

The Y. So Much More™ NEWSLETTER



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ROCHESTER AREA FAMILY Y

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APRIL 2015



FITNESS CENTER RENOVATION



The Fitness Center will be closed April 18-24 for renovations. Our personal trainers will be offering alternative workouts and a temporary studio with cardio equipment will be set up during this time for members to use.

During the renovation get a preview of the new trainer-led small group classes for FREE! Class descriptions below.

Kay F.I.T Challenge • Thursday 4/23 evening at 6:30pm

Functional Interval Training to build strength, speed, and endurance. Maximize your calorie burn while sculpting and toning with a variety of equipment. From beginner to advanced, whether you are looking to improve your health and fitness or prepare for your next race this 10 week challenge will help you find your inner athlete. Taught by Kayla Dietzenbach

Pool Toning • Wednesday 4/22 and Thursday 4/23 morning at 6am

Tone and Strengthen a different way! We will be utilizing water weights and kickboards. No swimming experience necessary! Taught by Judy Shutz

Bridal Boot Camp • Tuesday 4/21 and Thursday 4/23 evening at 7pm

Bring your future spouse or bridesmaids or even your best man! Make sure you fit into that dress or suit for the big day. We will use cardio equipment, kettle bells, dumbbells, even resistance bands to make you shine on your big day! Taught by Cassie Jacobson

MEMBERSHIP APPRECIATION

Something FUN for Y Members every day during April 20-April 24
10am-12pm • Monday 4/20: Chair massages by Ashley Andrist of Bodywise and Hand Spa Treatment by Gina O'Neill of JAFRA
5pm-7pm • Thursday 4/23: Ashley and Gina will be back again!

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ENJOY THIS ISSUE?

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

OUR MISSION

Providing for the spiritual, mental and physical well-being of the individual, family and community.

Let no one ever come to
you without leaving
better and happier.
-Mother Teresa

OUR GOLDEN EGG HAS GONE MISSING!

In honor of our 50th Anniversary, each day in April we will be placing a Golden Egg somewhere in the Y. Bring the Golden Egg to the Welcome Center and you will win a daily prize and be entered into a drawing for a \$50 YMCA Gift Certificate. The Golden Egg will be placed in plain sight. It will NOT be in any lockers rooms, bathrooms or offices. Grand prize drawing will be held on April 30th!



national poetry month

INVICTUS: THE UNCONQUERABLE By William Ernest Henley

Out of night that covers me,
Black as the pit from pole to pole,
I thank whatever gods may be
For my unconquerable soul.

In the fell clutch of circumstance
I have not winced nor cried aloud.
Under the bludgeonings of chance
My head is bloody, but unbowed.

Beyond this place of wrath and tears
Looms but the Horror of shade,
And yet the menace of the years
Finds and shall find me unafraid.

It matters not how strait the gate,
How charged with punishments
the scroll,
I am the master of my fate,
I am the captain of my soul.

STAFF SPOTLIGHT

TIM KRAMER

Tim is a Lifeguard.

Tim's Favorites

Thing to do at the Y: Swim

Snack: BBQ Potato Chips

Drink: Chocolate Milk

Restaurant: Cheap Charlies

Place to Shop: Sports Authority

Hobby: Doing triathlons

Scent: Bacon in the morning

Sports Team: Vikings

Color: Green

Cereal: Reese's Puffs

Flower: Daffodils

HOT STONE MASSAGE THERAPY SPECIAL

Bodywise Massage Therapist, Ashley Andrist, is taking appointments at the Y! Save \$10 with special April rates: 60 minutes for \$60 or 90 minutes for \$90. To schedule an appointment please call Ashley at 507-251-3567



NEWS & UPDATES

- **The Y will be closed on April 5th in observance of Easter Sunday.**
- April is National Poetry Month! Follow poetry events taking place nationwide at @POETSorg, and tweet about your own using #npm15
- The first day of Summer Camp is June 8th. We can't wait!
- Camp Olson YMCA is offering our Y members a \$75 discount on any full week resident camp. Members must provide a copy of their membership card or proof of membership at the time of registration.
- **Join the Y team**—We are now hiring for Lifeguards and Camp Counselors. Apply today!
- Winners from recent YMCA Staff Appreciation Chili Feed: Johnson Yang-People's Food Gift Card, Deen Narveson-Kwik Trip Gift Card, Taryn Wohfiel-Ye Olde Butcher Shoppe Gift Card, Linda White-Y Shirt and Avin Sherman-Trader Joes Gift Card.



- The week of **April 18-25** volunteers will work together across Rochester to scour ditches, parks, waterways and boulevards to pick up tons of trash. Please consider joining them!

Where were you born?

Rochester

Tell us something about you that many don't know.

I want to live in Alaska someday

What is your most treasured possession?

My triathlon bike

Name something you've done once that you can't wait to do again.

Go whitewater kayaking

Name one thing you want that you can't buy with money.

To become a Marine

What is the one person, place or thing you can't say no to?

Donuts

What was the last movie you watched?

American Sniper

WISHING YOU A BLESSED & JOYFUL EASTER!



KIDS GYM HOURS



Monday-Thursday
9:30am-11:00am & 5:00pm-6:30pm
Friday-Saturday
10:00am-11:30am
Open for families upon request.
Must sign in and out at Welcome Center. Youth must be supervised by an adult at all times.



ANNUAL MEETING

On March 24th the Y held its Annual Meeting in the South Gym. During the meeting the Y welcomed Lance Resner, Nancy Stuart and Debbie Beauchene to the Board of Directors. John "Bart" Brown was honored for his 20 years of service at our YMCA. Thank you to all who attended!
Rochester Women Magazine was omitted from 2014 Annual Report.

RACQUETBALL UPDATES



The state tournament was held March 13-16 in Fridley, MN. Mark McCoy won the Men's A55+ division and Wendy Miller won the Women's Open and the Women's All Ages Division. Nick Sloan and Cheryl Jones also competed. The racquetball leagues are over for the year. Steve Gau won the A division on Monday nights. Drop in singles will continue through April.

The last local tournament is April 11th at the Rochester Athletic Club (RAC). It is the Hall of Fame Doubles Tournament. You do not need a partner as they are decided once everyone gets there. All are welcome. Starts at 9am. Check out the racquetball board for more information.

BETTER TOGETHER WELLNESS EXPERIENCE

Receive weekly group support! Achieve health and wellness goals!
Wednesdays, 12:00pm – 1:00 pm • April 15-July 22
\$50 Members / \$100 Non-Members

Come and join Wellness Trainer and Dietician Jen Brewer, RDN as she leads you through six different wellness goals:

- 1) Resources
- 2) Nutrition
- 3) Activity
- 4) Service
- 5) Connection
- 6) Contribution



Though there are many wellness programs that have popped up around the world, the thing that makes Koken stand out is the pinnacle of the Koken method: contribution. Taking the great points from the previous Y Weight group program, Jen has now added the Koken principles to help you do so much more than just lose weight. Koken (Japanese: meaning contribution) centers on six pillars of a pyramid that help you grow in all areas of wellness and wholeness, so that you can then contribute to your family, your community, and your world. Join Jen and your fellow Koken members on a journey through the six pillars of resources, nutrition, activity, service, connection, and contribution to truly become your best self, both inside and out!



Dr. Bryan Williams from Williams Health Center will be teaming up with our Y Dietician Jen Brewer to offer health workshops at the Y covering topics ranging from battling chronic disease to raising healthy families. A sure favorite class will be recipe tastings and healthy meal planning workshops. Members will be given opportunity to "Shop with the Doc" at local grocery stores to learn the best foods for nutrition. Be watching this newsletter for monthly articles to keep you engaged and thinking about your health.

Dr. Bryan's first class in late April will be titled "Fitness 101" and explore why being fit is so important, that you are never too old to exercise, how to develop a mindset for exercise and how to exercise safely.

As an added bonus, Dr. Williams plans to offer complimentary Fitness Exams to YMCA members in the very near future to make your goal of improving your health complete. This is an added benefit that you can get nowhere else in Rochester, just for being a YMCA member. Look for more information on these free fitness consultations in next month's newsletter.



HEALTHY KIDS DAY® • 10AM-3PM • SATURDAY, APRIL 25TH

The Y is holding a free community event to inspire more kids to keep their minds *and* bodies active. YMCA's Healthy Kids Day®, the Y's national initiative to improve health and well-being for kids and families, features activities such as a karate demonstration and Zumba for families that motivate and teach families how to develop a healthy routine at home. YMCA's Healthy Kids Day® is supported by Olmsted Medical Center, and also supported by nationally by Humana.



SCHEDULE

Free youth T Shirts for first 125 participants who complete scavenger hunt!

10am-12pm: Community Fair

Featuring Elsa (11:30-12:30), miniature pony, golf, bookmobile, free food, nature and art activities, giant slide, live music. Register for your chance to win a free week at YMCA Summer Day Camp! (Specialty camps excluded)

11am-1pm: Group Demonstrations

Bird/Raptor Show, Karate Demo and Family Fitness

1pm-3pm: Waterpark/Pool Opens

Y MENTORS MATCH SPOTLIGHT

JOE & CHRISTIAN

This match loves learning through computers and video games. They have so much fun together. Every Tuesday they meet up for site-based mentoring, You can always overhear them deep in conversation about some kind of interesting topic—these two are almost like encyclopedias! Joe and Christian have been working on computers, completing homework assignments, playing strategy games and working out. Recently they met a Minnesota Vikings player that grew up in the area. They were not expecting this, but were excited about it! They had the chance to play flag football with Marcus Sherels! Joe and Christian are very calculated and precise when building things together, recently Y Mentors had a competition for making a basket out of straws to catch a golf ball... their creation was by far the best put together, and it actually caught the ball! Together these two are tough and figure out anything. They are waiting to accept any challenge!



The Otto Bremer Foundation's March Millions campaign raised **over \$2.22 million** for nonprofits in southeastern Minnesota! Our YMCA will receive over \$115,000 from the giving event. We are so grateful for the Otto Bremer Foundation and GiveMN for creating this unique and generous opportunity! *Pictured above: UMR Dance Team*

ABOUT THE Y—The Y is one of the nation's leading nonprofits strengthening communities through youth development, healthy living and social responsibility. Across the U.S., 2,700 Ys engage 21 million men, women and children—regardless of age, income or background—to nurture the potential of children and teens, improve the nation's health and well-being, and provide opportunities to give back and support neighbors. Anchored in more than 10,000 communities, the Y has the long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change. ymca.net