

# THE Y VOICE



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

YMCA OF GRANT COUNTY

123 Sutter Way, Marion, IN 46952

February 2011

[www.grantcountyyymca.org](http://www.grantcountyyymca.org)

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## LOOKING AHEAD

Bitty Bowling begins this Saturday at 9am at the Marion Fun Center

All 4 Week Session Classes begin Jan 31<sup>st</sup> and run through Feb 26.

Youth Volleyball: registration is going on now through Feb 28

Feb 23: Silver Sneakers Social in Lobby at 10:15am

Swim Lessons: There's no better time than now to learn to swim!

## ENJOY THIS ISSUE?

Feel free to share this newsletter with anyone who you think may find it useful.

## QUESTIONS, COMMENTS, IDEAS?

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## PUT YOUR HANDS UP FOR ADULT VOLLEYBALL

Tuesday evening, January 18<sup>th</sup> the sound of shoes squeaking, bodies shuffling, and a volleyball being spiked could be heard in the Memorial Coliseum Gym as Adult Volleyball began for the spring. We have many returning from the Fall League and a few new teams including Advanced Cabinet Systems' Splinters joining in on the evening fun.

Volleyball has been a Y tradition dating back to 1896 when the sport was officially unveiled at the International YMCA Training school in Springfield, Mass., by William Morgan. With the game being 115 years old, it's only fitting that two our own adult leagues have teams with more than 35 years of combined experience.

This is going to be an exciting season as the Tuesday Night Recreational League added four new teams to the roster: Splinters, HitMe, Misfits Remix, and A-Team. After losing only 2 games during Fall League, Dunhams is back to defend their Fall Championship Title and have already met impressive opposition.

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Power League plays on Thursday evenings and kicked off with a record of 9 teams competing this season. Included in the mix are 3 new teams. Lookout for JustUs, LaFontaine Bar & Grill, and Blockheads! Snyders are ready to defend their hard earned title from the fall, but the other 8 challenging teams are ready for their win, too!

Game times start at 6pm on both nights. Follow us on Facebook for pictures, scores, and other volleyball tidbits. Also, checkout the Community News Bulletin Board for weekly updates!



## YOUTH BASKETBALL LEAGUE

The Grant County Youth Basketball League is comprised of boys and girls from The Y, Boys and Girls Club of Grant County, and kids from Marion and surrounding area.

Just like volleyball, basketball is another

popular sport that was invented at the YMCA Training School in Springfield, Mass., by Y Instructor James Naismith in 1891. It's a long-standing tradition here in the great Hoosier state; it's in our blood. The excitement that can be felt at Conseco Fieldhouse and in every college and high school gym in Indiana is just as strong at the Y and B&G Club.

Youth League Basketball is great for growing minds and bodies as it teaches the importance of teamwork, coordination, and skill development. This year we have 310 children ranging in ages 6-12 playing on 32 different teams. They meet once for practice and play two games during the week. Keep checking Facebook for weather updates and be sure to catch the tournaments starting in late February!

## PETS AND PRESIDENTS

Although it's the shortest month of the year, February is full of exciting and interesting things to do, learn, and watch! February's Themes of the month are great topics to learn about as a family:

Together delve a little deeper into Black History. Help your children be more aware of the importance of good Dental Hygiene. Do you consider yourself or your family as responsible Pet Owners? Well this month is for you! Continue to take great care of your furry friend as winter is still upon us. Have any bookworms out there? Again, February is a great month for you to visit the Marion Public Library and get lost among the books you love!

Don't forget to celebrate those President's that have paved the way toward the success of our nation. After a great workout at your favorite Y, kick your weekend of the 12<sup>th</sup> off with watching the Winter Olympic

Games. And Gentlemen, please remember to do something special on Monday, February 14- Valentine's Day!

## THE HEART OF THE MATTER



Did you know it takes 21 times of repeating a task to make it a habit? According to the Center for Disease

Control and Prevention, adults need 45 minutes of physical activity 5 days a week to prevent some major health problems.

Major health problems include heart disease, stroke, high blood pressure, diabetes, obesity, back pain, osteoporosis, stress, depression, and even the development of disability in aging adults.\*

Our Fitness Staff is geared and ready to keep you on track of your daily physical activity. Begin by logging in the number of minutes you spend on your daily cardio activities, such as the treadmill, elliptical, favorite aerobic class, etc. By keeping track, you will be able to see if you are meeting the weekly requirements for greater health benefits!

Exercising regularly not only makes you feel better in general, but it gives you a boost of energy throughout the day, and can help you think better and faster. A few more benefits to a good workout include, keeping you healthier, helping you handle your stress, giving you a better night of sleep, and living longer!\*\*

Talk to a Fitness Staff to help you stick with your New Year's Resolution of Commit to Get Fit!

\*MedicineNet.com: Health Benefits of Physical Activity

\*\*WebMD.com: Health&Fitness: Getting and Staying Active

## TECHNOGYM INFORMATION

Here's some clarification on the rules for our Youth Members that would like to work out in the Fitness Area:

### Cardio Area:

- Members 13 years of age or under must be accompanied by a parent/legal guardian at all times and are only permitted to use the cardio equipment. One fitness orientation is required before using this area. The member will be given a student wellness pass once orientation has been completed. The pass must be shown to Fitness Staff for verification.
- Fitness orientation may be scheduled at the Technogym desk.
- Members 14 and 15 years of age must be accompanied by a parent/legal guardian at all times.
- Members 16 and 17 years of age must have the appropriate liability waiver signed by a parent/legal guardian, on file at the fitness desk.

### Free Weight and Cybex:

- Members 14 and 15 years of age must be accompanied by a parent/legal guardian at all times.
- Members 16 and 17 years of age must have the appropriate liability waiver signed by a parent/legal guardian, on file at the fitness desk.

## A VALENTINE TREAT FOR YOU!



This year, make your Valentine's Date for February 12<sup>th</sup> and you'll be saying, "That's Amore!" as you're wined and dined with a peace of mind as we watch your kids!

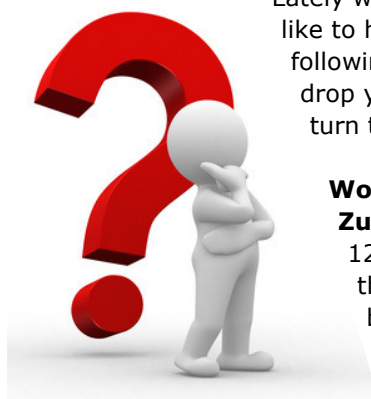
Many community celebrities are gathering together to serve you dinner at the McCarthy Hall. This is not only a special evening out for you but an

opportunity to raise money for the YMCA's Learn to Swim Program.

No need to worry about a babysitter- we've got a special evening at the Y planned for your kids, too!

Dinner reservations can be made with Karen Niverson at 618-2747. Tickets are \$30 per person. This includes, dinner, dessert, music, and dancing. Sign your kids up for childcare at the Front Desk. Price is \$10 for one child and an additional \$5 per sibling.

## WHAT DO YOU THINK?



Lately we've been getting questions that we would like to hear your response on. Please answer the following questions; respond back to my e-mail; drop your answers off in the suggestion box, or turn them in at the Front Desk!

**Would you or your child attend a Kidz Zumba?** Kidz Zumba would be set for ages 6-12 and is set to fun music that is current and they would enjoy. It gets them moving to the beat and helps burn calories while building up their memory.

**Do you think we need another evening Zumba class?**

**What are some health issues or topics you'd like to learn more about?** We'd like to provide you with mini seminars on topics related to health, fitness, and family.

**Interested in volunteering?** We need people to hold and rock babies to sleep in Child Watch between 5:00pm to 6:30pm!

**Need Child Care Before or After School?** Don't forget, we are your go to source for weather delays and cancellations! Need more info, talk to Ipi!

**Has The Y made a Difference in your life?** Let us know! We'd love to hear your story about how a class, person, or program has helped you out. Respond to this e-mail, or talk to Angela. Thank you!

# PICTURES OF THE MONTH!

