



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

the VOICE

YMCA OF GRANT COUNTY
123 Sutter Way, Marion, IN 46952
www.grantcountyyymca.org

VOL 1 ISSUE 2

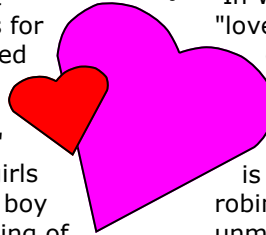
FEBRUARY 2012

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VALENTINE'S DAY FUN FACTS?

- In the Middle Ages, men and women drew names from a bowl to find out who their valentine would be and put that name on their sleeves for a week. This custom led to the popular phrase, "wear your heart on your sleeve."
- In the middle ages, girls believed that the first boy they saw on the morning of Valentine's Day would become their life mate.
- There are over 180 million Valentine's Day cards sent around the world each year, according to the U.S. Census. The U.S. Greeting Card Association estimates that women purchase 85 percent of these cards.
- In Wales, an intricately carved "love spoon" is a traditional Valentine's Day gift
- February 14th is thought to be the day when birds mate for the spring. It is sometimes believed that if a robin flies over the head of an unmarried woman, then she will marry a sailor.
- An estimated three percent of pet owners will show some love to their pets by purchasing special Valentine's Day gifts for them.



LETTER FROM THE DIRECTOR

Welcome! It's an exciting time at the Grant County YMCA. I always look forward to the New Year and this January was a great start to 2012. There were so many new faces full of hope and resolution. It's exciting to see how many people are making positive changes to create a healthier lifestyle. We want to help everyone keep on track this year, so we are offering new and exciting ways to make exercise fun. We have 70+ group exercise classes offered every week. Many of these classes like spinning, water aerobics, and various strength classes are free with your membership. Other specialty classes

like Yoga, and Zumba are fee based, but the cost is less than \$2.00 per class. We have also added new classes like Aqua Zumba, Zumba Gold, and evening Core Pole. There is something for everyone.

We are also blessed to have strong community support from our members and various organizations in Grant County. Due to the support of Marion General Hospital, we were able to open a second large exercise studio. Additionally, the support we receive through our Community Partners Annual Campaign allowed us to dis-

tribute nearly \$200,000 in financial assistance in 2011. We are committed to making the Grant County YMCA available "for all".

With over 50 after school children visiting us daily and a strong and growing Silver Sneakers Program, we are able to meet the needs of people of all ages. The Y is for our entire community and is open to everyone. We are here to serve you by building a stronger, healthier community. Stop by and check us out.



God Bless,
Doug Lance
Executive Director

NOT GETTING OUR NEWSLETTER?

Sign up on our website at grantcountyyymca.org

QUESTIONS, COMMENTS, IDEAS?

Renaer Ronquist, Marketing & Membership Director
renaer@grantcountyyymca.org



STRONGER, HEALTHIER KIDS

BITTY SOCCER

Ages: 3-5

March 3, 10, 17 & 24

Hey kids! Love to run and kick?
Come to the Y and we'll show you how to take
what you love to do and turn it into one of our
favorite sports: Soccer!

Program Director Robert Giglio
765. 664. 0544 or robertg@grantcountyyymca.org



ADULT VOLLEYBALL



Adult Volleyball teams in action.

Check our website at www.grantcountyyymca.org
for schedules and updated standings each week.

YMCA GYMNASTICS

February 4, 11, 18 & 25

March 3, 10, 17 & 24

Saturdays
Bitty 10:15am-11:00am
Youth 11:15am-12:00 pm

Gymnastics is a great way to help your child develop fine motor skills, work on balance, flexibility, and hand-eye coordination. We offer 2 levels for children to learn, grow, and achieve. These classes are all 45 minutes long and meet once a week.

KARATE

SENSEI CURT JONES

Mon and Wed at 6:00pm - 7:00pm for kids 8+
Mon and Wed at 7:00pm - 8:00pm for adults
Friday at 6:00pm - 8:00pm for kids and adults

Authentic Goju Ryu Karate Do.

Karate students will learn the most comprehensive style called Okinawan Goju Ryu. Students will have the opportunity to progress from beginner (White Belt) as far as they desire, including advanced Black Belt ranking. A standard beginners Karate -gi is required once a student obtains the first belt.

YMCA SWIM LESSONS

Registration begins on the 15th of each month prior

Parent & Child Aquatics 6 months—3 years
Meets: Tuesday and Thursday

Preschool Aquatics 4-5 years
Meets: Tuesday, Thursday and Saturday

Learn To Swim 6+ years
Meets: Monday, Wednesday and Saturday

BITTY BOWLERS



Saturday mornings in January were fun filled for these Bitty Bowlers who gave it there all at Crest Lanes. From strikes to gutter balls they loved it all.

**Join us on the
CUBS vs. DETROIT TRIP
June 14th**

Round trip bus ride and ticket
just \$70 per person!
Sign up online at www.grantcountyyymca.org

SCHOOL'S OUT HOLIDAY PROGRAM

Presidents Day
Monday February 20th



Kids! Come celebrate President's Day while school is out!

Registration Deadline:
February 13th, 2012
Price: \$20 per child

Bring lunch, drink, swim suit and towel!
Have Presidents memorabilia children can share information about? Bring that too!

*** Financial assistance for qualifying families is available.**

TIME TO SPRING FOR A BREAK...

SPRING BREAK PROGRAM
March 26th-30th
6:30am - 6:00pm everyday

Looking for some fun this Spring Break? Come over to The Y! We've got swimming, gym time, crafts, games and more..... every day!

**Kindergarten through
5th grade**

Live Y'er Price: \$20 daily
1st Time Live Y'er: \$35
(first day only)

Please pack a lunch, drink (not soda), swim suit and towel each day.



BE COOL BEFORE SCHOOL

Live Y'ers Before School Program

**Allen, Riverview, Kendall,
Northview, & Sweetser**

**Mon-Fri 6:30am-
school begins**

**A great option for
parents who need
child care before
school hours.**

**Kids will enjoy various
activities to help them tackle
the day ahead!**

Sign up today!



LIVE Y'ERS AFTER SCHOOL PROGRAM

**Want an affordable and safe
environment for your child
after school!**

**Available at Sweetser,
Northview (including
Westview students),
East brook North and South.
Marion School Corporation -
buses children to the Y**

**Financial Assistance available to
qualifying families!**

Cost: \$40



Get Your Move On!

CLASSES TO GET YOUR MOVE ON AND BE A HEALTHIER YOU!



Personal Training available!
Ask front desk for details.

Child Watch Hours

9:00 am - 11:30 am (Mon thru Friday)

4:30 pm - 8:30 pm (Mon thru Friday)

9:00 am - 12 noon (Saturdays)

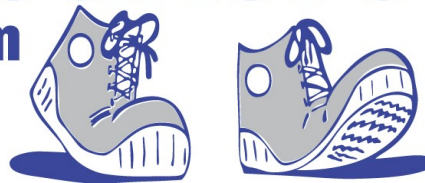
- Bosu Combo
- Spinning
- Group Strength
- Kettlebell
- Step Edge
- Water Aerobics
- Slimnastics
- Aqua Zumba
- Yoga
- Zumba
- Genga
- Boot Camp
- Zumba Gold
- Corepole



**THE Y OFFERS
70+ GROUP
EXERCISE CLASSES
A WEEK!**

The Silver Sneakers[®] Fitness Program

Silver Sneakers is a benefit offered to members of many Medicare plans across the U.S. Have fun and move to music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living. Hand-held weights, elastic tubing with handles, and balls are offered for resistance. Chairs are used for seated or standing support.



Silver Sneakers had their first social of the year on Jan. 25th. Congratulations to the winners of the Super Bowl trivia contest. Next Social will be on Feb. 29th.

Monday, Wednesday, and Friday
9:30am - 10:15am

**Silver Sneakers
Socials!**
Last Wednesday of
every month
at 10:15 am

YOUR Y DIRECTORS

Doug Lance
doug@grantcountymca.org
Executive Director

Tina Doublin
tinad@grantcountymca.org
Assistant Director

Janet Snyder
janets@grantcountymca.org
Fitness Director

Robert Giglio
robertg@grantcountymca.org
Program Director/Aquatics

Ipi Williams
ipiw@grantcountymca.org
Child Care Director/Day Camp

Rena Ronquist
renera@grantcountymca.org
Marketing & Membership Director

Paul Ferguson
paulf@grantcountymca.org
Facility Director