



IN STEP WITH YOU - Newsletter

YMCA of McDonough County
www.macombymca.org
400 East Calhoun Street Macomb, IL 309-833-2129

Spring Session 2012
March 19 - May 5
Member Registration: Feb 25 - Mar 2
Non-Member Registration: Mar 3
Register Early!

Couch to 5K is back!

If you have ever wanted to run this is the class for you. A nine-week program that gently and progressively gets you into running shape – good enough to run a 5K! That is 3.1 miles for the uninitiated. Make new friends, meet new people, and get into shape because this class includes core training and yoga stretches! If possible, prepare for the class by doing more fitness walking – it will help in your quest to run!

Class meets on Monday, Wednesday and Friday evenings at 5:15 pm
Member Fee: \$25, Non-member fee: \$55

Informational meeting: Wednesday, March 21 at 5:15pm in the YMCA Senior Center. This includes a presentation on what to expect from the program and a running shoe overview from Brown's Shoe Fit.

Interested in volunteering with Couch to 5K?
Contact Cindy Cavett.

**THE YMCA WILL BE
CLOSED
SUNDAY,
April 8th.
HAPPY EASTER!**

UPCOMING EVENTS

Swim Clinic

Interested in becoming more efficient and speedy when swimming laps? Sign up for the Swim Clinic held on Saturday March 3 and March 10 from 2-4 pm. Jamie Grau, YMCA Intern and WIU swimmer, will give you pointers on improving your stroke mechanics to make you a better swimmer. Fee: FREE for Y members. Register at the Front Desk.

Kiddie Karnival

March 31 from 10:00am - 1:00pm

Healthy Kids Day

Friday, April 20 from 4:30 to 5:30 WIU students will be hosting fun games and activities for children of all ages. Agility course, races and much, much, more.

Senior Health and Fitness Day

Seniors are welcome to come in on Saturday, April 21st from 2 to 4 for blood pressure screenings, Strength and flexibility assessments and physical activities.

NOTICE****NOTICE

Our swimming pool will have new hours starting March 19.

Monday-Friday	5:30am-9:30pm
Saturday	6 am-5:30pm
Sunday	12-5:30 pm

Happy 40th Birthday, YMCA Pool!

The YMCA pool opened on April 16, 1972 and allowed the Y to offer water ballet, swimming instruction, recreational and competitive swimming, water polo, and lifesaving instruction. The rest of the YMCA activities center was opened in 1975.

Hawaiian Hula Dance

The Hula dramatizes or portrays the words of a chant or song in a visual dance form. Sheila Shearer, retired Macomb elementary school teacher, taught Hula to her 2nd and 3rd grade students as part of her Hawaiian program for 28 years. She will teach basic movements and some easier dances such as My Little Grass Shack and Hawaiian Lullaby to those age 14 and older.

The number of dances will depend on the progress of the class.

Please contact the YMCA for more information.

Youth Soccer

Fee: \$52.50 (Y member \$22.00)

\$15 Uniform deposit required

Pre K and Kindergarten Instructional Play

For boys and girls who are interested in learning the basics of soccer and having FUN! Games are on Saturday mornings at 9:00. The first half of the game is instructional practice and the last 30 minutes is a scrimmage.

Meet the Team Day: March 24th @ 10:00 AM

1st- 6th Grade Soccer League

Open to all boys and girls who are interested in participating in soccer games. Leagues are divided by the following grades: 1st/2nd, 3rd/4th, 5th/6th

Meet the Team Day: March 24th @ Veteran's Park Soccer Fields

1st and 2nd 9:00 AM

3rd and 4th 9:45 AM

5th and 6th 10:30 AM

Late Fee begins on March 19

Junior High Traveling Soccer

Spring is here and soccer has a new look. This session we will have a shoot out style league for 5 weeks.

2 games every weekend. Fee: \$45 (Y member \$25.00)

Dodgeball Fridays!

Fridays 3:30 – 4:30

Come to the YMCA on Friday and compete in a variety of Dodgeball games. All ages are welcome to participate.

New teams will be picked every Friday.

FITNESS

Not sure what classes you are interested in taking and have a busy schedule? We allow

Drop-Ins for many of our classes.

Member fee: \$3/class, Non-member: \$6

Not all classes are included in this special offer.

See class schedule for details.

FITNESS CLASS FRENZY

We are changing some things up so watch out!

Sweat Express Workouts!

They are short and sweet and sweaty, but will make great use of your time!

Bootcamp Express

Tuesday/Thursday 6:00-6:35 am

Go whole hog or pace yourself with this energetic workout that hits both cardio and muscle and will get you ready for your day!

Cardio Express

Monday/Wednesday @ 6:20pm

All cardio, all the time. A variety of activities will get you jumping and your heart a pumping in this 30 minute workout.

Abs and Ends Express

Monday/Wednesday @ 5:45pm Get those guts and butts challenged with this 30 minute workout!

Hoopin' It Up!

Hula Hooping is not only fun, it is a great workout. Learn moves that you never did back when you were a kid.

Participants will need to purchase their own hoops for \$20 after the instructor determines size.

YMCA Day Camp

YMCA Day Camp is an alternative to traditional school age child care, with an emphasis on exploration of campers' interests! Sign your child up for the weeks that he or she will enjoy or that may spark a new interest in his or her life!

Register for YMCA Summer Day Camp Feb. 25th!

\$25 registration fee

Fee: Member: \$100 / week

Non Member: \$130 / week

Gymnastics, Tumbling, and Dance

We offer classes from beginning tumbling for 3 year olds to advanced gymnastics, tumbling, dance, and cheerleading.

The YMCA also offers a Gymnastics team and a Tumbling team for the individuals that are interested in competing. Call the YMCA for more information.

YMCA Circus Academy

Fridays 4:30-6:00 pm March 23- May 18.

This session will run for 9 weeks. The extra classes will provide more practice for the Big Show in May!

Amy Fansler, Circus Coordinator, recommends

Circus students take a gymnastic class (Level 1 or 2)

or the new class, Circus Acrobatics, at the Y Gymnastic Center. These classes will build fundamental skills which will enhance every Circus act.

Circus Acrobatic Class *NEW*

Wednesdays 4:30-5:30 pm This class will provide instruction of basic Gymnastic skills and will enable children to give a stronger performance in the Circus.

AQUATICS

Spring Lifeguard Training

Don't wait until the last minute!

Contact Joan Murray if you are interested in becoming a Red Cross Lifeguard.

Change up your cardio workouts with aquatic classes! Our muscles respond to different types of workouts. Sooo... mix it up in the water!

Aqua-Fit

Tuesday/Thursdays @ 7:15 pm

Provides a great cardio workout with no stress to the joints!

Waterobics

Monday-Friday @ 9:00 am

This daily water workout provides range of motion, cardiovascular, strengthening and flexibility benefits.

The Y also offers **Water Workout** on Monday, Wednesdays and Fridays at 1:30 pm and **Arthritis Aquatics** on Tuesday and Thursdays at 1:30 pm

Swim Lessons

A variety of class times and levels are offered. Children will have more fun and be safer in the water this summer, plus it is a great form of exercise and an important life skill.

Dorothy McCammon Begin to Swim Lessons

May 7-11, 2012 3:30 - 5:00pm Ages 3 - 6th grade.

Free lessons appropriate for those children who have not had swim lessons before. Emphasis is on introducing basic swimming skills and water safety.