

# DANVILLE YMCA NEWS



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

DANVILLE FAMILY YMCA

1111 N Vermilion, Danville, IL 61832

June 2017

[www.danvilleyymca.org](http://www.danvilleyymca.org)

MONTHLY NEWSLETTER OF THE DANVILLE FAMILY YMCA



## DANVILLE YMCA ANNOUNCES LINUS VANDERWYST AS NEW CEO

**Linus VanderWyst Brings Extensive Experience as a YMCA CEO, Community Collaborations and Philanthropy.**

The Danville YMCA announced today that Linus VanderWyst will serve as its new President and Chief Executive Officer, effective June 12, 2017. He will succeed Mike Brown who had served as CEO through July of 2016.

Linus currently serves as CEO at the Texas County Family YMCA in Guymon, Oklahoma, a position he has held since 2014. Prior to this YMCA role, he served in the roles of YMCA CEO for both the Knox County YMCA in Galesburg, Illinois and YMCA of Kewanee, Illinois. Linus has worked in the YMCA movement for over 35 years.

"We are very pleased that the Selection Committee and the Board approved hiring Linus VanderWyst as our next CEO," said Dave Wesner, Chairman of the Board of Directors of the Danville YMCA. "We believe that Linus will be a great fit for our Y and our community. He comes with extensive experience in leadership and has the background to continue to move our Y's mission forward. Linus has been very engaged and connected to the communities in which he has led his YMCAs and has a track record of success under his leadership."

"I am extremely excited for the opportunity to serve as the Danville Family YMCA's CEO," said VanderWyst. "I am looking forward to working with the Board of Directors and staff to provide the highest quality programs and services for the community. My wife Kelly and I are looking forward to moving to Danville."

A graduate of the University of Wisconsin – La Crosse in Recreation Administration, Linus began his Y career as a Program Director at the Knox County YMCA in 1985. Over the years, he held a number of leadership roles at YMCA in Naperville, Davenport, Iowa, Aurora, Colorado and was the Associate Executive Director at the Danville YMCA in 1989. In 1999, Linus was named the CEO of the YMCA of Kewanee and then CEO of the Knox County YMCA in 2001 where he led the Y as their CEO for over ten years.

## IN THIS ISSUE

CEO Announcement

Summer Camp

Keep Kids Active This Summer

Sculpt Your Body

Did You Know?

Summer Swim/Water Safety

Seahawks Football

Young Men Aware

Wellness Center

Football Camp

Rentals/Parties

NEW! PiYo Classes

## ENJOY THIS ISSUE?

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

## QUESTIONS, COMMENTS, IDEAS?

Contact:  
Angela Green

*Continues next page —*

Continued from front page

While at the Knox County YMCA, Linus lead two successful capital campaigns to expand the YMCA and to also create an outdoor sports complex. He also was able to double the membership of the Knox County YMCA from 3,500 to over 7,000 members during his tenure. In addition to his YMCA successes, Linus was also very active in his community, being a Rotary member and serving as Rotary President in Galesburg in 2010. He and his wife Kelly have two grown sons, Shea and Neil and three grandkids.

Since 1883, the Danville YMCA has been a community-based service organization committed to building the mind, body and spirit for members of the Danville area communities. With a shared commitment to nurturing the potential of kids, improving health and well-being and giving back and supporting our neighbors, the Y is committed to helping everyone learn, grow and thrive. The Young Men's Christian Association of Danville, a non-profit organization, is dedicated to providing services that are based on Judeo-Christian principles and that enable all persons, regardless of race, religion, income, gender or physical ability, to achieve their full potential in spirit, mind and body. Our mission is to put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

## MEET YOUR SUMMER CAMP COUNSELORS

Summer Camp Counselors:



Kyra, Dominique, D'Lando, Lexi S. (not shown), Lexi H., Michelle, Dalton, Sierra and Breanna



## JOIN US FOR THE BEST SUMMER EVER



Are you ready for the BEST SUMMER EVER?

Are your kids signed up for the BEST SUMMER EVER?

If not, sign them up TODAY!

Where else can they swim ever day, learn, play, participate in Science Camp, Basketball Camp, Soccer Camp, go on fun field trips and much more!?

\*Financial Assistance is available

Maybe your kids are out of the house and you want to help out and volunteer or just donate books and toys! We'll appreciate anything you can do for us!

### How can you keep your kids active outdoors this summer?

- ⇒ Go on a bike ride
- ⇒ Take a hike in the woods and create a scavenger hunt
- ⇒ Make a sidewalk chalk mural
- ⇒ Plant a flower garden
- ⇒ Play a game of catch
- ⇒ Miniature Golf

## SCULPT YOUR BODY

Sculpt a whole new you by challenging your major muscle groups through strength training to tone your body.

Sculpt class uses various forms of resistance tools to build muscle strength and endurance.

Are you up for a challenge? This class is offered every Monday and Wednesday from 6:00pm-7:00pm and Saturdays from 9:00am-10:00am.

All fitness classes are free for members. A daily rate for non-members is only \$8.00!

Stop by and join us at the Danville Family YMCA.



### Did you Know?

#### Children Who Are Active:

- ⇒ ***Have lower risk of juvenile behavior***
- ⇒ ***Have an increase in academic achievement***
- ⇒ ***Tend to have a much better self-image***

## SUMMER SWIM/WATER SAFETY



Welcome to summer and the fun of swimming pools, lakes, rivers, and oceans and the many types of vacation trips involving water. Please keep in mind these Water Safety Tips courtesy of the "Simple Steps Save Lives" Program.

1. Staying close, being alert, and watching children in and around the water
  - Never leave a child unattended in a pool or spa and always watch your child when he or she is in or near water
  - Teach children basic water safety tips
  - Keep children away from pool drains, pipes, and other openings to avoid entrapments
  - Have a telephone close by when you or your family is using a pool or spa
  - If a child is missing, look for him or her in the pool or spa first
2. Learning and practicing water safety skills
  - Learn how to swim and teach your child how to swim
  - Learn to perform CPR on children and adults and update those skills regularly
  - Understand the basics of life-saving so that you can assist in a pool emergency
3. Having appropriate equipment for your pool or spa
  - Install a four-foot or taller fence around the pool and spa and use self-closing and self-latching gates; ask your neighbors to do the same at their pools
  - Install and use a lockable safety cover on your spa.
  - If your house serves as a fourth side of a fence around a pool, install door alarms and always use them. For additional protection, install window guards on windows facing pools or spas.
  - Install pool and gate alarms to alert you when children go near the water
  - Ensure any pool and spa you use has compliant drain covers and ask your pool service provider if you don't know.
  - Consider using a surface wave or underwater alarm

For more tips for pool and spa owners, visit [PoolSafely.gov](http://PoolSafely.gov)



## YMCA SEAHAWKS FOOTBALL



The Danville Family YMCA is very excited to announce that the youth Danville YMCA Seahawks football program will be back in action for a second year. Along with tackle football, cheerleading will be added to program as well. Participants of this program will play in local community's and throughout the Midwest. This program is more than just football, participants are taught life lessons on communication and teamwork to make them successful in life. For more information on how to get involved with the Danville Y Seahawks please contact Andreas Coleman by email at [acoleman@danvilleymca.org](mailto:acoleman@danvilleymca.org).

- Practice will start June 26th
- Practices will be held Monday—Thursday 5:00pm– 6:30pm
- Ages 4-14 (Football and Cheerleading)

## YOUNG MEN AWARE

Need a group to be a part of that can help lead you on the path to success? Well Young Men Aware is the group for you! The YMCA has partnered with Presence United Samaritans Foundation to provide a program that will help teach Young Men how to be successful in the classroom as well as in the community.

Our three main goals are high school graduation, college graduation or going into the armed forces, and early fatherhood prevention with an emphasis on abstinence. We don't just stop there; we discuss and do so much more! Activities include basketball, dodge ball, swimming, and video game tournaments! Discussion topics include manners, drug and alcohol addiction, peer pressure, bullying, violence prevention, and how to become a leader!

- Summer program will start June 7th and run all summer long
- Program will meet every Wednesday from 12:00PM– 2:00PM
- Open for boys entering 5th–12th grade

**HAVE YOU  
VISITED THE  
WELLNESS  
CENTER  
LATELY?**

**CHECK OUT  
THE NEW  
FLOORING  
JUNE 5TH!**

## JUSTIN MARCH -LILLARD FOOTBALL CAMP

The third annual Justin March-Lillard Football Camp will be held on June 24th at Danville High School. This camp is for boys and girls from ages 2-16. The camp will be free of charge. For more information please visit the Welcome Center or email Andreas at [acoleman@danvilleymca.org](mailto:acoleman@danvilleymca.org)



# CELEBRATE WITH US!



## FACILITY RENTALS

A party at the YMCA is great for birthdays, church outings, girls scouts, boy scouts, family reunions, etc. Come use and enjoy many areas of the YMCA.

**CONTACT THE WELCOME CENTER TO BOOK YOUR PARTY RENTAL TODAY!**



**Introducing PiYO**  
A high intensity,  
low-impact  
workout for a  
new kind of  
**STRONG**



PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. But, it cranks up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

**CLASSES WILL BE  
HELD EVERY  
TUESDAY AND  
THURSDAY  
6 p.m.—7 p.m.**

**\*Beginning June 6th!**

Don't miss your chance to start a brand new workout routine.

Join us in the small gym for your chance to give PiYo a try!