

DANVILLE Y NEWS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF THE USA

1111 N. Vermilion Danville, IL 61832

November 2016

www.danvilleymca.org

MONTHLY NEWSLETTER OF THE DANVILLE YMCA

MEMBER OF THE MONTH: RYAN BEAN

What branch did you serve in and how long did you serve for?

United States Marine Corps and for 4 years

What is the greatest thing the military taught you?

Brotherhood and working together as a team

What do you do now?

IDOT as a Highway Maintainer

What do you like about the Y?

There are programs set up for the kids such as swimming, participating in swim team, and indoor soccer. Also, The friendliness of the staff and people.



What keeps you coming here?

Convenience and free child care as members. Different classes that the YMCA offers. I like having the option to use the basketball courts, lifts weights and workout in the Wellness Center.

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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@danvilleymca.org

HERE'S TO
THE HEROES

CELEBRATE MILITARY
APPRECIATION MONTH





Home Swimming Meet: The pool will be closed on Saturday, December 3rd for the afternoon (11:00 a.m.-2:45 p.m.) due to a home swimming meet. This is a great time to come and check out what a swimming meet looks like and to see if your little swimmers might be interested in joining the team. Swim team registration is open until December 9th, and swimmers interested in the team should be able to swim a length of the pool freestyle (front crawl) if they are 8 years and younger or two lengths of the pool freestyle and/or backstroke if they are 10 years and older. Call Joyce Bruett at 217-442-0563 x110 for more information.

Swim Lessons: Registration for swim lessons is the two weeks prior to the start of the new session (Fall II session October 17-30), but continues through the first week of lessons if space is still available (October 31-November 6). Registration is available at the Front Desk of the YMCA, over the phone, or online (if you have previously registered for classes in the past). Swimming is a life-long sport that is not only great for personal lifesaving reasons but also for a healthy heart, great cardiovascular strength, and overall fitness.

Changes in Swim Lesson Format: If you are a part of our swim lesson program, you may have noticed some changes lately. The Y of the USA has changed the swimming lesson program that we use after several decades and recently several years of intensive research into best practices for teaching swimming. We are slowly rolling out the new lesson format with small changes as our instructors get trained in the new format. Asking Permission, was our first change and one we think is so very important. Young swimmers should learn to ask permission to enter any body of water, as to have the adults with them knowledgeable about them being in the water. We will keep you posted regarding all of the upcoming changes and are very excited about the new program.

HOLIDAY FOOD DRIVE

We will be collecting canned food and other dry goods which will be donated to the Eastern Illinois Food Bank. The Eastern Illinois Food Bank supplies food to local food banks in our community.

We invite you to help those in need during the upcoming holiday season by bringing in your donation from November 1 – 21st. Stop by the Welcome Center or contact Angela Green at 217-442-0563 x107 for more details.



TIPS AND TRIPS FOR ACTIVE OLDER ADULTS

Exercising, breaking a sweat, increasing the heart rate ... these may all be things older adults don't really focus much on. They should. Below are four activities that older adults can do that will have a direct and positive impact on their health into the future.

Going for walks. Going for a brisk walk on a regular basis can help to elevate the heart rate, at least a little bit. Even if you have difficulty getting around safely just increasing the tempo of your walking a little bit can provide you the exercise you need.

Yoga. Older adults are looking at yoga as a great physical activity today. We have qualified instructors that have experience working with older adults.

Gardening. When the weather turns warm, it harkens thoughts of plants growing, the grass turning greener, the trees sprouting leaves, and even gardening. That will be the time to consider planting a garden for anyone.

Riding a bicycle. Many people learn to ride a bike when they are children and no matter how old they are and no matter how long it's been since they rode a bike, they can almost get right back up on it and ride without a problem. This is a great activity for older adults because it gives them exercise and is also easy on the joints, such as the knees and we have several bikes in our Wellness Center just waiting for you.

Other activities you may enjoy are the social activities we offer for our older adults:

November 9, 2016 is our trip to Myers Dinner Theatre in Hillsboro, IN. We will watch a murder unfold and enjoy a delicious meal too! Tickets are \$40.00. Please sign up at the Welcome Center.

December 7, 2016 is our Holiday Potluck. Check out our Welcome Center for more details closer to the date!

GIVING TUESDAY

Are you looking for a way to give back to the community? The Danville YMCA is part of an initiative that strives to empower youth, help deployed military families, and families looking for a place to go to grow closer together. We need your help! If you want to be a part of something great, we are giving you the opportunity to do just that! November 29th we are asking that you help us reach our goal and help make our community better! At the Y, we want to see each youth succeed, families grow closer, and people to have the opportunity to come to a safe environment where they are welcomed. Come see us, November 29th and share the love for Giving Tuesday!

HELP THE Y BUILD
A BETTER US.
#GIVINGTUESDAY



ON MY WAY TO SUCCESS

Tyree Johnson enrolled into our Y-Achievers program here at the Danville Family YMCA this past August and aspires to be a lawyer or work in some kind of business setting. Over the past two months I have seen Tyree come out of his shell and become a very hard worker. Through the Achievers program he is working at the YMCA with maintenance. He said that working at the Y has taught him how to interact with others better. He is also learning a lot about plumbing during his time at the Y. Tyree said that one of the biggest ways the Achievers program has helped him is that it has helped him stay focused and out of trouble. He is excited to finish up his GED and start taking classes at DACC. Tyree is a perfect representation of what can be accomplished through our Achievers program here at the YMCA. Many young people out there they may feel they don't have a chance or the means to actually move forward, but we are breaking down those barriers to see our youth succeed.

