

OUR VOICE



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NORTHEAST YMCA

March 2012

ymcalincoln.org

A NEWSLETTER FOR MEMBERS AND VOLUNTEERS OF THE Y



HAPPY BIRTHDAY COOPER YMCA

Come join the festivities as we celebrate the Cooper YMCA's 10th Birthday! The Cooper Y will have special events, activities and giveaways throughout the week of March 19 - 25.

All activities listed below occur at the Cooper YMCA location only.

Bring a Guest Days

Days: Wednesday, March 21 & Saturday, March 24
*All guest policies apply.

Family Reading Event

Day: Thursday, March 22
Time: 7pm

Family Swim Night & Bounce House

Day: Sunday, March 25
Time: 5pm - 7pm

All Lincoln YMCA's will be offering No Initiation Fee March 19 - 25.
Tell your friends, family and neighbors!

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PERSONAL TRAINING SPECIAL

A certified personal trainer can help you reach your fitness goals. Whether your goals are weight loss/weight management, sport-specific or specialized programming, a Personal Trainer will design a workout program that is easy to follow and help you exercise more confidently and independently.

MARCH 11 - APRIL 15

15% off when purchasing 5 or more sessions.

CAMP KITAKI

Spring is just around the corner and things at YMCA Camp Kitaki are heating up! Not only are we working hard to get amazing programs ready for summer camp, we have two campouts coming up that you don't want to miss. These are a great way for kids to try out Camp Kitaki before summer.

March Madness

Campers make their own schedule, which can include archery, crafts, games and more! They will also enjoy s'mores, songs and a campfire.

Dates: March 16 - 18

Ages: 7-12

Fee: \$110

Spring Round Up

Join us for trail rides, horse trivia, contests, take home crafts, a hoe-down and new friendships, all in the spirit of the Wild West!

Dates: April 20 - 22

Ages: 7-14

Fee: \$110

Also, don't forget to check out our summer camps for kids ages 7-17. We have half week, week-long and two-week sessions available starting June 3 and running through August 11. For more information about rates, dates and programs, contact us at 402.434.9222 or visit www.ymcalincoln.org/kitaki

WHY THE Y

Serving families has always been at the heart of the Y. We are a place where everyone comes together, regardless of social, economic and educational challenges. We have a fundamental desire to provide opportunities for every family to build stronger bonds, achieve greater work/life balance and become more involved with our community. The following is written by Stacie, a mom who appreciates all the Y has to offer her children.

"My daughter Trinity has been in preschool for 2 years now and just loves going. The teachers are so loving towards her and are always going out of their way to say Hi or acknowledge her and her little brother, Isaiah. She really enjoys her teachers, friends and loves the swimming program that is part of preschool once a week.



Child Watch has also been great for both my kids. We moved to Lincoln 2 years ago and Child Watch helped my kids to meet new friends and new loving teachers. The workers are always friendly, loving, and very compassionate. They also have been great for teaching my kids lessons as far as discipline when needed.

I also took advantage of the Holiday Drop & Shop this year and thought it was a great idea. The YMCA is always looking to help the children and parents out."

PROGRAM REGISTRATION

Here at the Y, everybody plays and everybody wins in our youth programs. Our coaches, teachers and volunteers help build up self-confidence while building up skills like sportsmanship, fair play and teamwork. Sign your child up and see how much they can achieve!

YOUTH CLASSES

Member Registration

Tuesday, March 13

Non - Member Registration

Thursday, March 15

Includes the following classes:

- Swim Lessons
- Float For Life
- Gymnastics
- Preschool Art & Music Classes
- Home School Gym

SUMMER YOUTH SPORTS

Early Registration Deadline

Friday, March 16

2nd Registration Deadline

Friday, April 13

Includes the following Summer Sports:

- Micro T-ball (Pre-K)
- Baseball
- Softball

CAMP KITAKI

Registration Ongoing

Register online or at any Y location.



MARY MCPHAIL NORTHEAST Y VOLUNTEER OF THE YEAR

When thinking of Mary McPhail, Volunteer of the Year for the Northeast YMCA, many words come to mind:

- Dedication
- Hardworking
- Never slows down
- Gets the job done

When Mary's son, Logan, joined the Northeast Y Dolphin's swim team in 2010, she jumped into an active position volunteering. Soon she was sending e-mails to the team's parents looking for volunteers for the summer swim league events and the team's other larger events.

This past summer while our Aquatics Director was on maternity leave, Mary stepped up to help organize and recruit volunteers, donate snacks, help welcome new swimmers as well as oversee special events.

In November, when the Dolphins hosted a swim meet for over 300 swimmers, the team needed items and workers for the concessions stand, so off Mary went to secure donations from individuals and local businesses. Thanks to the great motivation and encouragement that Mary provided, the event went very well. Before we had even finished cleaning up, Mary was making lists of how to do it better next year.

We are all pleased and blessed to have Mary as our Volunteer of the Year at the Northeast YMCA. Thanks Mary!

LIFEGUARD TRAINING

Participants must have passed the pre-course skills test prior to registering for a Lifeguard Training course. Additional details, including dates and times, are available on our website at ymcalincoln.org.

REGISTRATION INFORMATION

Sessions:	March 1-4	April 19 - 22
	March 8 -11	May 3 - 6
	April 12 - 15	May 17 - 20
Days:	Thursday - Sunday*	
Fees:	\$110.00	Lincoln Y Members
	\$125.00	Non-Members
Location:	Northeast YMCA	

*Attendance is required during all course meeting times.

STRONG KIDS "ICE WATER SPLASH!"

Coming mid March, more information will be available soon.

BUNNY HOP FAMILY SWIM NIGHT

Join us for this family fun event. There is something for everyone!

- Swimming
- Bounce in the Bounce House
- Meet the Easter Bunny!
- Decorate and Eat Cookies
- Make Easter Craft

BUNNY HOP DETAILS

Date:	Friday, March 30
Time:	6:30pm - 8:30pm
Fees:	Free - Lincoln Y Members \$15/family - Non-Members
Location:	Northeast YMCA



LEAP INTO WELLNESS

Join the latest health and wellness incentive, Leap Into Wellness! Pick up your incentive card at the Front Desk. Come in to work out at the Y and our Front Desk staff will initial your card.

LEAP INTO WELLNESS – FREE MEMBER INCENTIVE

Dates: February 29 – April 20, 2012

Location: All Lincoln Y facilities

- Complete your first 12 visits and receive a water bottle.
- Make an appointment with a Wellness Specialist to learn about the Lincoln Y’s “Next Step” initiative and find out how you can better meet your wellness goals; visit the Y 11 more times and receive a t-shirt.
- Complete at least 12 activities on the back of your incentive card and receive a drawstring bag.



LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS

This free series provides tools that enable participants to live healthier lives, including those who are trying to quit tobacco use. All will receive an easy to follow book that outlines day-to-day management techniques and positive approaches to difficult changes, plus a relaxation CD. Caregivers of persons with chronic illnesses can benefit from this course.

Dates: April 4 – May 9, 2012

Day: Wednesday

Time: 1:00pm – 3:00pm

Location: Northeast YMCA

For details or to register, please call (402)441-7575.

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)