



WARREN COUNTY YMCA

700 West Harlem Avenue
Monmouth, IL 61462
(309) 734-3183

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

WHERE YOU BELONG

WARREN COUNTY YMCA

WINTER 2012 NEWSLETTER

Winter 1 January 2 - February 18

Winter 2 February 20 - April 17



ALWAYS HERE FOR YOU

From the desk of Sam Brooks

By the time our YMCA members and program participants read this Winter Newsletter, we will have finished our Vision Quest II renovation and remodel which began in late August of 2011. As I have said to the staff and many Y members when discussing this project, there is always a lot of pain before you get the gain. This remodeling project certainly was no different. What was scheduled to be a two month long project turned into four month project due to some unforeseen complications along the way...isn't that how it always works, geesh! However, the bottom line is that the project is complete and looks wonderful and is getting rave reviews from you, the Y member. It is so nice to hear from our members that they are pleased because, after all, that's why we do what we do. We have a strong desire and responsibility to serve our community as best we can and we work hard at it. We derive great pleasure when our members are pleased with their YMCA!

You might be wondering what we have done. We upgraded our cardio vascular room by moving it to a room more conducive for the purpose. We added more TV's and have already begun to add new equipment. We also relocated the free weight room to the old cardio room. The new location added square footage and can now accommodate four times the occupancy at one time. We then relocated the No Limits kids room to the old free weight room. We built a second floor over the new No Limits room that added over 1,000 square feet of additional program space. The renovations and remodel has made the YMCA more versatile. We are excited to deliver quality programming and facilities to our community! At the Warren County YMCA we are for youth development, healthy lifestyles, and social responsibility. Thank you Warren County for supporting your YMCA for 130 years!

A SPECIAL THANK YOU

A SPECIAL THANK YOU to the folks who made the Vision Quest II project possible with their financial support.

Twomey Foundation, Kleine Equipment, Inc., Midwest Bank of Western Illinois, Security Savings Bank, Farmland Foods, Bruce Foote Chevrolet, IH Mississippi Valley Credit Union, Mary Frances Miller, Don & Jeanne Robeson, G&M Distributors, Inc., Galesburg Community Foundation, Kent Armstrong, Betty Gaskill, Ralph & Martha Whiteman, ADM, Donald & Kathy Fillman.

**We couldn't
have done it without you!**

FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.



GENERAL INFORMATION

(309) 734-3183 | www.warrencountyyymca.org

PROFESSIONAL STAFF

Sam Brooks Executive Director/CEO
Candy Conard Associate Executive Director
Tom Glenn Program Director
Lynnae Touchette Program Director
Heather Turnquist Membership Director
Russ Patterson Building & Grounds Director
Diana Hunt Front Desk Coordinator
Carey Jones Fitness Coordinator
Mindy Newberry Child Care Coordinator

MEMBER INFORMATION

2012 MONTHLY MEMBERSHIP

Membership Type	Monthly
Family.....	\$47.25
Married Couple.....	\$34.70
Adult (18-64 years).....	\$33.70
Single Parent.....	\$32.05
Senior Couple.....	\$29.50
Senior Citizen (65 & Older).....	\$26.25
Teen (13-17 years).....	\$16.45
Youth (0-12 years).....	\$13.50

GENERAL INFORMATION

Website..... www.warrencountyyymca.org
Phone (309)734-3183
Email info@warrencountyyymca.org

Like Us on Facebook!

HOURS OF OPERATION

Monday-Friday 5:30 am - 9:00 pm
Saturday 8:00 am - 4:00 pm
Sunday 1:00 pm - 4:00 pm

HOLIDAY FACILITY HOURS

December 24 - 25 Closed
January 1, 2012 Closed
April 8, 2012..... Closed

SESSION DATES

Winter I January 2 - February 18
Winter II February 20 - April 7

REGISTRATION DATES

Winter I Begins week of December 12, 2011
Winter II Begins week of February 13, 2012

YOUTH FACILITY USAGE

Please remember that the age requirement to be in the facility unsupervised by an adult is 8 years old. Childcare services are available for children under 8 while the responsible adult is utilizing the facility. Morning & evening childcare hours are available, and are included with your membership. The safety of your child is our main concern, and the reason that this policy is in place.

FINANCIAL ASSISTANCE/ SCHOLARSHIPS:

The Warren County YMCA Fee Assistance Program is made possible by financial support received from the United Way of Warren County and donations received through the annual YMCA Strong Kids Campaign. Consistent with the goals and objectives of the Warren County YMCA, membership or program services will be made available to all persons, regardless of their ability to pay.

RENTAL INFORMATION

Birthday party rentals are very popular at your YMCA. These rentals are available for both members and program participants at a great price. Parties will have the No Limits Game Room reserved for 2 hours specifically for your party and have the option of letting guests swim during open swim. After hour rentals and overnight rentals are also available upon request. Contact Heather Turnquist to book your party today.

SPECIAL REMINDERS

January 2	Winter I Session
January 27	Dive-In Movie "Zookeeper"
February 11	Father/Daughter Dance
February 13	Girls Night Out
February 13	Winter II Registration begins
February 20	Winter II Session begins
March 19	Girls Night Out 1st Street Armoury
March 30	Dive-In Movie "Yogi Bear"

Like us on Facebook to stay up to date on the latest happenings at your YMCA.

OUR MISSION STATEMENT

To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

YOUTH SPORTS

Fees for all youth sports:
 \$29 Member \$49 Program Members
 *Unless otherwise indicated

YOUTH BASKETBALL LEAGUE

Divisions of play:
 Grades 2nd & 3rd
 Grades 4th – 6th
 Practices: December 17, January 7, 14, & 21
 Games begin: Saturday, January 28, 2012

NEW Y-60 PROGRAM

Physical activity is an essential part of any healthy lifestyle. Children need at least one hour of active play each day to grow up to be healthy and strong. Come join us for dodgeball, kickball, battle ship, basketball, broom hockey, & indoor soccer, just to name a few!
 Time: 3:45 - 5:00 pm
 Grades K-2nd Mondays
 Grades 3rd-6th Tuesdays
 Begins the week of January 9th

KICK BALL LEAGUE (GRADES K-8)

Starting in March 2012. Watch for the flyers at school.
 Fee: \$19 Y Member / \$39 Program Member

CO-ED YOUTH SOCCER (Pre-K - 8th Grade)

This program is supervised by Coach George Perry from the Monmouth College Men's Soccer Team along with local volunteers. The league is held at beautiful Peacock Field at Monmouth College. Your soccer player will receive expert training at an excellent facility. League begins in March 2012.

Divisions of play:
 Pre-K through 2nd Grade
 3rd – 5th Grade
 6th – 8th Grade
 Some traveling for 3rd through 8th Grades.



YOUTH ACTIVITIES

KUK SOOL WON (MARTIAL ARTS) (AGES 7-15)

Thursdays: 5:00-6:00 pm
 (Roseville Community Center)
 6:30-7:30 pm (YMCA – Studio)
 Fee: \$30 Y Member / \$55 Program Member
 40 participant maximum per class.
 Requirements: Black Gee – White Belt.

NEW ZUMBATOMIC (AGES 8-12)

A high-energy fitness party packed with kid-friendly routines and all the music that kids love to groove to in a group. 7 week session (January 7th – February 18th).
 Saturdays: 10:00-10:45 am
 Location: 1st Street Armoury
 Members: FREE / Program Participants: \$5 per class

GIRLS NIGHT OUT (GRADES 4-8)

(Collaboration with the Girl Scouts of Eastern Iowa & Western Illinois)
 Events held on Monday nights from 6:30-8:30 pm.
 February 13th Cake Decorating
 Location: 1st Street Armoury
 March 19th Dance, Dance Revolution
 Location: 1st Street Armoury
 April 16th Ice Skating in Peoria

THE WARREN COUNTY YMCA ADDRESSES STEPS TO DIABETES PREVENTION

With nearly 27 million Americans living with diabetes and another 57 million Americans at risk, the Y is increasing awareness about the importance of taking steps to reduce chances of developing this deadly and costly disease. The CDC reports that as many as one in three American adults are projected to have diabetes by the year 2050 if current trends continue. There are some things we all can do to help maintain good health, such as:

- eat fruits and vegetables every day;
- choose fish, lean meats, and poultry without skin;
- aim for whole grains with every meal;
- be active at least 30 minutes per day five days a week – it doesn't have to be all at once but can be broken up into 10 minute increments;
- choose water to drink instead of beverages with added sugar; and
- speak to your doctor about your diabetes risk factors, especially if you have a family history or are overweight.

To learn how to put these tips into practice and other ways to live healthy, let the Warren County YMCA be your wellness resource center!

FAMILY TIME

PARENT & CHILD WATER ENRICHMENT PROGRAM (AGES 6 MOS - 3 YEARS)

This program helps children explore and adjust to a water environment with their parents. Songs, games, and activities help parents promote a love and respect of the water.

Monday 10:00-10:30 am (January 2-February 18)
Tuesday 6:30-7:00 pm (February 20 - April 17)
Fee: \$20 Y Member / \$35 Program Participant

FATHER/DAUGHTER DANCE

Dad's bring your special gal to the Y on Saturday, February 11th for a special time together. We will have music, food, and fun for you & your daughter.

Time: 6:00-8:00 pm
Fee: \$20 per family

NAUTILUS ORIENTATIONS

Members are encouraged to sign up for a Nautilus Orientation at the Front Desk. All it requires is a \$10 refundable deposit to make an appointment. Our members that are 13-15 years old are required to have a Nautilus Orientation to be able to use the Nautilus room. The 13-15 year old age group are only able to use the Nautilus room Monday-Friday from 3:30-5:30 pm. Members 16 & up are able to use the Nautilus room any time during our facility hours.

HEALTHY KIDS DAY

Save the date...Saturday, April 28th!

DIVE-IN MOVIES

Coming soon to a pool near you! Enjoy a movie while it's projected up on the wall in the pool area. You can float on a noodle, jump off the diving board, and splash around with your friends or family! Free popcorn and drinks will be served half way through the movie at "intermission." Movies start at 6:30 pm and end at 8:30 pm.

Friday, January 27th Zookeeper (PG)
Friday, March 30th "Yogi Bear" (PG)

Individual Fee: \$2 Member, \$5 Non-Member
Family Fee: \$8 Member, \$15 Non-Member

FOR HEALTHY LIVING

Improving the nation's health and well-being.

ADULT ACTIVITIES

LOSE TO CRUISE

MAKE STRIDES TO A HEALTHIER YOU

Registration: January 6th & 7th

Competition Dates: January 16, 2012 through March 16, 2012

70 participant maximum (7 teams of 10 initially)

To qualify for this Biggest Loser Competition, your BMI (Body Mass Index) must be 30% or more. An application may then be filled out, and the first 70 participants that are approved will be assigned to a team of 10. Each team of 10 will be assigned a coach from our Fitness Staff. There will be weekly weigh-ins and eliminations. The last person standing at the end of the competition will be awarded a certificate for a Cruise! Strive for a Healthier lifestyle in 2012 with support from our dedicated fitness staff. More information & details coming soon!

KUK SOOL WON

(AGES 16 & UP)

Thursdays Winter I & Winter II

Time: 7:30-8:30 PM

Location: Y Fitness Studio

Fee: \$30 Y Member / \$55 Program Participant

ADULT BASKETBALL LEAGUE

League Begins: January 24th

Games Played: Tuesdays at the 1st Street Armoury

Team Fee: \$225 per season per team

ADULT VOLLEYBALL

League Begins: January 26th

Games Played: Thursdays beginning at 7:00 pm

Fee: \$100 per team

ADULT INDOOR SOCCER

(5 ON 5)

Seven members per team minimum

Schedule: League will begin February 19th.

League day: Sunday nights

Team Fees: \$275

**Includes referee fee.

BALLROOM DANCE

Monday 7:30 - 8:30 pm (Fitness Studio)

Fee: \$10 per class payable to instructor

ADULT FITNESS

Program Members Fitness Class Prices (7 Weeks)

**Unless noted otherwise.

No. of class meetings	Member	Program Member
14	Included	\$56
21	Included	\$80
Unlimited	Included	\$105

WATER FITNESS

AFYAP

Arthritis Foundation YMCA Aquatic Program
M/W/F 2:15-3:00 pm

SPLASH DANCE

M/W/F 8:00-8:45 am

TREADING WATER

M/W/F 9:00-9:45 am
T/TH 5:45-6:30 pm

WATER WALKING

T/TH 9:30-10:15 am
T/TH 5:45-6:30 pm

LAND FITNESS

NEW CIRCUIT FITNESS

Wednesday 9:30-10:00 am
(Roseville Community Center)

KICKBOXING

M/W/F 8:30-9:15 am

NEW KICK THE WEIGHT!

Come join the excitement and fun of mixing Cardio Kickboxing with Y-Pump. Tone up and get that heart pumping, all in one!

T/TH 5:30-6:30 pm

LUNCH CRUNCH

T/TH 12:15-1:00 pm

MORNING STRETCH

M/W/F 7:00-7:45 am

PACE

People with Arthritis Can Exercise
Arthritis Foundation Accredited Program
M/W/F 10:30-11:00 am (Y Fitness Studio)
W/F 10:30-11:00 am
(Roseville Community Center)
Fee: Free Y members / \$20 Program Members

PILATES

T/TH 5:45-6:15 am
T/TH 8:30-9:00 am
T/TH 5:00-5:30 pm

Y-PUMP

M/W/F 9:15-10:15 am
Saturday 8:30-9:30 am

Y-WALK

7 WEEK SESSIONS

M-F 6:00-9:00 am
Fee: Free to YMCA Members /
\$15 donation for Program Members

ZUMBA

(AGES 13 & UP)

M/W 6:00-7:00 pm
(Roseville Community Center)
T/TH 9:30-10:30 am (Y Gym)
T/TH 5:30-6:30 pm (Y Gym)
Friday 9:30-10:30 am
(Roseville Community Center)
Saturday 9:00-10:00 am
(1st Street Armoury, Monmouth)
*Members: Free / Program Members: \$5 per class

ZUMBA TONING

(AGES 13 & UP)

M/W 5:30-6:30 pm
(1st Street Armoury, Monmouth)
*Members: Free / Program Members: \$5 per class

FIT BEGINNINGS PROGRAM

New to exercise? Want to learn to exercise? Sign up for this nine-week program that provides instruction on the basics to exercise. Interested candidates must be YMCA members. Contact Candy Conard for details.

PERSONAL TRAINING

Available to YMCA members upon request at \$30 per hour. Contact Carey Jones for more information.

LET'S WORK TOGETHER

YMCA AQUATICS

LESSONS & POOL FUN

Fee for Preschool & Youth lessons:
\$20 Y Member \$35 Program Member

PRESCHOOL LESSONS (AGES 3-5)

PIKE

Beginner: Class teaches children how to float and paddle on their front and back with a float belt, as well as other basic skills appropriate for this age level. Children will build their confidence and become more comfortable in the water.

M or W 6:00-6:30 pm

COMBINED EEL & RAY/STAR

Advanced Beginner: Class reinforces skills learned in Pike, and helps children become more confident swimming with little to no help. Participants will begin to develop coordinated strokes on front, back, and side. Children become more independent in the water and prepared for youth classes.

M or W 6:00-6:30 pm

COMBINED PIKE, EEL & RAY/ STAR

Beginner & Advanced Beginner: Class teaches all levels of preschool swimmers. Children work with peers of all levels and learn from each other. This class practices and reviews all skills learned in Pike, and when ready, helps children learn the more advanced skills in Eel or Ray/Star.

Tuesday 7:00-7:30 pm (Winter II)

Saturday 11:00-11:30 am

YOUTH LESSONS (AGES 6-12)

POLLIWOG

Beginner: Class is designed for older children who are just learning to swim. Class focuses on gaining confidence in the water, floating and gliding on the front and back, as well as the beginning of stroke development. No experience is necessary.

M or W 6:30-7:15 pm

GUPPY

Advanced Beginner: Students start to perfect the front crawl with rhythmic breathing, back crawl, and sidestroke. Children also begin to build endurance and coordination in the water.

M or W 6:30-7:15 pm

COMBINED POLLIWOG & GUPPY

Beginner & Advanced Beginner: Class is designed to help beginner and advanced beginner students work together to improve. Class practices and reviews skills learned in Polliwog, and helps students achieve the more advanced skills learned in Guppy.

Saturday 10:15-11:00 am

COMBINED MINNOW & FISH

Intermediate & Advanced 1: Class is designed to help intermediate and advanced students work together to improve. Class practices and reviews skills learned in Minnow, and helps students achieve the more advanced skills.

Monday 6:30-7:15 pm

COMBINED FLYING FISH/SHARK

Class is designed to improve endurance and refine the following (including starts and turns): freestyle, backstroke, breaststroke, and butterfly.

Saturday 9:30-10:15 am

PRIVATE & SEMI-PRIVATE LESSONS

(AGES 3 and up)

Private or Semi-Private lessons are ideal for older children just learning to swim, children with special needs, adults who are nervous around water, or busy families that can't fit the regularly scheduled swimming lesson in their day! Lessons are designed to fit your schedule. Please contact Lynnae Touchette if interested.

Private Lessons (1 student)

Fee: \$60 Y Member \$75 Non-Member

Semi-Private Lessons (2-3 students)

Fee: \$40 Y Member \$55 Non-Member

SCUBA CERTIFICATION

Full SCUBA training with complete confined water (pool) training, and 5 open water dives! NASA requires all Astronauts to first take the same Open Water Certification offered by NAUI. The same identical Open Water course is now offered at the Warren County YMCA. With this Internationally recognized Lifetime certification you are allowed to rent or purchase SCUBA gear anywhere. You will be allowed to dive anywhere in the world.

Instructor has over 30 years experience.

Session breakdown: 4 to 5 weeks of 3 plus hours classroom sessions offered, 1 evening per week or combination Web based course for academics. 4 to 5 weeks of 3 plus hours pool sessions on Saturdays to cover water skills. Plus 5 open water dives for certification in local area lake with sunken boats and bus to be scheduled during 2 days of diving.

Class begins February 18th.

Register beginning January 2nd at the Front Desk.

Minimum age is 15 years old.

\$395.00 per person. (All gear rental & air included) Includes Lifetime Certification Card and Open Water Manual. **Class is limited!**

FOR SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors.

STAFF SPOTLIGHT



Mike and his wife Amy reside in Monmouth with their two children Alexia and Carlyn. Mike and his family have been active members of the YMCA for many years. His children have participated in many YMCA programs including swimming lessons, baton twirling, basketball, volleyball, and softball. Mike served as head coach for the traveling YMCA high school softball team, the Stingrays, for two years and one year as assistant coach for the traveling YMCA junior high softball team, the Mantarays.

Recently Mike became very focused on his overall health and weight loss and started working out regularly at the YMCA. With a lot of hard work and dedication, Mike lost over 75 pounds and has successfully maintained his weight loss. Mike had so many people inquiring to what he did and how he was successful that he developed a strong desire to help others achieve their health and weight loss goals. To begin assisting others with their goals, Mike joined the fitness team at the YMCA and began training members in Nautilus orientation and the Fit Beginnings program. Mike obtained his personal trainer certification through AFAA (Aerobic and Fitness Association of America). Mike enjoys cardio workouts and says his passion is working with new clients in the Fit Beginnings program. "I know how it feels to be significantly overweight and can compare that to how good I feel now. It is really rewarding for me to work with clients enrolling in the Fit Beginnings program; I can genuinely relate with them on where they are currently, where they want to go and what their journey will entail to get them there."

Outside the YMCA, Mike serves as the Chief Administrative Officer at Eye Surgeons Associates in the Quad Cities. He also enjoys running outdoors so you may catch him at an area race or hitting the pavement on the streets in Monmouth.



SPECIAL OLYMPICS SPOTLIGHT

The Warren County Special Olympics group has been busy in the last three months. We have participated in several sports, brought home lots of medals, created lasting memories and have had enormous amounts of fun in the process.

During August our Softball and T-ball teams competed in District tournament play in Springfield. Despite the severe heat both teams were able to place 2nd. We also got to participate in the International Softball competition in the Quad Cities with our team combining forces with some of the athletes from the competition to form two mixed teams. I couldn't begin to tell you the final score; as it may, or may not have been a "fixed" game. It definitely was a great evening of ball. Our athletes were able to demonstrate their many talents and the spectators got a good show.

We also started practicing for Volleyball and Bowling in August. We had two volleyball teams competing this season, a regulation team and a modified team. Both teams won gold at the district qualifier in October and went on to state in November. At state our regulation team brought home the gold (5th straight year) and our modified team, the bronze.

Bowling got off to a good start with 40+ athletes participating in the district event held in Moline, Illinois on October 2nd. There were 13 athletes who received gold and the opportunity to advance to the next level of competition. Sectionals was held at Northgate Lanes in Galesburg on November 6th. We had 9 athletes (Team event: Joyce Barry, Mike Barry, Eddie Orr & Valena Orr / Doubles event: Cinda & Tom Stansbury / Doubles event: Carol & Richard Rudow and Individual event: Chris Bowers) who won gold medals. They will now advance to the State Tournament that will be held on December 3rd in Peoria. Good Luck!

The basketball season has just begun for the Falcons. We will have two teams this year; one adult and the other high school. District competition will be held in Bloomington, Illinois on January 22nd. Also, there are 12 athletes who will be participating in the Individual Skills competition. This activity allows athletes the opportunity to demonstrate their dribbling, shooting & passing skills. Competition for this event is scheduled for February 5th at the Warren County YMCA.

Anyone who would like to volunteer or participate in the program locally may contact Mitch Ray at 309-734-5903. We wish you all a safe and happy holiday season.

www.warrencountyyymca.org