

# The Y. So Much More™ NEWSLETTER



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

AUGUST 2015

ROCHESTER AREA FAMILY YMCA

709 1st Ave. SW, Rochester, MN 55902

507.287.2260 • www.rochfamy.org

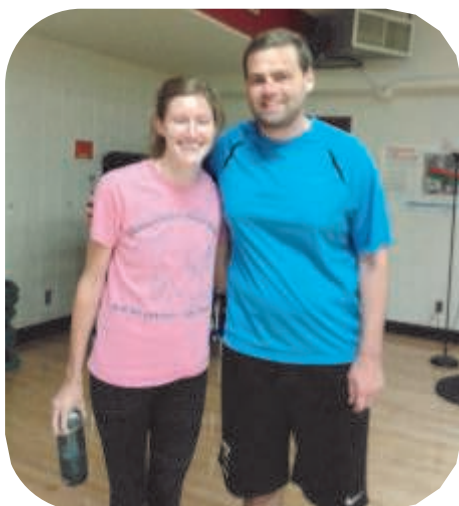


## WEIGHTLIFTING IS FOR EVERYONE

Have you tried our muscle conditional classes?

Sylwia submitted these photos from her Power Cut class. Power Cut is a mix of cardio and toning exercises

designed to get your heart pumping while working a variety of muscles groups. Power Cut is held Tuesday and Thursday mornings from 10:15-11:10, Tuesday evenings from 6:35-7:30 and Friday evenings from 5:30-6:25.



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## ENJOY THIS ISSUE?

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

## OUR MISSION

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

## MACKER RETURNS

The Y will be closed August 8-9 for Gus Macker.



## STAFF SPOTLIGHT

# NATE ASPER

Nate works at the Welcome Center.

### **Nate's Favorites**

Snack: Crispy M & M's

Scent: A lake on summer's morning

Drink: Glacier Cherry Gatorade

Restaurant: Buffalo Wild Wings

Place to Shop: Any sporting goods store

Hobby: Playing Golf

Color: Blue

Sports Team: MN Wild

Thing to do at the Y: Work out in the Fitness Center

Sport: Hockey

Where were you born? South St. Paul

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

I lived in North Carolina for a year in the mountains

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

To shoot a 72 in golf

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

Went snowboarding in Colorado

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

What is your favorite holiday? Thanksgiving

What was the last movie you watch? Jurassic World



## NEWS & UPDATES

- The Pool and Water Park will be closed for annual cleaning September 6-12.
- Fall program registration begins August 17. Program registrations need to be completed online or at the Welcome Center.
- Now Hiring for fall lifeguards and swim instructors! Apply today!



## LET'S PLAY BASKETBALL—GUS MACKER 2015

150 teams of all ages and abilities are registered to play in this summer's annual outdoor tournament. The events starts Friday night with player packet pick-up at the Scheels from 4-7pm. Saturday morning kicks off with opening ceremonies at 8am and games start at **8:30am**. You won't want to miss Saturday's Slam Dunk Contest at 5pm! Championship games will be held on Sunday. The Y is grateful for the all of the community sponsors who make this tournament possible. Proceeds from Gus Macker support the Open Doors Scholarship program. With your help, no one is turned away from the Y due to inability to pay.

PLEASE NOTE: The Y and 1st Avenue in front of the Y will be closed during the weekend of Gus Macker. See map to the right for details.

**DID YOU KNOW? HISTORY OF BASKETBALL—**In December 1891 at the International YMCA Training School, the school's director gave physical education teacher, James Naismith, two weeks to come up with an indoor winter game to challenge a class of future Y directors. Naismith hung up peach baskets to the bottom of a second-level running track and taught the men his new game: basketball.





## SHARE YOUR PASSION

Become a Group Fitness Instructor at the Rochester Area Family YMCA! Tamsin Barlow will lead a session of training this fall on Thursday evenings from 7-9pm. The class will meet in the Presidents Room September 17-October 15. Cost is \$150 for Y members and \$200 for community members. Teach at the Y and you will be eligible for a \$100 reimbursement after six months. Questions? Email [tcbymca@gmail.com](mailto:tcbymca@gmail.com)

## Y-TOTS PRESCHOOL

Our state-licensed preschool will help your child develop independence, self-confidence, and school readiness skills. Y-Tots has openings for 4 year olds. Contact Julie Ellis with questions 287-2260 x 1051 or [juliee@rochfamy.org](mailto:juliee@rochfamy.org).

### GUS MACKER CALL FOR VOLUNTEERS



- Registration
- Scorekeepers
- Trash & Water
- Set-up
- Traffic

**Be part of the Y's** fundraising event! Over 100 volunteers are needed for Gus Macker. Are you available to help? Sign up with Meghan at the Welcome. All volunteers receive a free Macker t-shirt.

## BECOME MORE ACTIVE, ENERGIZED AND EMPOWERED

EnhanceFitness® is an evidence-based group exercise program that uses simple, easy to learn movements that motivate individuals with arthritis to stay active throughout their life. EnhanceFitness® participants overcome the obstacles of living with arthritis and revitalize their well-being within a safe community of support. You do not have to have arthritis to join this class. Any Fitness level is welcome.

This class meets three times per week Monday, Wednesday and Friday for one hour at 9:30am in the Small Group Studio (on the second floor) and at 1:30pm in Balfour Hall.



## BUTTERFLY GARDEN

De Cansler and Sue Butler (pictured left) supervise the Butterfly Garden at the Y. Sue is a master gardener who focuses on the planting and care and De, a long time school teacher, focuses on the **children's activities using the garden**. The garden provides a much needed habitat for monarch butterflies and other pollinators. It also provides a valuable opportunity for youth to learn about and interact with the local ecology, entomology, and botany. Thank you De and Sue!



## BEST SUMMER EVER #HOPTHEGAP

Our YMCA has provided 565 local youth safe and fun recreation so far this summer. Camp helps kids develop skills and teach leadership while allowing them to build lasting friendships and unforgettable memories.

## FITNESS 101

Wednesday, August 5 • 6:30-7:30pm • Balfour Hall

Outgrow outdated fitness routines that require hour-long bouts with the elliptical, and shift them away from energy-sapping scant-calorie diets. Take aim at fitness misconceptions and learn the power and simplicity of surge training and whole-foods nutrition. Looking good is a fitness bonus—not the goal behind it.

Don't miss out on this amazing opportunity to learn how to get in the best shape of your life with Dr. Bryan Williams! Learn how exercise improves total body function. RSVP: Jill Oftedah1 507-202-5909 or JOftedah12@winona.edu

- Get the most from your workouts with professional nutrition tips
- Discover how laboring on a treadmill can actually damage your health
- Activate specific fat-burning hormones with a revolutionary exercise principle



## GOLF FOR A CAUSE—FORE THE KIDS

Enjoy a beautiful day of fall golf and help raise money for a good cause. Your participation will benefit kids and families in our community, who are in need of financial assistance to participate in life-changing YMCA membership and program activities.

Wednesday, September 16 • Eastwood Golf Course

\$100 per golfer includes 18 holes of golf, brat/hot dog as you tee off, dinner and prizes! Tee sponsors available for \$100. Register yourself or your team by emailing [angied@rochfamy.org](mailto:angied@rochfamy.org).

## SHOP FOR A CAUSE—Y MENTORS

Y Mentors is partnering with Macy's for this fundraising event held on Saturday, August 29. Purchase your \$5 shopping pass by August 28 to participate. Your participation gets you entered for a chance to win a \$500 shopping spree plus receive 25% off at Macy's! Email [elyseb@rochfamy.org](mailto:elyseb@rochfamy.org) for details.

## INSPIRING OUR FUTURE

Y Mentors provides positive mentoring relationships to help youth discover abilities by broadening their experiences and abilities. Mentors offer their friendship and guidance to build a healthy mind, body and spirit in their mentee.

*Pictured right: Mentor Will reunites with his mentee 11 years after they met through the Y Mentors program.*



## TOUR DE CURE

Saturday, September 19 • Start/Finish held at the Y  
Whether you like to hammer, shred, or cruise, the Tour de Cure has a route for every cyclist. The 2015 Rochester Tour de Cure challenges you to pick your pedaling poison. This ride has something for everyone, from the experienced cyclist to the biking beginner. Register to ride online at [diabetes.org/rochestermtourdecure](http://diabetes.org/rochestermtourdecure)