

# DANVILLE Y NEWS



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

YMCA OF THE USA

1111. N. Vermilion-Danville, IL

October 2016

DANVILLEYMCA.ORG

MONTHLY NEWSLETTER OF THE DANVILLE YMCA

## OCTOBER FEATURED MEMBERS: OUR PINK SILVER SNEAKERS CLASSIC CLASS



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 we are highlighting an entire group as our members of the month!

This group participates in our Silver Sneakers Classic Class, held on Monday, Wednesday and Friday each week at 10:00am. They are a great group that not only workout together three days a week, they also have fun together!

In October 2015, the class instructor, Lavona Hance, challenged her class to wear pink in honor of breast cancer awareness. That idea has stuck and part of the class wears pink every Friday! This group has a great time together and not only are they working out together and creating friendships, they are also bringing attention to a worthy cause.

We at the YMCA are excited to be a small part of bringing this group together and look forward to seeing what fun activity they come up with next!

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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, the editor, at [sjones@danvilleyymca.org](mailto:sjones@danvilleyymca.org)

## SAFETY IN SWIM LESSONS

"Ask Permission" is our new swim lesson policy. Children should ask for parent permission every time before going into swim class or entering any pool. For swim lessons if the parents aren't there, children should ask their instructor. Other ways we "ask permission" is children wait for permission to jump in. Our instructors use commands such as 1, 2, 3 jump/go before children jump so they learn to wait for an adult command to enter the water. Even the older ones should have some type of command to enter the water so they do not jump in when an adult is not ready for them. Parents should continue these practices when swimming with their children outside of our classes. Many accidents happen because children enter the water without permission and continually teaching them to ask for permission will hopefully prevent an accident from happening.

Another change you might notice in our swim lessons is we are moving from one lesson concentrating on personal safety to spreading the safety lessons over the course of our seven weeks. We hope this provides seven full weeks of "swimming" lessons instead of six swimming lessons and one safety lesson. The safety week is extremely important and we stand by the information we provide in the safety instruction, we hope that spreading it out over the seven weeks makes for a more complete safety lesson and swimming lesson.

## YMCA SEAHAWKS

The Danville Family YMCA Y Seahawks kicked off its inaugural season this past August with a total of 65 participants in the program. The boys that are participating in the program look forward to coming to practice to get better each and everyday as they prepare for weekly games every Saturday. The Danville Y Seahawks are also very appreciative for the corporate sponsors that came aboard this year to make all of this possible. Those sponsors include Fregia's All New Courtesy Ford, McDonalds, REG, PepsiCo, Leek and Sons Funeral Home, D&D Construction, Hit it Hard Construction and Marvin Davis. Thank you for your hard work and dedication to the children living here in Vermilion County. For more information on how to get involved with the Danville Y Seahawks please contact Andreas Coleman by email at [acoleman@danvilleyymca.org](mailto:acoleman@danvilleyymca.org)



## YOUTH BASKETBALL

Youth basketball is an exciting sport combining team play and individual skills. YMCA youth basketball promises no try outs, no getting cut and no bench warmers! Your child will learn how to dribble, shoot, pass and rebound, and the positions of the game. We use the YMCA Games Approach in our coaching methods where your child will learn the sport and have fun! Parents are also encouraged to volunteer to make this a family atmosphere. Youth basketball at the Danville Family YMCA will start on November 3<sup>rd</sup> and is open to boys and girls from ages six to eleven. For more information about Youth basketball please contact Andreas Coleman at:

[acoleman@danvilleyymca.org](mailto:acoleman@danvilleyymca.org) or at 217-442-0563 ext.115.



# FAMILY TRICKS & TREATS

Halloween at the Y

Our annual event is back and better than ever!



Join us for our Halloween Trunk or Treat  
October 27, 2016 from 5:30-7:30pm.

Free for all. Enjoy games, treats, a bonfire  
and fellowship!



**OCTOBER is  
PAY THE DAY  
at the YMCA!**



Pay the **DAY OF THE MONTH** for your Joining Fee!

## PAY THE DAY MEMBERSHIP SPECIAL IN HONOR OF OUR 44TH YEAR ANNIVERSARY

Join the Y during our Pay the Day  
Promotion from October 1—15 and  
your membership Start-Up Fee is  
adjusted according to the day you join.

On October 1 you pay \$1 Start-Up  
Fee... On October 2 you pay \$2 Start-  
Up Fee... On October 3 you pay \$3...  
and so on, until October 15, 2016.

## PREPARING ALL YOUTH

In an ever changing world, America needs today's students to be critical thinkers who can tackle modern challenges. Learning in science, technology, engineering and math –the subjects called "STEM" –builds the knowledge and skills needed to tackle problems systematically. STEM helps to build the ability to sift through information, draw reasonable conclusions, make decision based on evidence, and come up creative solutions.

After school time is an important resource in ensuring that all U.S. students have a command of STEM. Just as people need to be immersed in real-world situations to learn a language, children and youth need to explore STEM in their everyday lives to become fluent in these subjects.

Children spend only 20% of their waking hours in school. To make the most of the other 80%, we should use afterschool time to immerse students in STEM in ways that look and feel different from school.

The Danville Family YMCA is happy to announce that starting October 5th we will be stepping up to the challenge. For 10 weeks we will be offering a STEM class from 4:30pm to 5:30pm on Monday's and Wednesday's This is a chance for our youth to take a take the lead. Registration is currently open.



Science • Technology • Engineering • Math





## ACTIVE OLDER ADULTS

Older adults are at increased risk of being socially isolated or lonely. According to Dr. Verena Menac, Director of the Centre on Aging at the University of Manitoba, by the time people reach their 80s, the majority live on their own, mostly because of widowhood. This is particularly the case for older women who are more likely to be widowed than older men. Older people's social networks often get smaller for other reasons as well – children may have moved away, along with grandchildren, and aging siblings and friends may have died. Loneliness is also prevalent among older adults.

Here at the "Y" we have a lot going on to keep you physically and socially busy. There are many exercise classes created with you in mind – Silver Sneaker classes, Yoga Platinum and Water Exercise just to name a few.

To keep you up and moving we also have our social gatherings. This month we are taking a bus to the Covered Bridge Festival in Bridgeton, IN. Also in November we will travel to Myers Dinner Theater in Hillsboro, IN to watch Agatha Christie's "Murder on the Nile". So mark your calendars for a busy fall season!

Covered Bridge Festival – October 19, 2016. We will leave the YMCA at 9am. Cost is \$30.00 per person to cover the cost of the bus.

Agatha Christie's "Murder on the Nile" – November 9, 2016. We will leave the YMCA at 10am. Cost is \$60.00 per person. This will cover the bus, your ticket to the play and the gratuity.

Please sign up for these at the Welcome Center.

If you have any question, please see Valeree or Paulette at the YMCA.

## TOGETHERHOOD

Our Togetherhood team is looking for people who need assistance raking their leaves for the fall. We will be going around town Saturday, November 5<sup>th</sup> raking yards for people who are not able to do this by themselves. We will be posting a sign-up sheet at the front desk October 15<sup>th</sup>. Please sign-up with your name and address or someone who would need help with this task. We will rake as many yards as we can that day, but we may not get to them all. We will also be going to different nursing homes that day to meet and talk to people who do not have loved ones in the area just to visit. If you know of anyone that does not have anyone around and would like a visit, please call 217-442-0563 and talk to Sarah Jones or e-mail her at [sjones@danvillemca.org](mailto:sjones@danvillemca.org)

