

Y'S WORDS



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Bloomington-Normal YMCA

602 S. Main St

June 2011

www.bnymca.org

THE NEWSLETTER OF THE BLOOMINGTON-NORMAL YMCA; JUNE 2011

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**QUESTIONS,
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Contact Sandy Zarnndt, the editor
at sandyz@bnymca.org



BN COMMUNITY BENEFITS FROM AQUATICS

Pools have long been associated with YMCA's. In fact, one of the very first filtered indoor swimming pools was built at the Kansas City YMCA. As a result of this association, YMCA's have been instrumental in teaching swimming lessons, lifeguarding, water exercise, synchronized swimming, and competitive swimming. The Bloomington-Normal YMCA is no exception to this. The YMCA's pool plays host to many activities that emphasize youth development, healthy living, and social responsibility.

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REGISTER NOW FOR THESE GREAT OPPORTUNITES!

Y Boys Summer Basketball Camp (grades 2-7) July 11 – 15

Y Girls Summer Basketball Camp (grades 2-7) July 18 – 22

Coordinator **Joe Rodgers** at jrogers@bnymca.org

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Healthy Living

For over 30 years, the YMCA has provided water exercise classes to help with osteoporosis, arthritis, fibromyalgia, and other musculoskeletal diseases. “The water exercise classes at the Y help me function throughout the day”, indicated **Shirley Soderstrom**, longtime water exercise participant. “Water exercise classes are non-weight bearing exercises that help elevate an individual’s heart rate without the stress on an individual’s joints”, stated **Joe Rodgers**, Healthy Lifestyles Coordinator. In addition to water exercise classes, lap swimming has always been an excellent option for many physiological benefits.



Youth Development

The YMCA as a movement, it most noted for teaching the masses how to swim. In Bloomington-Normal, this also rings true. Each year, over 400 children gain confidence and self-esteem at the YMCA through a series of progressive swim lessons. In addition, children learn responsibility, commitment, discipline, teamwork, are challenged to ascend to higher levels through the YMCA WAVES swim team program.

Social Responsibility

The first week of every June, the YMCA provides free swimming lessons to youth in our community via the YMCA SPLASH program. The SPLASH program teaches the basics of water safety, boating safety, and basic swimming techniques. In addition the YMCA pool is helps children at the High Road School in Bloomington and the Unit 5 Adaptive P.E. program. The High Road School is a local private school that helps educate children with special circumstances. The Unit 5 Adaptive P.E. program is a program that helps provide physical education to children who are physically disabled.

BN YMCA POOL FAST FACTS

- The current pool was built in 1971 and is actually considered an “above ground” pool.
- The pool holds approximately 80,000 gallons of water.
- Nearly 2500 lbs. of chlorine is required to sanitize the water annually.
- There are two sand filters that hold 750 lbs. of sand each.
- The pool specifications are as follows:
 - 84 degrees
 - PH level – 7.3 – 7.6
 - Chlorine level – 2 ppm

NEW GROUP FITNESS CLASS COMING THIS FALL



A new suspension training group exercise class will begin this fall 2011. Suspension training is the hottest trend in strength training today. For more information on this class, contact Healthy Lifestyles

MEMBER EXPERIENCE TO INCREASE WITH DAXKO OPERATIONS

Daxko Operations is a new membership, program and fundraising software system that enable membership and program registration online. Members and perspective members can now go to the YMCA’s website www.bnymca.org and register for youth basketball camps, swim lessons, fitness classes, aquatic classes, martial arts, lifeguarding classes, personal training, and more. “This system enables our members and staff more flexibility and user friendliness”, indicated **Sandy Zarndt**; Director of Member Services and Operations. “Our hope is to be more accommodating to today’s busy family lifestyle”. There are three easy ways to register for programs:



PHONE
(309) 827-6233



FAX
(309) 827-0807



ONLINE
WWW.BNYMCA.ORG

SWIM TEAM MEMBERS SELECTED FOR ZONE SELECT CAMP

Three participants on the YMCA WAVES swim team were selected to participate in the USA Swimming Zone Select Camp held in Miami, OH on May 26-29.

Justin deDianous, Tyler deDianous, and Michael Wolfe were identified as emerging young athletes in the Central U.S. Zone and were among three of the twenty eight males selected from a fourteen state zone. Congratulations to **Justin, Tyler, and Michael** for their hard work and determination.



NEW WATER EXERCISE CLASS OFFERED

Aquacize, a new water fitness class began on June 6, 2011. The class is a medium to higher intensity workout and is recommended for those who have participated in a water exercise class before. The class is taught by **Jane Martin** and is offered Monday, Wednesday, and Friday from 10:15 am – 11:15 am and is free to all members of the Y. GIVE IT A TRY!!



Y MEMBERS PONY UP FOR STRONG KIDS CAMPAIGN

A group of YMCA members led by Jack White developed a March Madness "Horse" Tournament to benefit the Strong Kids program. Each participating member paid \$10.00 in a double elimination tournament. The final four are picture above and include from left to right: **Carl Hinshaw, Mike McNeely** (tournament champion), **Jack White, Andy McNeely**.

STRONG KIDS CAMPAIGN RAISES MOST MONEY EVER

A very big thank you to the 224 donors, 61 volunteers for helping over 600 children and their families participate in activities centered around healthy living, youth development, and social responsibility. The YMCA Strong Kids Campaign is a fundraising campaign that enables the YMCA to provide membership and program opportunities for those experiencing financial hardship.

\$90,173 was raised to ensure no person is denied membership and program opportunities at the Y! This represents a 22% increase in giving compared to last year, and is the most money ever raised in an annual campaign by the Bloomington-Normal YMCA. The winning team was led by former YMCA Executive Director **Dennis Mohrman** reaching 110% of goal. Teammates included board members **Randy Perry, and Bob Groetken**. The team lead by **Bob Bills** surpassed their goal by achieving 101%. The team members included **Bill Wetzell, John Nafziger, John McIntyre, and Rich Gaffney**. The campaign got off to a great start on April 7, 2011 at the Doubletree Hotel by the Leadership Team consisting of **Steve Snyder, Bob Fleming Jr., Larry Phillips, Rick Penn, Kim Guttschow, and Sandy Zarndt**.

Other volunteers include: **Dave Deneen, Wayne Brucker, Mike Moews, Gary Scheets, Greg Poling, Mike McNeely, Randy Ehlers, Jean Swee, Lisa Ehlers, Dean Messinger, Brian Basting, David Lewis, Valerie Dumser, Dave McGrew, Tiffany Manor, Sherry**

Stockum, Sandy Schaller, Sean Craig, Jack Van Draska, Michele Pugh, Dr. Keith Evans, Larissa Kennedy, Heather Fort, Shannon Ramirez, Keith Palmgren, Mark Wilkins, Chip Frank, Jason Pals, John Kasch, and Duane Yockey

ADVENTURE GUIDES EVENT PLANNED

On Saturday July 16, the YMCA Adventure Guides Family Program will be attending [SplashDown](#) Aquatic Center in Peoria and then attending a [Peoria Chiefs](#) game. If you would like to participate, contact Doug Miller at doug@bnymca.org. ***This event is FREE for all family members who have a family membership to the YMCA!*** For those without a family membership, you're also welcome to attend.

YMCA BASKETBALL LEAGUE INCLUDED WITH FAMILY MEMBERSHIP

GREAT NEWS !! In an effort to add value to a family membership, the YMCA basketball league is now included with your family membership. Simply register all children into the YMCA basketball league at no additional charge. For more information contact **Doug Miller** at doug@bnymca.org

FINANCIAL PEACE UNIVERSITY TAKING REGISTRATIONS

The YMCA will be offering Financial Peace University beginning September 12, 2011. Financial Peace University is a thirteen week, biblically based, small group study that teaches families to beat debt, and build wealth. The class meets for two hours each week during which the average family pays off \$5,300 in debt and saves approximately \$2,700.



Enrollment is limited to the first ten couples. The cost per couple is \$125. Financial assistance has been provided through a grant by State Farm. No person will be denied participation due to the inability to pay. For more information, please contact **Joe Rodgers** at jrodders@bnymca.org

REGISTER NOW FOR THE FOLLOWING:

Swim Lessons – [Click Here](#)

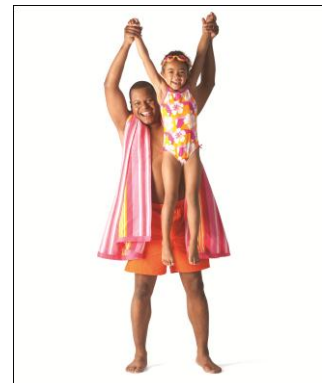
Shotokan Karate – [Click Here](#)

Tae Kwon Do – [Click Here](#)

Judo – [Click Here](#)

Basketball Camps – [Click Here](#)

Basketball League - [Click Here](#)



CALLING ALL GROUPS

Rent the YMCA! The YMCA can be rented for after hour activities subject to availability. Youth groups, Church groups, Boy Scouts, Girl Scouts, Meeting rentals, Etc. Contact Doug for more details at

(309) 827-6233 or doug@bnymca.org

