

# DANVILLE YMCA NEWS



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**DANVILLE FAMILY YMCA**

**1111 N Vermilion, Danville, IL 61832**

July 2017

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

MONTHLY NEWSLETTER OF THE DANVILLE FAMILY YMCA



## CAMPER SPOTLIGHT

**Claudia Gonzalez, Age 8  
Mark Denman Elementary**

**Is this your first summer in camp?**

No, this is my fourth or fifth year coming to camp.

**What is your favorite part about camp?**

Swimming. I like when we did swim lessons. After lessons, I was better at swimming.

**What is your favorite game to play at camp?**

My favorite game is elbow tag. It's where you have a partner

and people try to tag you and you can get another partner when you get tired of running.

**What has been your favorite field trip this year?**

My favorite field trip was going bowling at Lincoln Lanes. I got five or six strikes when we went. I got to hang out with my friends and bowl with them.

**Do you enjoy coming to the Y?**

Yes, sometimes we come swimming or to play in the gym. I also go to Y-Care after school during the year.

**What is something else we should know about you?**

I am good at gymnastics and I like to draw. I am good at doing a back-hand spring and I like drawing girls with nice clothes and hair.

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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:

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# ADD WATER FOR INSTANT FUN.

Programs ▶ Swimming & Aquatics



## OPEN SWIM & SWIM TEST POLICY

### Open Swim and Swim Test Policy

\*A complete Pool Schedule can be found on the Pool Deck or copies are available at the Welcome Center.

Age Rule for the Pool:

- Youth 10-18 may swim unsupervised in the pool area. A Swim Test is available to swim in the deep end.
- Children ages 9 and younger must have an adult in a lined swim suit, in the water, supervising them at all times.
- Children 5 years of age must be accompanied in the water by an adult within arms reach at all times. Approved flotation devices must stay in the teaching pool where the child can touch.
- Any child at any age that is using approved flotation devices for the inability to swim must also be accompanied in the water by an adult within arms reach at all times. Flotation devices must stay in the teaching pool where the child can touch.
- All Youth must pass the deep end test to swim in the deep end.

Deep End Swim Test: Child must swim 1 length of the pool on their stomach, jump into the pool at the deep end and submerge and surface, and tread water for 60 seconds. Children that pass the deep end test will be marked with a green necklace.

Shallow Water Test: Child must jump into 4 feet of water, surface and swim to the red line, OR child must be able to stand in 5 feet of water with shoulders out of the water. Children that pass the shallow end test will be marked with a yellow necklace.

Non-Swimmer Options: Those who do not pass the tests may not use the deep end of the pool at all and may use the shallow end of the pool only when one of the following conditions is true. Those who decline testing, or those who did not pass the test are in this group.

The child is always within arm's length of an actively involved adult who is in the water with the child.

The child is actively participating in a swimming class at that specific time.

The child is wearing a properly fitted; United States Coast Guard (USCG) approved personal flotation device (PFD). Puddlejumpers are also allowed. Any child wearing any flotation device must stay in the shallow teaching pool where they can touch the bottom.

# SWIM - SPORTS - PLAY

## HELPING CHILDREN THRIVE



Social exclusion can prevent children from building the confidence and relationships they need to reach their fullest potential. Here are a few tips for fostering greater inclusion and empathy among children and their peers:

### MODEL EMPATHY AND KINDNESS

Teach your child to empathize with those they perceive as “different” because of various dimensions of diversity (ability, body type, economic status, gender, race, religion, etc.).

### TAKE BULLYING SERIOUSLY

Make sure your kids understand that you will not tolerate bullying at home or anywhere else, and that they can help to support friends who may be bullied.

### SET A GOOD EXAMPLE

Model the Y’s core values—Caring, Honesty, Respect and Responsibility—in the way you interact with and talk about others.

## DID YOU KNOW?

All Group Fitness Classes at the YMCA are FREE with your membership?

## HOME SWIM MEET



**Saturday, July 8th** - The Danville Family YMCA Pool will be closing from 8am—12pm for a Home Swim Meet on Saturday, July 8th. The pool will re-open for Open Swim at approximately 12pm.

Please feel free to come in and cheer on our swim team during the meet!



The USDA Summer Food Service Program provides meals to children when school is out! Children (18 and under) are invited to visit the YMCA Monday-Friday at Noon for a FREE lunch all summer long!

## TEACHING YOUNG ADULTS LIFE SKILLS

**TOGETHERHOOD™**  
JOIN US AS WE GIVE BACK



**Saturday, August 5th—2pm-5pm**

The Danville Family YMCA and the Togetherhood Committee are inviting you to take advantage of the opportunity to learn various life skills at the Danville Family YMCA. The entire community is welcome. Please contact Sarah Jones at 217-442-0563 ext. 106 for more information. Pre-registration is not required. We hope to see you here!

## JUSTIN MARCH-LILLARD FOOTBALL CAMP

The third annual Justin March-Lillard youth football camp took place June 24th on the campus of Danville High School. This year the camp had over 175 registered campers that enjoyed a camp full of drills and excitement. Justin March-Lillard is a former standout Danville High School football player who is now entering his third season with the Kansas City Chiefs in the National Football League. Justin was very pleased with the turnout of the camp and the new addition of the Tikes Division (children from ages 2-4). The camp was huge success for everyone that was involved and brought together campers from all over Central Illinois.



## NEW! WELLNESS CENTER FLOORING

The Danville Family YMCA would like to say thank you to all of its members for their patience during the time of our renovation for the new flooring in the Wellness Center. Since the flooring has been replaced, it gives the Wellness Center an entire new look and feel. The Wellness Center staff has received several compliments on how great the new floor is and how it has transformed the entire space. The Y would like all of our members to know that we strive to put our members first and try to make their experience at the YMCA the best that it can be. Thank you again for your commitment to our community.

## HEALTHY CHOICES HELP CHILDREN THRIVE

### HERE ARE SOME REASONS WHY:

- ◆ Proper nutrition helps children maintain a healthy weight and positive body image
- ◆ Regular physical activity is linked to better academic performance
- ◆ Children who are physically active generally perform better on tests than less active peers

