

Martina Lyles is the brave and smiling face you see every morning from 5 am - 9 am! We call her brave because she actually wanted that shift time, which causes her to get up every morning around 4 am. Martina lives here in town with her father and enjoys spending time with her dogs.

With only a few nursery workers on staff, we decided to hire Rita Aten as a nursery attendant. Rita first visited the Y in 1985, signing her son up for a marital arts class, which he then graduated with his 2 degree black belt! Rita worked at Decatur Memorial Hospital for several years before coming to us. Find Rita watching youngsters in the nursery on Monday's and Friday's.

Let's help them feel welcome!



TURN MARCH SADNESS TO MADNESS

If you're looking for an opportunity to energize your workout routine, try something new or just need extra motivation to reach your fitness goals, join us for our annual March Madness Fitness challenge!

Teams of three Y members try to score as many points as possible between March 1st - 31st by logging workout time in the 'Log Book', located at our Front desk. 1 hour of workouts equals 1 point, maximum of 2 hours per day can be logged.

All team participants must be Y members and above age 14.

Accrue extra points by taking a fitness challenge, land or water, or by scheduling an appointment for your group to have a one-on-one workout experience with our personal instructor, Shelley Switzer!

If your team collectively logs more points than any other team, your team will have won the fitness challenge and each participant will receive a gift basket loaded with prizes you'll be excited about!

Sign your team of three up at the front desk once registration starts in February!

WOMEN... DEFENSELESS NO MORE

A good self-defense course provides psychological awareness and verbal skills, not just physical training. Our Women's Self-defense class focuses on self-defense maneuvers that are valuable and confidence building, especially for women.

Learning techniques and practicing this skill in a safe environment will give you the confidence you need in any situation. This class is being taught by Taekwondo black belts and will most definitely be physical, so dress comfortably.

Join us for our first ever Women's Self Defense class, perfect for young women that are graduating and heading off to college! This 3-part course is being offered on Saturday's, February 2nd, 9th and 16th, from 9:15 a.m. - 11:15 a.m. Cost is \$30 for Y members & \$45 for non-members. Come dressed to move & learn self-defending skills!

STRETCH YOURSELF IN MORE WAYS THAN ONE

Our yoga classes will help you develop flexibility, strength and balance. By emphasizing symmetry of body and mind, classes will improve your body awareness, helping you live more comfortably.

Currently a member's-only class, being offered on Mondays + Wednesdays from 10:15 am - 11 am, as well as Tuesdays + Thursdays from 4:45 pm - 5:30 pm. This session runs from February 4th - 28th and costs only \$10 to join! Find yourself at the Y.



LEARN LIFE-SAVING SKILLS

Anyone can learn CPR - and everyone should! Sadly, 70 percent of Americans may feel helpless to act during a cardiac emergency because they either do not know how to administer CPR or their training has significantly lapsed. This alarming statistic could hit close to home, because home is exactly where 88 percent of cardiac arrests occur.

The primary purpose of the American Red Cross First Aid/CPR/AED Class is to help participants recognize and respond appropriately to cardiac, breathing and first aid emergencies.

The courses in this program teach participants the knowledge and skills needed to give immediate care to an injured or ill person, and to decide whether advanced medical care is needed. Join us on Wednesday, February 20th from 11 am- 3pm in the basement of the Y.

All participants must be at least 15 years of age to register, both in-house and online registration ends on February 19th, 2019.

TEEN CENTER

The Teen Center at the Christian County YMCA offers a safe space for teens to connect with the YMCA community. The program will allow teens the opportunity to build relationships with their peers through activities offered to our teen members. The Teen Center offers weekly programs as well as special events that encourage healthy living and creative expression for our teen members.

Cost is \$4 for Y members and \$8 for non-members.

Future Teen Center dates:

February 1st, 8th, 15th + 22nd

March 1st, 8th, 15th, 22nd + 29th

April 5th, 12th, 19th + 26th

May 3rd, 10th + 17th



GRADE SCHOOL PARTY

We know how difficult it can be to balance life commitments. With an everyday mission to help you achieve a balance of spirit, mind and body, the Y is here to support you and your family. From our child care to family time activities, the Y offers a safe, nurturing environment for your children when you can't be with them. As the nonprofit leader for youth development, the Y gives kids the resources they need to have fun while realizing their potential, and parents the peace of mind that comes with leaving your children in high-quality care.

All 3rd, 4th + 5th graders are welcome at the Y two Saturday's a month during the school year, from 5:00 pm – 9:00 pm! This is an excellent opportunity for children to meet other kids their own age that are from all schools in the community. Several activities are available including swimming in our aquatic center, playing table tennis or hockey. Parents are always welcomed and encouraged to accompany their child & take a tour of our facility.

Costs for a member is \$5, while non-member is \$10. **Future Grade School Party dates:** February 2nd + 16th, March 2nd + 16th, April 6th + 20th, May 4th + 18th. We hope to see you soon!

SPRING SOCCER LEAGUE

Physical activity is an essential part of any healthy lifestyle. This is true for children as well as adults. Developing good habits early and learning that being active can be a lot of fun gives children the valuable tools they need to maintain a healthy weight and decrease their risk of obesity throughout their lives.

Children need at least one hour of active play each day. So how do you pry the game remote from their hands or pull them away from a computer screen? One way is to get them involved in organized sports activities. At the Y, we believe every child has potential and our Youth Sports Programs are designed to help them discover their talents. Children receive encouragement from coaches, learn about team work and fair play, and most importantly, get the physical activity they need to grow up healthy and strong.

We offer this league for boys and girls from 4 years old to 8th grade. The coaches meeting will be held on Monday, March 18th at 5:30 pm. Practices can begin the week of March 20th, just depends on the coach. Due to large number of participants, team requests will not be honored.

Register soon because there is a \$20 late fee after March 16th!

Spring Youth Sports begin registering in February. **Visit ccymca.org or stop by the front desk to register today!**

