

DANVILLE YMCA NEWS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DANVILLE FAMILY YMCA

1111 N Vermilion, Danville, IL 61832

March 2017

www.danvilleyymca.org

MONTHLY NEWSLETTER OF THE DANVILLE FAMILY YMCA



FATHER DAUGHTER DANCE

The 2017 Father Daughter Dance at the YMCA was a huge success for everyone that attended.

For the past three years the Danville Family YMCA has been sponsoring this event and it has continued to grow and be bigger and better each and every year!

This year the YMCA hosted over 175 for the dance. Everyone that participated had a chance to dance with dad, hear some positive words of wisdom from our guest speakers and a nice dinner and dessert.

A special thank you to Terri Davis, Adrian Marbury, and Lisa Brooks, for taking time to talk with our fathers and daughters. Also, many thanks to Lifted Up Balloons for the beautiful decorations!

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ENJOY THIS ISSUE?

Feel free to share this newsletter with anyone who you think may find it useful.

QUESTIONS, COMMENTS, IDEAS?

Contact:

Angela Green

217-442-0563

agreen@danvilleyymca.org

MARCH MEMBER OF THE MONTH— TIMYRA CARTER

Timyra is a married mother of 5 children, and 4 step children. She also has 5 grandchildren and one the way! She is a Registered Nurse here in Danville; the town she was born and raised. She loves to dance and sing and is an active member at New Life Church of Faith in Danville. She has a newfound passion for health and fitness. Timyra says, "Going through my own struggles, dealing with things, really made me have an interest in that."

When asked what does your membership at the YMCA mean to you, she says, "It means a lot. The Y has a lot of choices as far as classes go. I like to work out in the evening so appreciate that there are plenty of evening classes. I've been a member for 10 years now. I initially got a membership for the boys so they could play basketball and it was just a great place for the kids to come. But I use the membership now too. I like that the kids can go to one area and parents can go to another and work out."

You can almost always find Timyra at Zumba on Monday and Wednesday. She also likes to use the Wellness Center. She likes the elliptical and treadmill and likes to focus on using machines that help her get more lean; especially machines that work the legs. Her boys like to go to the Kids Zone and one of her boys is in the Leaders Club here at the Y. In the summer, her boys like to use the pool.



She encourages people that are just starting out to take it slow, make small changes, be realistic with your goals and love yourself. Timyra says that it takes 21 days to form a habit. "Start a new habit and even your family will conform to that. My family knows that Monday and Wednesday, I go to Zumba. If I get busy with something else, my husband will say, 'Aren't you going to Zumba?' You just have to do it; even when you don't feel like it."



SPRING BREAK - YOUR KIDS WILL LOVE DAYS OFF AT THE Y

If you're looking for a place for your child to go during Spring Break, bring them to the Y! At the Danville Family YMCA, your child will engage with other children, learn to play together, swim, and have fun in safe environment.

THINGS TO BRING

- Swim Suit
- Towel
- Lunch
- A Smile

The Y will provide a healthy afternoon snack.

March 20th-24th 7a-6p*

*We will be providing Days Off all three weeks while Northeast Elementary is on their spring break.



BENEFITS OF PLAYING SPORTS



HEALTH TIPS

- Laughing lowers levels of stress hormones and strengthens the immune system.
- The benefits of exercise are more than just for weight management. Exercise also combats stress, promotes better sleep and activates the immune system.
- Touch stimulates the release of endorphins (the body's natural pain killers). There are approximately 5 million touch receptors in our skin—3,000 in each finger tip.
- Research has shown that when people exercise by walking, they walk 30% longer if they walk to music.
- Drinking water before and after a spa treatment, reduces soreness and helps to flush the body of toxins released from the muscles.

Physical exercise is good for mind, body and spirit. Furthermore, team sports are good for learning accountability, dedication, and leadership, among many other traits. Putting it all together by playing a sport is a winning combination.

Playing a sport requires a lot of time and energy. Some may think this would distract student-athletes from schoolwork. However, the opposite is true. Sports require memorization, repetition and learning — skillsets that are directly relevant to classwork. Also, the determination and goal-setting skills sports require can be transferred to the classroom. Exercising is a natural way to loosen up and let go of stress. Also, you will most likely make many new friends on the team who can be there for you as a support system. When you find you are having a lot of stress, you can call up teammates and head to the gym to talk it out and play it out.

Clearly, sports will improve your fitness and weight goals. However, they also encourage healthy decisions such as not smoking or drinking and offer hidden health benefits such as a lower chance of getting osteoporosis or breast cancer later in life. Also, a team counting on you to show up and work hard is plenty of motivation for you to get to the gym day in and day out.

**MARK YOUR CALENDAR!
GET READY TO CHARGE INTO
SUMMER!**

**Healthy Kids Day —
Saturday, April 29th**

**Watch for details on our
Summer Camp Program!**

YMCA LIFEGUARD CERTIFICATION COURSE

The course fee is \$200 for Members and \$220 for Non-Members

Participants must be 16 years or older by the last day of the course.

This fee includes all the course training listed below, books and a rescue mask. Sign up is first-come-first serve (max 8 students, min 3). The instructor for this course is Joyce Bruett. For further questions please contact Joyce at jbruett@danvilleyymca.org

Note: YMCA Lifeguard Certification Course will include YMCA Lifeguarding, America Safety & Health Institute, Basic Lifesaving (previously CPR-Pro/AED), First Aid, and Oxygen Administration.

Classes will be held on the following dates (you MUST attend all classes to pass this course). End times are approximate.

Monday, March 27 6:00 p.m. – 9:00 p.m.

*Prerequisite Swim – cannot continue unless this is passed

Friday, March 31 6:00 p.m. – 9:00 p.m.

CPR/Emergency O2

Saturday, April 1 8:00a.m. – 1:00 p.m.

First Aid/ LG Chapter 1, 2, 3

Saturday, April 1 1:00 p.m. – 7:00 p.m.

LG Chapter 4, 5 + Pool

Sunday, April 2 8:00a.m. – 1:00 p.m.

LG Chapter 6, 7 & 8 + Pool

Sunday, April 2 1:00 p.m. – 7:00 p.m.

LG Chapter 9, 10, &11-15 + Pool

Wednesday, April 5 6:00 p.m. – 9:00 p.m.

LG written test and Pool test

CONTRIBUTING TO ADULTS TOMORROW

"Children are like sponges—they watch and absorb knowledge, skills and values from everything and everyone around them. At the Y, we believe the values and skills learned early on are vital building blocks for quality of life and future success. That's why our child care, afterschool and Child Watch programs are staffed with people who understand the cognitive, physical and social development of kids, the need children have to feel connected and supported in trying new things and the caring and reinforcement parents and families need to help each other. At the Y, babies develop trust and security, preschoolers experience early literacy and learn about their world and school-age kids make friends, learn new skills and do their homework. Most importantly, children learn how to be their best selves. That makes for confident kids today, and contributing and engaged adults tomorrow."



EVERYONE IS LUCKY AT THE YMCA

The Danville Family YMCA is holding a special promotion, Friday, March 10th—Friday, March 17th.

Anyone interested in joining the Y may do so for the low Start-up Fee of only \$17.00!

A YMCA membership gives you the opportunity to join with no long-term contracts. At the Y you're able to participate in a variety of classes at no additional cost, as well as enjoy the use of our pool, racquetball courts, indoor walking track, free child care while you work out and more!

At the YMCA, you are more than a member, you are an integral part of the strengthening our community. Together, we are building a better us!