

# OUR VOICE



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Fallbrook YMCA

February 2012

ymclincoln.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.

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## 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, [ymcalincoln.org](http://ymcalincoln.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.

## MARCH TO THE Y OPEN HOUSE & MEMBER APPRECIATION

On March 3rd, the Fallbrook YMCA wants to show our Lincoln Y Members how much they mean to us by throwing a big party! We invite all Lincoln Y Members to bring family & friends to a fun day at the Fallbrook YMCA.

### March to the Y Event Details:

Day: Saturday, March 3, 2012  
Time: 11:00am – 2:00pm  
Location: Fallbrook YMCA

Activities that we have planned for the day include:

- Bounce House
- Contests
- Family Games
- Crafts
- Family Swim (starts at 11:40 AM)
- & more

We will be having a contest to see what school brings the most families and special recognition will go out to the winning school. So, tell all your friends to join you at March to the Y!

This is an open house and anyone can come to March to the Y. Please invite all your friends, family & neighbors.

We want to thank all our Lincoln Y Members for all you do. We look forward to seeing all of you at the Fallbrook YMCA each and every day. You make the Fallbrook Y the fun place that it is!

## YOUTH FITNESS TRAINING CLASS

The Youth Fitness Training class is for 12-14 year olds who are interested in keeping their bodies strong and healthy. The class will instruct on safety and proper technique in using all workout area and Quick Fit equipment, as well as discussion of character development, weight room etiquette, basic nutrition, and the effects of drugs, alcohol and smoking on the body.

Parents MUST attend the first class. All participants must complete at least 9 of the 10 sessions to graduate from the class.

### YOUTH FITNESS TRAINING CLASS

Session: February 7 – March 8  
Days: Tuesdays & Thursdays  
Time: 6:30 PM – 7:30 PM  
Fees: \$25

## 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.

## MEMBER SURVEY

We want to hear how we are doing. Your thoughts and suggestions are important to us and it helps us provide a better YMCA for you and your family. Click on the link below to fill out a quick survey.

<http://www.surveymonkey.com/s/fallbrook>.

Thanks for all you do and for your response.



## FALLBROOK YMCA FRIENDLY REMINDERS

The start of 2012 means busy times at the Fallbrook YMCA. We want to make sure we are all doing our best to provide a safe and clean environment for everyone. Below are some friendly reminders that will help all of us enjoy a safer and cleaner Fallbrook YMCA.

- Please wipe off all workout equipment when finished
- Please re-rack weights when done using in the free weight area.
- Please shower before using the pool and/or hot tub.
- Please use basketball or workout shoes in the Gym (No black soled shoes that would leave a mark).
- Please take children to either the Family Locker Rooms or the Girl's or Boy's side of the locker room. We have provided Girl's and Boy's locker rooms for all children under the age of 18.
- Please use our new parking lot and do not park on the street in front of the YMCA (Penrose Drive).



By following these reminders, we can have a much safer and cleaner Fallbrook YMCA. Thank You!

## GROUP EXERCISE EVALUATIONS

The Fallbrook YMCA offers a wide variety of land, water and cycling classes. All of these classes are FREE to Lincoln Y Members that are 15 and older. Group Exercise classes are a great way to get a great workout and meet a lot of your fellow Lincoln Y Members. We have experienced instructors that lead these classes and are available for questions and support during the class.

Starting February 1st, the Lincoln YMCA will be conducting Group Exercise evaluations. These evaluations will help ensure that we are meeting your needs as a participant. Please take the time to complete one of these evaluations in February. These evaluations will be located in each studio at the Fallbrook YMCA.

## 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)