

# OUR VOICE



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## DOWNTOWN YMCA

February 2012

ymclincn.org

A NEWSLETTER FOR MEMBERS AND VOLUNTEERS OF THE Y



## WHY THE Y

### FOR YOUTH DEVELOPMENT

For the first time since 2005, Annie did not spend her 2011 summer days at YMCA Camp Kitaki. She still came out to volunteer in the spring and fall, but her summer months were spent broadening her horizons through a program on the East Coast.

In preparing for her trip, Annie sent the following to one of the Camp Directors:

"I have realized the huge impact that YMCA Camp Kitaki has had upon me over my childhood and how hard a summer without camp will be. Furthermore, I owe much of who I am to camp. When I am at camp, I believe that I am the best version of myself; camp makes me want to be a better person.

This summer, when I am thousands of miles away from home, I will use my camp experiences as a guide to help me be true to myself."

Though the world may be unpredictable, one thing remains certain – the Y is, and always will be, dedicated to building healthy, confident, secure and connected children, families and communities.

## WHAT'S INSIDE

### PAGE 2

- 2012 Summer Day Camps
- Membership Benefits
- Father Daughter Dances
- YMCA Youth Sports

### PAGE 3

- Nutrition Programming
- Craft & Scrap
- Y to Y Swim Challenge
- Group Exercise Evaluations

### PAGE 4

- Strength Interval Cycling
- New Water Exercise Programming

## OPEN HOUSE

The Lincoln YMCA's are going to open their doors to the community for Leap Day. Tell your friends and family to come try the Y! If they join on Leap Day, we will waive the Initiation Fee.

What: Community Open House  
Date: Wednesday, February 29  
Where: All 4 Lincoln Y's

Community members are welcome to join us for a workout, open gym/swim time, group exercise classes and more! Please refer your friends, family and neighbors to our website, ymcalincn.org for facility hours, class times and open gym/swim times at each of the Lincoln Y's.



## 2012 SUMMER DAY CAMPS

The Lincoln YMCA has a wide variety of offerings/locations for your summer child care needs. Please visit our website, [ymcalincoln.org](http://ymcalincoln.org), to see camp descriptions, locations, fees and complete registration requirements.

### SUMMER ADVENTURE CLUB TEEN EXTREME CREATIVE CAMPS

Registration is on a first come/first served basis. Required materials at the time of registration:

- Completed Enrollment Form
- Completed Child Information Record (both sides)
- Current Immunization Record
- Direct Draft Authorization (Visa/MasterCard only)
- Title XX Authorization, if applicable
- Payment of \$35 registration fee and \$20 per week per child deposit\*

\*Non-refundable, non-transferable

### RUNNING CREEK LITTLE EXPLORERS

The Y also offers limited day camps for your pre-school and elementary aged children that just want to experience camp, explore the great outdoors, meet new friends and take part in many fun activities.

Registration is on a first come/first served basis. Required materials at the time of registration:

- Completed Enrollment Form
- Completed Child Information Record (both sides)
- Current Immunization Record
- Title XX Authorization, if applicable
- Payment in full

## MEMBERSHIP BENEFITS

Take full advantage of your Lincoln YMCA membership with our FREE services:

- Group Exercise Classes (Land, Water, Cycling)
- Health Assessments
- Equipment Orientations
- Exercise Programming

The Lincoln Y also offers the following additional fee-based programs:

- Personal Training (rate dependent on number of sessions purchased)
- Nutrition Programming: \$30 for initial consultation
- Youth Fitness Training: \$25

Class schedules and details about each of these services can be found on our website, [ymcalincoln.org](http://ymcalincoln.org).

## FATHER DAUGHTER DANCE

A wonderful opportunity for dads and daughters to put on their Sunday best and spend some quality time together! Pre-registration required. See posted flyers or ask the Front Desk for fees and registration details.

### Cooper YMCA

Date: Friday, February 10  
Time: 6:30-8:30pm

### Northeast YMCA

Date: Saturday, February 11  
Time: 6:30-8:30pm



Each couple will receive a flower for the daughter and a picture to commemorate the evening. ALL ages welcome!

## YMCA YOUTH SPORTS

The YMCA Youth Sports Winter Basketball season is well under way! During this season alone, we have over 6,600 boys and girls participating in a variety of basketball programs for Kindergarten thru 12th grade.

### 31st Annual Lincoln YMCA MIT Basketball Tournament

When: March 10 & 11

Who: Recreational & Competitive 3rd - 10th grade basketball teams

Registration Deadline: February 15

Last year 374 boys & girls teams competed in the 4th - 10th grade divisions. Join the fun!

### Lincoln YMCA Spring & Summer Youth Sports Registration Deadlines

2nd Registration Deadline for Spring Sports: Friday, February 10

Early Registration Deadline for Summer Baseball/Softball: Friday, March 16

Visit our website, [ymcalincoln.org](http://ymcalincoln.org), for YMCA Youth Sports offerings, registration information and forms.

## NUTRITION PROGRAMMING

Are you off to a great start this year with your activity goals? Remember there are many factors to the health equation including being active, getting the recommended amount of sleep, mental wellness and nutrition—what we put in to our bodies! The YMCA offers Nutrition Programming at an affordable cost to help you with your dietary needs.

The following is included in a Nutrition Programming appointment:

- Nutrition analysis which includes a computerized dietary recall evaluation
- A consultation to discuss recommendations, questions and concerns regarding dietary habits

Additional services include:

- Menu planning
- Additional days of diet recall analysis

Want more information? Please stop in our lobby for a Nutrition Programming flyer/registration form or talk to a staff person at our Front Desk.

## CRAFT & SCRAP

Date: Saturday, February 25th

Time: 9:00am - 9:00pm

Location: Downtown YMCA

Bring your own crafts, scrapbooking, etc. and enjoy up to 12 hours to work on your projects. No supplies will be provided. Register by yourself, with a friend or family member. Come and go as you wish! Member fee is \$15 and non-member fee is \$25 to participate. All proceeds benefit the YMCA Strong Kids Campaign. Includes the following:

- Personal six foot table and chair
- Use of YMCA facility to workout when you need a break
- Healthy snacks and water
- Contests and prizes

For more details, contact Karla at 402-434-9238.

## Y TO Y SWIM CHALLENGE

It's not too late to start swimming your way around Lincoln! Swim to a Y and earn a prize. Ask a lifeguard for a punch card and details.

Challenge ends March 31.

## GROUP EXERCISE EVALUATIONS

In the month of February, the Lincoln YMCA will be conducting Group Exercise evaluations.

Members, please take the time to complete this quick survey to ensure we are meeting your health and wellness needs in regards to Group Exercise. The surveys are located within each Group Exercise area.



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## STRENGTH INTERVAL CYCLING

If the cold weather has you stuck inside and you are missing those long bike rides, try Strength Interval Cycling for some cross-training! This is a high intensity, full power cycling and strength training class that will take you to the next level of fitness. Alternating between cycling and floor exercises, the instructor will lead you through intense speed drills, intervals and heavy climbing simulations on the bike and full body strength training sets on the mat.

### CLASS INFORMATION

Day: Sundays  
Time: 9:00am - 10:00am  
Fee: Free - Lincoln Y Members  
Location: Downtown YMCA, 2nd floor Cycling Room



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## COMING SOON-NEW WATER EXERCISE PROGRAMMING

Fill out the Group Exercise class member survey (located in all Group Exercise areas) and give ideas or thoughts on new water exercise classes. Possibilities include:

- Water Jogging
- Swim Stroke Development/Endurance
- Water Boot Camp

New classes will begin in February/March 2012. Watch for facility flyers, and on the Y Facebook page, for more details.

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## LINCOLN YMCA LOCATIONS



### Cooper YMCA

6767 South 14th Street  
Lincoln, NE 68512  
(402) 323-6400



### Fallbrook YMCA

700 Penrose Drive, Suite B  
Lincoln, NE 68521  
(402) 323-6444



### Downtown YMCA

1039 P Street  
Lincoln, NE 68508  
(402) 434-9230



### Northeast YMCA

2601 North 70th St.  
Lincoln, NE 68507  
(402) 434-9262



### Youth Sports & Camp Kitaki

570 Fallbrook Blvd. Ste 210  
Lincoln, NE 68521  
(402) 434-9217 (Youth Sports)  
(402) 434-9222 (Camp Kitaki)