

CONNECTING MEMBERS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LICKING COUNTY FAMILY YMCA

Y NEWARK: 470 W Church, Newark

Y WESTERN: 355 W Broad, Pataskala

www.lcfymca.org

OCTOBER 2018 NEWSLETTER



A Y STORY

COMMUNITY, ENCOURAGEMENT & FUN!

My SilverSneakers™ class is what gets me up on Tuesday and Thursday mornings. Our SilverSneakers™ class is not just a group of people who meet twice a week to exercise, but rather a group of friends who joyfully and excitedly come together twice a week to share their time – and their lives. Though many class members have been attending for years, this group is incredibly inclusive and eagerly welcome each new member as a long-lost friend.

Our class is a very special place, which offers a place to build community and relationship, and within those relationships some really great friendships! The members know that they matter and that people care. In fact, it is not uncommon for members to call me if they will not be able to attend class so that I, and the rest of the class, don't worry about them.

It is also because of those friendships that we as a class, enjoy sending cards of love and encouragement to class members who may be ill, recuperating from surgery, or just simply need a little encouragement. It is also because of those friendships that the members feel comfortable asking for prayer for themselves or their families, and why the class is more than happy to provide spiritual support.

The camaraderie of this group, and sheer enjoyment of each other's company, extends beyond class with members to getting together each Tuesday and Thursday for lunch. While some members enjoy visiting different restaurants in the area, others enjoy the steady routine of meeting up for lunch at Wendy's after class. This routine allows the members to extend their joy and friendships

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QUESTIONS, COMMENTS, IDEAS?

Please contact Dana at
dana.moore@lcfymca.org



BEHIND THE SCENES

Thank you to Shaw Mechanical for removing our old unit and installing our brand new, custom built HVAC unit for the Knoll Gym.

We appreciate all of your patience and we look forward to our new HVAC system working hard for years to come!

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with the staff at Wendy's, and the staff there seems to love it because in anticipation of the members arrival, they set a table for six every Tuesday and Thursday just for them!

Our Pataskala SilverSneakers™ class is a diverse group of people, who despite our differences, have two main things in common.

We are all over 65 and we all love to have fun!

~Sandra
Y Western



UPCOMING WORKSHOPS ENCOURAGE FOCUS, DEEPEN ATTENTION YOGA WORKSHOPS

Join us for our Fall Yoga workshops! Sessions are always interactive and no prior experience or supplies needed. Check out what Yoga Workshop is happening at your Y!

YOGA BASICS Y NEWARK

Yoga Basics is an introductory class to learn foundational poses step-by-step in a supportive workshop.

Yoga workshops are facilitated at a slower pace to encourage focus and deepen attention. Sessions are always interactive. Handouts for your home practice will be provided. No prior experience or supplies needed. No Registration Required.

Yoga Basics
Saturday, October 6, 2018
11:15 am-12:00 pm
Y Newark Aerobics Studio

YOGA FOUNDATIONS Y WESTERN

Yoga Foundations is an introductory class focusing on the poses of the Sun Salutation, as well as other basic poses. More advanced variation may be covered as time allows.

Class is open to both beginners and experienced yogis. No registration required. Admission is 1 non-perishable food item to share with our neighbors in need.

Yoga Foundations
Saturday, October 20, 2018
10:15-11:15am
Y Western Aerobics Studio

NUTRITION WORKSHOP

Key Nutrients Necessary for Weight Management

Our monthly nutrition workshops with Registered Dietitian, Julie Carlson have been a huge hit! This month, Julie will speak on nutrients and their effect on weight management.

Thursday, October 11, 6:00pm
Y Newark Conference Room



FAMILY TRICKS & TREATS

HALLOWEEN AT THE Y!



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HER REALTORS

SATURDAY, OCTOBER 20, 2018
3:00-5:00 pm
Y Newark

WHERE: Y Newark Mitchell Center

WHAT: Family fun, games, face painting, bounce house, trick or treating and more! Come dressed for the occasion! Games and activities end at 4:30 for trick or treat.

ENTRY: Halloween at the Y is a free event, entry is only 1 bag of individually wrapped candy per child.

REGISTRATION: No registration required.

FOR MORE INFORMATION:
Please contact Gail at 740-345-9628
gail.humbert@lcfymca.org



SPOOKTACULAR

SATURDAY, OCTOBER 20, 2018
2:00-4:00 pm
Y Western

WHERE: Y Western
355 West Broad St, Pataskala

WHAT: Family fun, games, crafts and more! Come dressed for the occasion!

ENTRY: Halloween at the Y is a free event, entry is 1 non-perishable food item for our food drive.

FOR MORE INFORMATION:
Please contact Dana at
dana.moore@lcfymca.org
740-964-6522

SAFETY AROUND WATER

The goal of Safety Around Water (SAW) is to develop as many children as possible in Licking County to be strong and safe swimmers.

The Y has partnered with area schools to offer the SAW program free to students. This year's program kicked off with students from Ben Franklin Elementary. SAW promotes safety and skills to be safe around water. The kids get real life experience learning to be safe around water while having fun and overcoming fears here at the Y.

The impact of the SAW program is apparent in instances like Arion's. Arion, a 1st grader at Ben Franklin Elementary, was so terrified of water that on the first day of SAW all he wanted to do was return to the bus. Arion had never participated in swim lessons and he obviously didn't know how to swim.

After some instruction and a little splashing around, Arion was smiling and ecstatic about returning the next week. Now Arion looks forward to coming to the Y for SAW and wants to continue swim lessons in the future.



The Safety Around Water Program (SAW) is 100% free to the community through grants, sponsors, fundraising, and sponsors.

Our community is truly blessed to have financial support or provide this much needed program.

Last year, we were able to provide free swim lessons to 683 first and second graders. This year, we're working again with schools in our area serving Ben Franklin, Par Excellence, Carson, McGuffey, and Hebron first graders.

If you're looking to get involved, donate, or fund a school through the SAW program please contact Elijah Benton, Aquatics Director at elijah.benton@lcfymca.org or 740-345-6631.

Y HEALTHY KIDS NETWORK FUNDRAISER

Join us on October 24 at the Tumbleweed Heath location for a Y Healthy Kids Network Fundraiser. Pick up a coupon at the Y Front Desk and 10-15% of the proceeds from your meal will support Healthy Kids Network of the Licking County Family YMCA. 1 coupon per check. Not valid with any other offers.



The Y Healthy Kids Network provides a backpack full of healthy weekend meals for kids in need.



Tumbleweed
899 Hebron Rd
Heath, OH
Wednesday, October 24, 2018

BLESSINGS ON BOTH SIDES Operation Christmas Child Shoebox Party

Announcing the YMCA's Fourth Annual Operation Christmas Child Shoebox Packing Event! All community members, Y members, family and friends are invited to come to the Licking County Family YMCA where we will have items to pack 500 shoeboxes for children all over the world. We will have a speaker who received a shoebox as a child, and The River Radio will be there!

Please come pack a shoebox...it's a blessing on both sides of the Box!

WHAT: Operation Christmas Child Shoebox Party

WHERE: Y Newark English Gym

WHEN: Friday November 2, 5:00-7:30pm

WHO: Open to the community. No registration needed and children are welcome!

FOR MORE INFORMATION: Please contact Laurie Wells at 740-404-8668 or laurie@hayesoffices.com or Rebecca Cates at 740-755-8609 or beccacates2@gmail.com



ACTIVE TWEEN OPEN GYM Y NEWARK

Your child has the opportunity to have fun and get active during your workout with supervision from Y staff! Active Tween Open Gym is free to members ages 7-15, with a limit of 90 minutes per visit. Registration is required.

WHO: Y Members ages 7-15

WHEN: Monday-Thursday
5:00-8:00pm

REGISTRATION: This is a free program. Registration is required by 6:00pm of the day prior by calling 740-345-9622.

FOR MORE INFORMATION: Please contact Courtney Plaisted at 740-345-9622 Ext.176 or courtney.plaisted@lcfymca.org



GREETINGS FROM THE PRESCHOOL

New classes have started at the Newark Preschool! We're back to swim lessons and gymnastic lessons! If you'd like to join us, we're still enrolling for our Half Day Pre-K program. This program runs M-F from 8am to 12pm. It includes breakfast, and lunch, weekly swim and gymnastic lessons, as well as a highly rated curriculum. Call the preschool desk at 740-345-9628 for more information or to schedule your tour today!



BEFORE AND AFTER SCHOOL CARE

Our Before and After School site at Stevenson has a space available (this site houses Stevenson and Garfield students) as well as our Flory Park After School program that houses Cherry Valley, McGuffey and Hillview. For more information please contact the Y Child Care at 740-345-9628.

THANK YOU!

Thank you to the following ACE sponsors for supporting our Annual Golf Outing, because of you we were able to raise a significant amount of money for those people who need it most.

- ◆ All Weather Systems Inc.
- ◆ Crispin Iron and Metal
- ◆ Licking Memorial Health System
- ◆ Newark Moose
- ◆ Park National Bank
- ◆ Shaw Mechanical

We appreciate your support and generosity.



Help us renovate Y Western!

LET'S BUILD IT TOGETHER!

Y Western Capital Campaign

An update from the campaign trail. Thank you everyone for your help, contributions and support. We are at \$2.5 mil with the

goal of Phase I being \$2.8! To learn more about the Y Western renovation project, or to donate check out our website at <http://www.lcfymca.org/western/ywcc>. **Our Y family can build this TOGETHER!**

KNOW, SEE, RESPOND Child Abuse Prevention

The Licking County Family YMCA takes allegations or suspicions of child abuse very serious. The LCFYMCA reports any such concerns to the police and state agencies for investigation. Talk with a staff member or a supervisor if you have any questions about how to make a report.



BOYS' & GIRLS' BASKETBALL

The YMCA Youth Basketball program provides participants guidance in fair play, sportsmanship, self-confidence, team play and respect. All individual participants receive a Y team jersey. No requests for specific teams available. All games will be played on Saturdays. Everyone participates—every child plays at least two quarters of each game.

REGISTRATION: October 1 – October 31 (\$10 late fee for individuals and \$50 for teams after that date)

GAMES: December 1– January 19
PRACTICES: Begin the week of November 19th

K-4th GRADE INDIVIDUAL FEES:

YMCA Members \$30
Nonmembers \$65

5th-6th GRADE TEAM FEES: \$300 per team. Individual registration will not be accepted for 5th and 6th grade.

7-12TH GRADE BOY'S BASKETBALL

The YMCA Youth Basketball program provides participants guidance in fair play, sportsmanship, self-confidence, team play and respect. All individual participants receive a Y team jersey. This program will be split into two programs: 7-9th graders and 9-12th graders. Evaluations will be done to place teams and determine which league 9th graders will participate in.

GAMES: Begin on December 2 and last 7 weeks with a tournament at the end. Games will be played starting at 1:30 in the Y Newark Mitchell Center.

HOW TO REGISTER: Registration is open now through November 15 Register at the Y Front Desk or online at www.lcfymca.org
\$80 individual registration
\$400 Team registration

ADULT VOLLEYBALL

The Y is offering adult volleyball leagues for individuals 18 and older. This league will be divided into three divisions.

WHO: Co-ed league open to adults 18 years and older

WHEN: Games begin the week of November 12 with tournaments concluding the week of January 25

WHERE: YMCA Newark Mitchell Center

HOW TO REGISTER: Registration is open at the Y Front Desk or online at www.lcfymca.org
\$70 individual registration
\$350 Team registration
Registration Deadline October 30

FOR MORE INFORMATION: Please contact Adam Jenkins at 740-349-9678 or adam.jenkins@lcfymca.org