

DANVILLE Y NEWS



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Danville Family YMCA

1111 N. Vermilion

December 2016

www.danvilleyymca.org

MONTHLY NEWSLETTER OF THE DANVILLE FAMILY YMCA

MEMBER OF THE MONTH JULIANNE MARRON



Each month at the Danville Family YMCA we highlight one of our members that have put extraordinary effort into his or her fitness. This month we are highlighting a member who is ALSO an employee! Julianne was born and raised in Danville. She has 3 sisters and 1 brother. She loves soccer and has

played her entire life. She loves soccer so much that she also coaches a high school girl's soccer team. She goes to church every Sunday and says she has the cutest nieces and nephews in the world!

She has worked at the Danville Family YMCA for about 1 year and currently works at the Welcome Center and in the Wellness Center. When asked what her role at the YMCA is she said she is the "designated smile provider". Julianne is well known for her big smile and enthusiastic attitude!

If you're looking for Julianne, you will most likely find her in the Wellness Center; both on and off the clock! She works out at least 5 days a week. Her current workout routine consists of running in the morning, followed by yoga. In the afternoons she will lift (working a different area of the body each day) and she usually rests on the weekend.

Julianne says, "Exercising makes you able to do everyday tasks

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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

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easier. It makes you healthier and stronger and just makes you feel better. I recently moved and I noticed that I could carry a lot more than I expected and I wasn't hurting myself. I think since lifting is part of my routine, I'm stronger and it just shows in everything I do."

A few questions we asked Julianne:

What are 3 words you would use to describe the YMCA?

Home, Diverse and Inviting

What do you like most about working at the Y?

I like the relationships that I'm able to build while I work here AND work out here.

What does having a membership at the Y mean to you?

I think having a membership at the Y gives you a great opportunity to build on your physical strength as well as interact socially with other people.

How has being a member and employee at the Y helped you on your fitness journey?

Being around other people that are focused on their fitness is definitely encouraging and makes me want to work out and take care of myself. I think it's just made me more comfortable in who I am. The thing I really like about the Y is that we don't just have all body builders, or all teens or all older adults; we are a lot of different types of people working on something different but also the same thing... to be active, strong and fit. —Angela Green, Membership Director

BUILDING A BRIGHTER FUTURE



Two months ago, Ja'Nice Smith came into the YMCA interested in becoming part of the Y-Achievers program. She dropped out of high school nearly two years ago and knew that the direction she was headed was not the direction she wanted to go, but she didn't have a plan.

When she first came into the YMCA she was simply going through the motions of obtaining her GED. She was attending the classes, yet it felt to her like she was getting nowhere. That's where the Y-Achievers program came in. Once enrolled into

the Y-Achievers program she took the TABE Test (Test for Adult Basic Education) to see where she was academically. She found out that she was not far from being ready to take the GED test. After a few weeks of preparation, Ja'Nice took the test and passed three out of the four tests and said, "Math! Why does it always have to be Math?".



COLLEGE HOLIDAY SPECIAL

Are you a college student just here for the Holidays? Stay in shape at the Danville Family YMCA without draining your bank account. We have a special from December 1st until January 31st for only \$60 total! Come try out our free classes, access to the pool and wellness center.

ACTIVE OLDER ADULT HOLIDAY POTLUCK

December 7, 2016

The Y will provide the entrée and the beverages

Please bring a dish to share

Sign-up sheets will be available at the Welcome Center

YOUTH FLOOR HOCKEY

The Danville Family YMCA would like to announce that we are currently partnering with the Danville Dashers Hockey team, to offer a youth Floor Hockey Program this winter. The program will teach anyone interested in hockey all the basic fundamentals of the game. The program will also give participants the chance to meet the Dashers up front and personal as they lead the drills every week. For more information on how to get registered please contact Andreas Coleman at 217-442-0563 or by email at acoleman@danvilleyymca.org.

- Program starts January 9th
- Mondays 5:00pm– 6:00pm

HOMESCHOOL PE

We are excited to announce that Homeschool P.E. is back for our Winter I session. Our first class will be January 10th, however sign-ups begin December 5th for members and December 12th for non-members. This class is for ages 5yrs. and up! Sarah Jones will be the instructor for both days.

- TIME: 9:30a.m.–11:00a.m.
- DAYS: Tuesdays and Thursdays
- FEE: \$40 Member \$65 Non-Member



We set up a couple of tutoring sessions to help her refresh some basic math skills. On November 12th, the Y-Achievers met for a bi-weekly career cluster meeting.

I hadn't seen Ja'Nice since the tutoring had begun. Ja'Nice came into the meeting with a smirk on her face and when I asked her how things were going she looked up at me with a smirk on her face and said "I passed!". A little confused at her statement I asked, "Passed what?". Her response, "Math! I now have my GED!"

It just so happened that Mayor Scott Eisenhauer was our guest speaker for that meeting overheard the great news. Mayor Eisenhauer asked Ja'Nice what she would like to do after college and she went on to tell him that she is interested in architecture. As their conversation went on, Mayor Eisenhauer loved her enthusiasm and drive and told her that he would talk to the city's civil engineer and see if he could set up an opportunity for her to job shadow during some of the city's upcoming construction projects. The Achievers program is opening doors for our young people here in Danville! I am excited to see who is next! The limits are endless!

-Andy Wilson, Achievers Director

YMCA LIFEGUARD COURSE

The Danville Family YMCA will be offering a Lifeguarding course over the holiday break. Participants must be 16 years old by the end date of the course. The cost is \$200 for members and \$220 for non-members. The course will include certification in YMCA Lifeguarding, ASHI CPR-Pro/Oxygen Administration/First Aid, a whistle, a rescue mask, and a rescue pack. All participants will need to pass a prerequisite swim consisting of a 350-yd. swim (14 lengths) plus one length additional length fast, three minutes of treading water, the ability to swim to the bottom of the pool and retrieve an object, and to exit the pool without the use of a ladder. You must pass the prerequisite swim test to continue in the course, and refunds will not be offered if the prerequisite swim is not completed. The course consists of 8 hrs. and 30 min. of online learning to be completed prior to the start of the course at the Y, 14 hrs. and 30 min. of classroom time, and 13 hrs. of pool time. Any questions should be directed to Joyce Bruett at (217) 442-0562 x110 or jbruett@danvilleyymca.org. The dates and times will be as follows:

Saturday, December 17th: 9:00 a.m. – 5:00 p.m. Welcome presentation, prerequisite swim test, lunch break, CPR, Oxygen, First Aid. *Note-if you do not pass the prerequisite swim test, you may not continue in the course and no refund will be offered.

Wednesday, December 21st: 8:00 a.m. – 6:00 p.m. Classroom 8:00 a.m.-1:30 p.m. (with lunch break), Pool 1:45-6:00 p.m.

Thursday, December 22nd: 8:00 a.m. – 6:00 p.m. Classroom 8:00 a.m.-2:15 p.m. (with lunch break), Pool 2:30-6:00 p.m.

Friday, December 23rd: 8:00 a.m.-noon (or until complete) Testing Classroom 8:00 am until finished, Pool until finished.