

YMCA upcoming events

Written by George Browning
Wednesday, 18 December 2013 00:00 -

The Washington County Family YMCA recently announced its upcoming events.

The following are those events:

ROOKIE BASKETBALL registration now open to Kindergarten, First, and Second grade boys and girls! Practices and scrimmages will be held at the Salem High School Auxiliary Gymnasium on Sunday afternoons January 12th-February 16th. Come out and learn the fundamentals needed to be a star player—on and off the court! The cost is \$40 for members, and \$55 for non-members.

Winter Tumbling registration opening December 18th! Tumbling is a 12 week program available for boys and girls kindergarten and older. Parents are welcome to participate along with the child as instructors focus on flexibility, motor skill development, and basic tumbling skills. School age tumbling \$75 for members and \$90 for non-members. Contact the Y at 883-9622 or programs@wcfymca.org or more information.

CHRISTMAS CAROLING ON THE SQUARE will be hosted by the YMCA preschool classes on Thursday, December 19th starting at 5:45pm with the 2 & 3 year olds, with 4 & 5 year olds singing at 6:45pm. Students will be performing on the Court House's North West stair case—facing towards Papa John's Pizza. Please join us to get in the Christmas Spirit and celebrate the wonderful young performers we have here at the Y!

Martial Arts registration opening on December 19th for children ages 5 and older. Students learn martial arts as a form of self-defense, philosophy and physical conditioning. These attributes have an emphasis on re-flex development, timing, hand-eye coordination, balance, and a sense of wellbeing. Basic skills and forms will be stressed to offer students a balance in training. Saturday classes are \$45 for members and \$60 for nonmembers. Tuesday/Thursday classes are \$95 for members and \$110 for non-members. Contact the Y at 883-9622 or programs@wcfymca.org or more information.

Little Twisters Tumbling class registration opening on December 21st for the next class. Classes are \$25 for members, and \$40 for non-members. Please contact the Y to register.

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CPR TRAINING originally scheduled for Sunday, December 8th from 1:00pm-5:00pm has been rescheduled to January 19th due to inclement weather. Space still available to come out and learn with instructor, Matt Kidd. Cost is \$40 per person, and will result in a CPR certification from the American Health and Safety Institute. Class will be held at the YMCA. Contact the YMCA at 883-9622 with questions, or to register!

COLORING CONTEST is underway now through 12/31/13 here at the Y! Pick up your coloring sheet at our front desk, or visit our Facebook event page at <https://www.facebook.com/events/189465131242593/> to print yours now! Coloring sheets can be mailed in, or dropped off at the Y by 12/31/13. In January the residents of Meadow View will judge our contest and pick winners. Up to 5 years, 6-10 years and 11-13 years. Contestants will be graded on neatness and creativity!

WINTER BREAK CAMP registration is now open! With the Winter Olympics around the corner, get rid of the winter blues with fun, educational, and friendly competition. We'll be learning about a different Olympic sport each day and all activities, crafts, and games will center on that daily theme. We provide quality, all day care that is guaranteed to be a blast! Our enthusiastic staff is trained to promote a safe and fun environment for all campers. As always, the YMCA's values of caring, honesty, respect, and responsibility will be modeled and encouraged throughout each day as we focus on new friendships, personal growth, and fun! Dates: Dec 23, 27, 28, 30, Jan 2 from 6:30am-6pm. Cost is \$15/day for members and \$19/day for nonmembers. Check our website www.wcfymca.org for details!

Apple for the Teacher is here! Who is a teacher in your child's life? A grandparent, adult neighbor, pastor, mentor, coach, daycare provider and more. This year consider honoring the teachers in your child's life with a gift that will keep on giving for many years to come. Those who play an active role in the life of our children will be blessed with home baked goods, candles, lotions and other goodies as families try their hardest to say thank you in a meaningful way. We would like to suggest that in lieu of these many treasures, you consider making a donation to the Dr. Eddie Apple Family Youth Development Fund to support the continued work of Youth First here at the Washington County Family YMCA. Contact Rosie Morehous at rosie@wcfymca.org or 883-9622 for more details on how to send an apple!!

HOLIDAY HOURS will be modified hours in December will be as follows—Tuesday, December

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24th the Y will be open from 7:00am-12:00pm. Wednesday, December 25th we will be closed in observance of Christmas Day. December 31st, the Y will be open from 5:00am-5:00pm. We will also be open New Year's Day from 7:00am-12:00pm.

MAINTAIN NO GAIN CHALLENGE kicked off November 18th—Don't forget to weigh in each week to get your name in the drawing!!

ROCKs AFTERSCHOOL PROGRAM has room for new enrollees!! Our new version of Afternoons Rock, ROCKs is a fun opportunity for students to get some homework help, have fun with peers, and learn more about their personal strengths. Activities will help address life skills needed to deal with Peer Pressure, ATOD use, and bullying. Rolling registration will remain throughout the school year—space permitting. Forms may be picked up at the YMCA, or all three county Middle Schools. Cost will be \$10 per quarter, and scholarships are available through the YMCA—application must be requested. Contact Rosie Morehous at 883-9622 for more information, or at rosie@wcfymca.org

KIDS CLUB services are offered Monday – Thursday from 4-8pm and Saturdays from 8am-11am and the cost is \$1 per hour for Y Members, and \$2 per hour for non-members. Bring your family and come play at the Y! Kids Club schedules will be cancelled on shortened Holiday Schedules.

BEFORE/AFTERSCHOOL PROGRAM – Through a partnership with Salem Community Schools the Y is proud to offer before and afterschool care at Bradie Shrum. Before school care is offered from 6 – 7:30AM each day for free. Afterschool care is provided each day from 3-6PM. The program is free until 4:30PM. Cost from 4:30-6PM is \$10/week per child for members, \$15/week per child for non-members. Questions? Contact the Y at 883-9622 or programs@wcfymca.org or more information.

GUIDING GOOD CHOICES, a program for adults parenting children ages 9-14, is on the horizons for future Youth First programming. The program assists adults in having the skill sets needed to navigate challenges of the teen years, such as Alcohol, Tobacco, and Other Drug use. Individuals are being recruited to become community facilitators. Churches, schools, human service agencies, or others that may be interested in learning more about becoming a facilitator should contact Rosie Morehous at 883-9622 or rosie@wcfymca.org. Facilitator training will be held on Saturday, January 25th and February 1st in 2014 from 8:00-12:00.

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NOURISH YOUR BODY classes will be coming beginning in January 2014! This is a series of lessons centered around the topic of Nourishing Your Body. There will be one class a month focusing on different parts of the body including your bones and joints, eyes, digestive system, skin, and brain. Classes will in the evenings from 6:00-7:00pm, and taught by Lauren Neuenschwander. Lauren works as an educator for Purdue Cooperative Extension office in Jackson and Washington Counties. She has a Master of Science degree and is a Registered Dietician. Contact the YMCA for more information on dates and topics scheduled for 2014!

FITNESS CLASS SCHEDULE can be located at www.wcfymca.org by clicking on the calendar tab for up-to-date schedulings. Members are free and Non-members pay just \$5 per class.

TAX TIME IS ALMOST HERE! – As the end of the year approaches, don't forget to make those tax deductible contributions to help out the Washington County Family YMCA! The Y strives daily to move our citizens and community to a brighter future and we invite you to join us in our efforts. To learn more about how you can move people through a donation to the Y's annual BE MOVED 2013 campaign, contact Kristy Purlee at 883-YMCA or make your donation online by visiting www.wcfymca.org.

WINTER WEATHER can impact our program and class schedules—please check our facebook page at <https://www.facebook.com/pages/Washington-County-Family-YMCA/115066083591> for up to date closures and delays, or give us a call at the YMCA! 883-9622

Scholarships are available for all of our programs and the best way to get all the details is to visit our websites: www.wcfymca.org or www.youthfirstwc.org or call us at 883-YMCA.