

DANVILLE Y NEWS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF THE USA

1111 N. Vermilion Danville, IL 61832

February 2017

www.danvilleyymca.org

MONTHLY NEWSLETTER OF THE DANVILLE YMCA

Members of the Month are Kyle Lamm & Melanie Townsend



Each month at the Danville Family YMCA we typically highlight one of our members that has put extraordinary effort into his or her fitness. This month, in honor of Valentine's Day, we are highlighting a couple as our members of the month!

Melanie and Kyle met at the YMCA when they were both employees back in the Fall of 2014 and were engaged in November 2016. When they first met, Melanie worked in the Child Watch

department and Kyle worked in the Wellness Center. It took Melanie a little extra effort to let Kyle know that she was interested, but after a short time they began dating.

Although their paths have led them both to pursue careers outside of the YMCA (Melanie is a nurse at Covenant Hospital in Champaign and Kyle works in engineering at the VA) they are both still active members at the YMCA.

When their schedule allows, they come to the YMCA together, but they do typically workout separately. Kyle likes to lift weights and Melanie prefers to focus on cardio.

The YMCA is excited to have had a small part in bringing this couple together and look forward to seeing where the future takes them!

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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 Sarah Jones at
sjones@danvilleyymca.org

TAKE CARE OF YOUR HEART

February is American Heart Month

The perfect gift this Valentine's Day is the gift of heart health. Along with Valentine's Day, February marks American Heart Month, a great time to commit to a healthy lifestyle and make small changes that can lead to a lifetime of heart health. Simple steps to a healthier heart:

Schedule a visit with your doctor to talk about heart health. It's important to schedule regular check-ups even if you are not sick.

Join the YMCA or if you are already a member, join one of our many classes. Start off the month by walking 15 minutes, 3 times per week and increase every couple of weeks.

Increase healthy eating. Cook heart-healthy meals.

Take steps to quit smoking.

Take medication as prescribed.

Getting together with friends here at the Y can also be heart healthy and good for your soul.

Join us for the next Potluck:

Wednesday February 15 at noon in the small gym.

Bring a dish to share and a friend or two. They do not have to be a member to attend.



AQUATIC NEWS:

Lifeguards Needed: We are in search of daytime lifeguards available to work between the hours of 7:00 a.m. and 3:00 p.m. If you are interested in becoming a lifeguard or have a current certification (from the Red Cross or YMCA), please stop in for an application or email Joyce Bruett (jbruett@danvilleyymca.org) for more information.

February Adult Swim Seminar: Our February Adult Swim Seminar class will be on Thursday, February 9th. We offer two different class times – 5:30-6:30 a.m. and 7:45-8:45 p.m. February's topic will be backstroke (back crawl) and cover skills such as head position, hand position, body rotation, and kick. Unlike normal swim lessons, this format allows time in the classroom for videos pertinent to those skills and personal videos of your stroke so you can see how you are swimming.

Swim Lesson Registration: Registration for Winter II swim lesson session will start the week of February 13th for members and the week of February 20th for non-members. Sign up early to guarantee a spot in our next 7-week swim lesson session.

Spring Lifeguard Course: The spring YMCA Lifeguarding course will start after Spring Break. It is a 37+ hour course that gives certification to lifeguarding, CPR-Pro, First Aid, and Oxygen Administration. Participants should be able to swim 14 lengths of the pool various strokes (freestyle/front crawl, breaststroke, sidestroke, and elementary backstroke), tread water for two minutes, and dive to the bottom of the pool to retrieve an object. Dates, times, and fees will be posted the beginning of March on our website at www.danvilleyymca.org.

DADDY DAUGHTER DANCE

The Danville Family YMCA and the Corinthian Lodge #31 will host an elegant evening of music, dinner and dancing for daughters of all ages and their fathers. This event usually sells out so get your tickets in advance. Come out and enjoy A Night of Elegance.

- Registration is open now until February 12th
(Semi – Formal Dress Code)
- Dance, Dinner, Pictures, Raffles
- The event will be held Friday, February 17th from 5:00pm-8:00pm
- For toddlers up to girls that are seniors in high school
- Fee Members \$15 per father and daughter/ \$3 each additional daughter
- Fee Non- Members \$20 per father and daughter/ \$5 each additional



ACHIEVING MORE

I would like to say a big congratulations to Lyric Cunningham on receiving the Martin Luther King Jr's Scholarship award. Lyric is a Senior at DHS and has been one of our in-school Achievers since June 2015. She will take full advantage of MLKJ's scholarship by studying law after she graduates this Spring. She is planning on attending DACC for her first couple of years and then will transfer when she is done. There is no doubt that Lyric will accomplish what she sets out to do. This past fall Lyric started the Black Student Union at DHS to help teach and encourage her classmates on the history and struggles of the African- American community within DHS. They will be putting together and leading a school assembly in February about African- American History. She is involved in many extra curricular activities such as marching band and working two part time jobs.

Although Lyric is very busy I got to sit down with her and ask her about her time in the Achievers program and about how it has helped prepare her for the future. "The Achievers has helped me by giving me an opportunity for employment or just encouragement". Last Spring Lyric joined the Achievers and in our college tour through the state of Illinois. She said that this was one of the highlights for her in the program. She got to see colleges and universities that she may have never had the chance to see and plus she got to stay in some nice hotels. She said that the tour showed her different the opportunities she has for studying law.

I asked her one final question, "Why do you wish other people knew about the Achievers?" "The Achievers is a really great program, that gives people who need a little push, opportunities towards the goals they set for themselves.

Lyric is just one of the many great examples that we can share about the Achievers. Here at the Danville Family YMCA we feel that giving students the opportunity to succeed will not only help them but help the community at large.

-Andy Wilson

