

DANVILLE YMCA NEWS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DANVILLE FAMILY YMCA

1111 N Vermilion, Danville, IL 61832

May 2017

www.danvilleymca.org

MONTHLY NEWSLETTER OF THE DANVILLE FAMILY YMCA

MAY MEMBER OF THE MONTH—

ANGELA LEWIS

Tell me about yourself.

Previously, I was a NICU nurse at Riley and I was a runner. I had just finished grad school and my right knee started hurting. I thought it was related to running and took some time off. Then it was the other knee and eventually I had pain everywhere. I had seen an orthopedic doctor, other specialists, chiropractic care, physical therapy, etc. without much relief. I moved to the Danville area to stay with parents in Jan. 2016. I finally got a magical answer and started a new medication through one doctor and later started coming to the Y to workout again.

(Note from Angela Green, Membership Director: When Angela first started coming into the YMCA in Dec. 2016 she walked with very small steps and used the elevator to go downstairs to get to the pool. It was obvious that she was in a great deal of pain. Eventually I noticed that she wasn't asking for the elevator key anymore so I was happy to see the improvement. More recently I noticed she was walking with a pep in her step and it was so nice to see the change in her ability to move!)

What does membership at the YMCA mean to you?

Since I wasn't working I wasn't sure I was going to be able to come in. Having the opportunity to have an income based membership has been wonderful. It has helped with my confidence and helped me to get better.

Where will we find you at the Y?

I'm almost always at yoga on Tuesday, Wednesday and Thursday evening. I was using the pool a lot but have moved back into the Wellness Center to work out. I also really like that the YMCA offers a Bible study.

Why do you work out?

Before I became sick: Because it makes you feel good. I just enjoyed running and fitness.

Now: Strength, to keep my muscles strong and stretched out.



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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:

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What got you interested in fitness?

When finishing up my undergrad I got to the end of my last semester, started jogging and using free weights. I started to see the changes and noticed I was getting stronger. And... I can eat some of the bad things and not feel so guilty about it!

What tips would you offer someone just starting out?

Just to go slow. Think more about repetition than how heavy your weights are and don't think you need to lift heavy. Don't compare yourself to others. Don't get discouraged. Think more about how YOU feel.

What is your current workout routine?

Yoga on T, W, TH. I try to do legs one day, arms one day, recumbent bike another. I really like the machine for the lower back and use it almost every day.

In your opinion, what is the biggest benefit of exercising?

You just feel healthier. You can feel it. After I finish with yoga I feel relaxed, stretched out and stronger.

What is your favorite part of being a member of the YMCA?

Seeing the same faces and people that know your name, asking how you are, getting to know you more personally. Staff is always friendly and welcoming and I enjoy coming here.

Another note from Angela Green, Membership Director: Seeing the physical changes in Angela as she has improved has been such a joy! The staff at the YMCA want to congratulate her on her hard work and achievements!

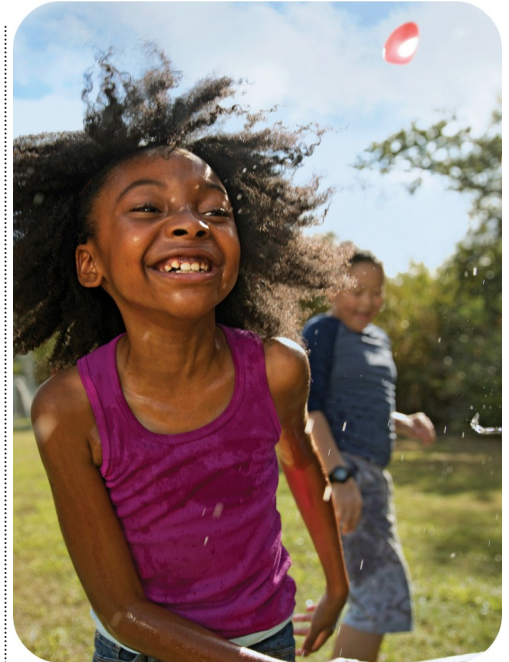
YMCA DANVILLE DOLPHINS STATE TEAM

The Danville YMCA Dolphins Swim Team took a record number of swimmers to the state swim meet in St. John, IN, this year. Sixteen swimmers qualified in 32 events, which included 10 relays.

Our younger swimmers were Reis McFarland, Lilly Johnson, Paisley Bean, Charles Medlin (25 Back - 8th, 25 Free - 6th, 25 Fly - 9th), Lindsey Porter, and Alexander Faulkner (50 Back - 9th, 100 IM - 12th, 200 IM - 6th, 100 Free - 11th, 50 Fly - 12th).

Our age group and senior swimmers were Ella Wolfe, Natalie Porter, Mae Grace Medlin, Darryll Harlan II, Logan McBee, Rylan Wolfe, William Bruett, Amelia Burgin, Isabelle Bruett, and Max Shannon (not pictured).

It was a fantastic season and we can't wait for next year to see how much these swimmers progress. We are sad to see some of our senior swimmers graduate, but we wish them all the luck in their future endeavors!



PLAY EVERY DAY

Since May is Physical Fitness and Sports Month, use this month to incorporate physical activity routines for your family.

- Plan for a bike ride, family walk after a meal, roller skating, or walking as a mode of transportation this month.
- Aim to keep each other active by doing the physical exercise together.
- Identify bike paths, trails, and walking routes in your community and visit them this month.
- Plan for daily activity as a family.
- Be creative with the time of day (e.g., morning, lunch, evening) and the location (e.g., home, outside, school playground), and enjoy being active as a family.



SUMMER SWIM TEAM

The Danville Family YMCA will be having a summer swim team starting on Tuesday, May 30th. Swimmers ages 10 and under or any new swimmer or current swimmer that didn't swim last year at the district swimming meet will practice from 6:00 p.m. - 6:45 p.m. All other swimmers will practice from 6:30 p.m. - 7:45 p.m.

Practices will be held on Monday, Wednesday, and Thursday nights from May 30th through July 27th.

We are participating in the Central Swim Conference and Saturday swim meets will be held on June 10th at Milford, June 17th at home, June 24th at Monticello, July 8th at home, July 15th at Gibson City, and the conference meet at Rantoul on July 29th. Meets will be held in the morning.

Swimmers do not need to be members of the Y for the summer season.

Team fees are \$60 for members and \$80 for non-members, plus a \$15 conference registration fee.

Call or email Joyce Bruett for more information at 217-442-0563 x110 or jbruett@danvilleymca.org.

SUMMER CAMP AT THE YMCA

Summer is the ideal time for kids to get up, get out and explore. But, for some kids summer means no access to recreational and educational activities to help them learn, grow and thrive during out-of-school time. As a result, some kids can experience learning loss and gain weight twice as fast than during the school year. Attending Danville Family YMCA Summer Camp is a wonderful opportunity for kids to keep their minds and bodies active.

"YMCA Summer Camp supports the social-emotional growth, cognitive development and physical well-being of kids," says Sarah Jones, Youth and Teen Development Director at the Danville Family YMCA/Summer Camp. "In our summer day camp, kids are in a welcoming environment where they can belong, they're building relationships, developing character and discovering their potential. We really encourage parents to give their kids the gift of camp to keep their kids active and engaged throughout the summer."



ADVENTURE: Summer Camp is all about a wide variety of new experiences and exploring the outdoors. YMCA camps have a new adventure for every child and teen.

HEALTHY FUN: Day camps offer fun, stimulating activities that engage the body and mind, and also help children and teens learn the importance of nutrition to help improve their healthy eating.

PERSONAL GROWTH: While in the welcoming environment of camp, youth have a chance to learn new skills, and develop confidence and independence by taking on new responsibilities and challenges. Camps offer cognitive learning and social-emotional development opportunities for achievement.

FRIENDSHIPS: Amidst the fun of camp games, songs, swimming, and talent shows, campers meet new friends and strengthen existing friendships. The bonds formed at camp are important and lasting for many youth.

MEMORIES: Summer Camp is an unforgettable experience that will give each camper memories (and camp traditions) that will last a lifetime. Youth return to school with plenty of camp stories to share!

Sign up today at our Welcome Center or online at www.danvilleymca.org!

STAY SAFE AROUND WATER



Whether on the beach or in the pool, being around water is an important part of summer fun. Keep these guidelines in mind when enjoying aquatic activities.

- Designate a “Water Watcher” to maintain visual contact with all children playing in or near pools and other bodies of water.
- Make sure kids know that breath-holding games can be dangerous.
- Keep kids away from pool drains, pipes and other openings to avoid entrapments.
- Inexperienced and non-swimmers should wear a Coast Guard-approved life jacket around water.
- Maintain caution around all bodies of water, even if you don’t plan on swimming. Cold temperatures, currents and underwater hazards pose a danger if someone falls into the water.

YMCAs offer swim lessons for all ages. If you or your family are interested in improving your swimming or water safety skills, ask your Y for classes that fit your needs.

To learn more about how you can help children stay safe around water, visit ymca.net/watersafety.

read! Anytime.
Anywhere.
Anyhow.

INSPIRE A LOVE OF LITERACY

Summer reading helps kids build skills, increase confidence, and stay entertained while unplugged.

- Choose a **topic** that interests the reader
- Choose an **appropriate** reading level
- Consider **comics** or **magazines** as well as **books**



SEAHAWKS YOUTH FOOTBALL & CHEERLEADING

The Danville Family YMCA Seahawks Youth Football and Cheer Program will start its pre-season workouts every Tuesday, Wednesday, and Thursday starting June 13th. The workouts will be held from 5:30pm until 6:30pm at Garfield Park. Support the movement and get on board now. For more information please contact Mr. Coleman at 217-442-0563 or by email at acoleman@danvilleymca.org.

- Tackle football and Cheerleading for Girls and Boys ages 5-14 years of age.
- Please contact Mr. Coleman if you are interested in coaching football or cheerleading.
- Registration is open now/ Limited spots available (\$75 Registration Fee).