

ROCHESTER AREA FAMILY YMCA NEWSLETTER



TOP 5 FOR DECEMBER

1

Craft Sale at the Y. Get a few Christmas gifts purchased and mark it off your checklist. Wednesday, December 9th. Look on page 5 for more details. Open to members and the community. Have something you would like to donate or make? Contact the Welcome Center for more details.

2

Trainer-led classes on Mondays! Looking for a class that provides more instruction on how to perfect that squat, learn what muscles should be felt or even how to work specific areas of your body? Register at the Welcome Center or online at www.rochfamy.org for the dates that work for your schedule.

3

Thank you for your support! The Annual Support Campaign is one way that many of you have already donated to so more can be possible at the Y. There is still time to make your donation for 2015 and have it be tax deductible for the year. A donation link is available on our Facebook page, our website or donations can be dropped off at the Welcome Center at any time.

4

Career Opportunities at the Y! We are looking for a few individuals to join our team. Check out the info on page 2 of the newsletter to learn more.

5

Community Open House. The Y will be open for everyone in our community on January 1st from 11am - 4pm. Bring a friend or family member and jump start your 2016 year at the Y!

CONTEST FOR OUR READERS!

LOOK FOR YOUR Y MEMBERSHIP NUMBER IN THIS NEWSLETTER.

HOW IT WORKS: Each month, three member ID numbers will randomly be inserted in this newsletter. If you find yours, send your name and ID number to jessicaw@rochfamy.org and you win!

Your member ID number can be found on your Y membership card.

ROCHESTER AREA FAMILY YMCA

709 1ST Ave SW, Rochester, MN 55902

DECEMBER 2015

CONNECT WITH THE Y

P 507-287-2260

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

WHAT THE YMCA IS DOING TODAY FOR YOUR CONTINUED SAFETY

My heart was profoundly impacted when Paris and other locations around our globe were attacked recently. I'm sure many of you also experienced those same feelings. It has also left me thinking about what our response to terrorist attacks might be here at our YMCA.

I had a concerned parent ask me about how we would protect children at the YMCA (Kids Care, Y-Tots, etc.) if our location or surrounding area was threatened. I appreciate this parent's concern, and I began telling him some of the procedures that we'd follow. But I also noted that these procedures are short of what we probably really need to have in place before I could say we have done all we could to limit potential damage/loss of life.

Please know that in the coming weeks and months, the Y will be looking at how we can enhance the safety of our members, staff and program participants. While it's unimaginable to even think of terrorism at our Y, to not plan for it would be a mistake. We will work on this plan and share this with you in a future newsletter and on our website.

I have another concern, however, as it relates to the recent horrors in Paris. The YMCA is a place where everyone is welcome. We have one of the most diverse sets of doors in Rochester. This brings me to my second concern with the recent horrors occurring around our world. With racial tensions already at a high level, these latest acts of terror only intensify people's feelings. This is all the more reason that the YMCA must remain open to everyone and that we continue to put our Christian principles forward as we serve every individual who walks into our YMCA. Never has our four core values of caring, honesty, responsibility and respect been needed more. Our principles and values will lead us day-in and day-out.

I ask that each of you continue to help us be that shining light that welcomes all people to the YMCA. If there is a place for everyone at Christ's table, there can certainly be a place for everyone at the YMCA.



Steve Courts

Executive Director, Rochester Area Family YMCA

HOLIDAY HOURS

- Christmas Eve closing at 1 pm
- Closed Christmas Day
- New Year's Eve closing at 5 pm
- New Year's Day Community Open House 11 am – 4 pm

CAREER OPPORTUNITIES AT THE YMCA

Join our team at the Y and become part of an organization that works FOR A BETTER US... for members, for our community and for our staff. Inquiries can be made at the Welcome Center or by e-mailing Rob at robd@rochfamy.org

UPCOMING EVENTS

Get connected with the Y and stay up to date on upcoming events.

- Look for the new communication board in the hallway by Steve Courts' office.
- You can also find a Calendar of Events on our website at www.rochfamy.org

TO OUR YMCA STAFF:

We thank you for your dedication to the Y, the members that walk through our doors, and those in our community that use our facilities and programs.



Look for information from your manager soon with information about our new employee recognition program.

HEALTHY LIVING

CHECK OUT THE "OUR FOCUS" TAB AT WWW.ROCHFAMY.ORG FOR MORE INFO



TRAINER-LED CLASS

Starting **Dec. 7th**, one of our certified personal trainers will be teaching a class that meets in the Fitness Center. Every Monday will be something new and the trainers will rotate to give the participants a different workout. The class will be designed for the participants and geared toward their goals. **7-8pm, \$15 per class.**

NEW GROUP FITNESS CLASSES

Mondays - Zumba Kids (ages 7-11) 5:30pm – 6:10pm

Tuesdays – Family Rebounding, 4:15pm – 4:40pm
(parents, please attend with child)

Wednesday- Intro to Dance (ages:3-6) 3:25pm - 3:55pm

Thursday- Zumba Kids JR (ages: 4-6) 10:15am - 11:00am

Thursday- Kids Yoga 5:45pm- 6:15pm

Sundays - Salsa Dancing 4:00pm - 6:00pm

Check out prices & availability at www.rochfamy.org

COMMUNITY OPEN HOUSE

New Year's Day

11am - 4pm

Join us and invite your friends, family, neighbors & co-workers and be our guest at the Y!

- ◇ NEW & IMPROVED FITNESS CENTER
- ◇ Pool Water Park/Slide Open 11 am - 3:30 pm
- ◇ Try a group fitness or family fitness class.
- ◇ Check Out Children's activities in the gym
- ◇ Pickleball/Racquetball Demonstrations & MORE!

HEALTHY FUN FOR ALL!

Schedule of events will be posted on our website at www.rochfamy.org 1019671



An evidence-based group exercise program that uses simple, easy to learn movements that motivate individuals 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. Class is free to Y members and only \$2 a class for those in our community.

Mondays – Wednesday – Friday 9:30am or 12:30pm

Join these women and other active older adults who have seen amazing results with this program at the Y.



YOUTH DEVELOPMENT

Check out the family fitness page on the website for ways to keep kids active this winter.



HOLIDAY CAMP

DECEMBER 28TH—31ST*

Kindergarten—6th grade

Join us for your holiday break while school is out. Participants can register for one day or the entire week. Youth will have a ton of fun at the Y participating in holiday themed games, gym activities, swimming and much more. Bring a swimming suit, towel, morning snack, lunch and drink. Afternoon snacks will be provided.

CAMP HOURS:

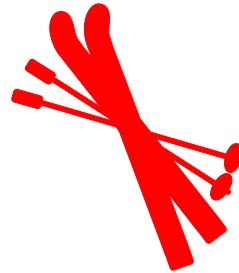
- **Pre Care:** 6:30am - 9:00am
- **Camp:** 9:00am - 4:00pm
- **Post Care:** 4:00pm - 6:00pm

FEES:

Members: \$120/week

Community Members: \$160/week

**All participants must be picked up by 5:00pm on December 31st.*



SKI TRIP

Monday January 18th,
7:30 am – 5:30pm

Adults and Youth are invited to enjoy a day of fun on the slopes at Welch Village.

Coach bus transportation will be provided from the Rochester YMCA to Welch Village.

All youth 10 and younger must be accompanied by an adult or responsible older youth.

- **Cost per person: \$45**
- **Rental package, Ski or Snowboard: \$15**
- **Helmet: \$5**

Registration Deadline: January 14th, 2016

MORE DETAILS AT WWW.ROCHFAMY.ORG

SWIMMING LESSONS

Registration opens December 15th for session 1 of Winter swimming lessons. 1025170

On the 15th you can find all classes and registration information at the "our focus" and "aquatics" tab at www.rochfamy.org.

UPCOMING SPORTS CLINICS

VOLLEYBALL & BASKETBALL

The Y will be bringing two new sports clinics in 2016. Kids ages Kindergarten through 5th grade will learn the basics of volleyball or basketball and will work on skills to improve their overall stamina.

Look for these programs to start in January.

More information and registration will be available on our website soon.



SOCIAL RESPONSIBILITY

Join us and make more possible in Rochester.



CRAFT & ART SALE

Wednesday, December 9th from 1pm - 6pm

FREE space to sell for our artists and crafters if you are willing to donate back 20% or more of your proceeds to the Y's 2015 Annual Support Campaign.

Please contact Penniee@rochfamy.org or Angied@rochfamy.org for more information.



QUILT DRAWING

Quilt made by LIVESTRONG® cancer survivors could be won by you through a drawing at the Y. Tickets available at Welcome Center. Proceeds support the Annual Support Campaign at the Y.

Suggested Donation \$1...and enter the drawing as often as you like. Drawing will be held Wednesday, December 16th during senior coffee.

Y MENTORS

The Y Mentor program is making more possible for the youth in Rochester today.

What does a typical night look like? The group starts out the night in the YMCA kitchen cooking supper together, followed by a group activity.

Relationships, life changing moments, skills to carry throughout life, accountability and much more is gained by those participating in this program...on the mentee and mentor side.

For more information about Y Mentors, contact ElyseB@rochfamy.org 1001200



TO THE MAX
give DAY 

NOV 12, 2015

Thank you for supporting Give to the Max Day! 13 people logged on to GiveMN.org on November 12th to donate a total of \$1,000 to the Rochester Area Family YMCA.

You make more possible with your continued support!

ANNUAL SUPPORT CAMPAIGN

UPDATE

You can still help us make our 2015 goal of raising \$240,000 by 12/31/2015 . We are just \$9,000 away from our goal.


Visit www.rochfamy.org to make an online gift or drop off your donation at the Y Welcome Center anytime.



YOU'RE INVITED...

TO AN OPEN HOUSE AT THE Y
Tuesday, December 29, 2015 4:30-6:00 pm

- Enjoy refreshments
- Visit our newly remodeled fitness center
- Door prizes
- Celebrate 2015 accomplishments
- Recognize those who make more possible at the Rochester Area Family YMCA



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SMILE #ROCHFAMY

Take a pic while you are at the Y and post on Facebook, Twitter or Pinterest.
You can also e-mail your smiles to Jessicaw@rochfamy.org

