

# The Y. So Much More™ NEWSLETTER



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

JANUARY 2014

ROCHESTER AREA FAMILY YMCA

709 1st Ave. SW, Rochester, MN 55902

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## CONNECTING FRIENDS AND HEALTHY LIVING



**Tina, Kara, Heidi and Jessica**

Shortly after I moved to Rochester three years ago, I learned about the Y, an affordable place I could go to work out. The Y has encompassed what I needed to be healthy and happy for myself and my family!!

I love the variety that the Y offers. From the swimming pool, to the weight room, racquetball courts, open gym and tons of fitness classes, there's something for every mood and person in our family. *Am I feeling motivated today? Not really... well I can always hit a cycle or group strength class and get fired up!*

I have three kids that all go to Kids' Care. My kids always have a good experience there and I always feel they are in good hands while I am away. This has made it possible for me to be a Y member! The staff is awesome, trustworthy and caring.

The friends I have met at the Y have been an amazing support to me. It is great to see them at the gym, being strong and consistent themselves. This has helped motivate and inspire me. We have spent lots of time stretching together, sharing ideas for workouts and even working out along side each other. These are certainly lifelong friends I have made here at the Y!

-submitted by Heidi Herd



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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.

### START OFF 'SMALL' WHEN SETTING NEW YEAR'S RESOLUTIONS

Now is the time for new beginnings and to set goals that strengthen your spirit, mind and body. Here are five New Year's resolutions the Y recommends:

1. Eat Healthy
2. Commit to Community Service
3. Unplug from Technology
4. Be Physically Active
5. Put Extras to Good Use

# WISHING YOU BLESSINGS OF HEALTH AND HAPPINESS IN THE NEW YEAR

## STAFF SPOTLIGHT

### KEVIN LUNDQUIST

Kevin is a Facility Manager.

#### Kevin's Favorites

**Snack:** Pringles

**Scent:** Peppermint

**Drink:** H<sub>2</sub>O

**Restaurant:** Hubbell House

**Place to Shop:** Gillespie Sports

**Hobby:** Golf

**Color:** Blue

**Sports Team:** MN Wild

**Thing to do at the Y:** Sit-ups

**Golf Course:** The Chief in Bellaire, MI

**Where were you born?** Detroit

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

I collect dictionaries

**What is your most treasured possession?**

My boat

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

Go to Wolf Ridge Environmental Learning Center in Finland, MN

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

**What is your New Year's Resolution?**

Work out more than last year and eat less Pringles.



## NEWS & UPDATES

- Registration begins Monday, January 12 for **Y-Tots Preschool 2015-2016 school year**. Classes for 3 year olds held Tuesday & Thursday mornings. Classes for 4 year olds offered Monday, Wednesday, Friday mornings or afternoons and Tuesday & Thursday afternoons. Sign-up at the Welcome Center.
- YMCA Night at the Ice Hawks Hockey game—Friday, January 9 at 7:05pm at the REC Center.
- As we look to 2015 and the challenges our communities face, it is important to consider how community service can help us feel more connected to our neighbors and our neighborhoods. On January 19, Martin Luther King Jr. Day of Service, the Y encourages residents of Rochester to honor Dr. King's legacy by not only giving back and supporting our neighbors, but by reflecting on how each act of community service is a small part of a larger movement to make things better.
- It might be blistery outside but it's balmy in our pool! Winter session of swim lessons have just started up. There are still many openings for the classes that start in February. Get your children or yourself signed up today!



Thank you to the Crossroads College Knights Basketball Team for helping at the Rotary-US Bank Holiday Classic!



## LET'S PLAY BASKETBALL

- Youth basketball league begins Saturday, January 10. The first practice is Tuesday, January 13 from 6:00-7:00 p.m.
- Adult basketball league begins on Sunday, February 15. Games scheduled between 6:00-10:00 p.m.

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.

**\*\*We are celebrating 50 years of Rochester heritage this year! Visit our website to learn more Y history and details on anniversary events.**





Workouts are like brushing my teeth; I don't think about them, I just do them. The decision has already been made.  
-Olympian Patti Sue Plumer

## MEET OUR TRAINERS

Please join us in giving a warm welcome to the new personal trainers, Judy and Kayla!



### JUDY SHULTZ

Judy is committed to a healthy lifestyle and is especially interested in training with clients in the early morning. Judy works with all ages and is also trained in kickboxing and cycling. She creates fitness plans for clients and small groups based upon fitness levels, goals and time available to pursue those goals. Judy loves training with the latest fitness toys—focus mitts, body bars, resistance bands and more! Judy has lost over 102 pounds and maintained that loss for over seven years.

### KAYLA DIETZENBACH

Kayla has been working for the YMCA since 2009 and is passionate to help others achieve their fitness goals and become successful in developing a healthy lifestyle. She enjoys working with a variety of clients from those just beginning their fitness journey to athletes.



She is a 10+ year cancer survivor and is currently pursuing research in cancer exercise training.

If you can't fly then run,  
if you can't run then walk,  
if you can't walk then crawl,  
but whatever you do you have to keep moving forward.  
-Martin Luther King

## TAKE A CLASS...SAVE A LIFE!!

Course candidates will become lifeguards by gaining the necessary skills needed to recognize, prevent and respond to aquatic emergencies. Prerequisites: Swim 300 yards combinations of front crawl and breast-stroke (non-stop swimming), perform a surface dive 9 feet to retrieve a 10 pound brick, and swim back holding the brick on top of the water.

Participants must have a passing score of 80% or better on all exams and pass the final skill scenarios in order to receive certifications. The course fee includes textbooks, AED, First Aid, and Lifeguard Training. If certification requirements are not met, certification will not be awarded and no refund will be given. **Age 15+ (Maximum 15 students)**



\$160 Members / \$180 Non-Members

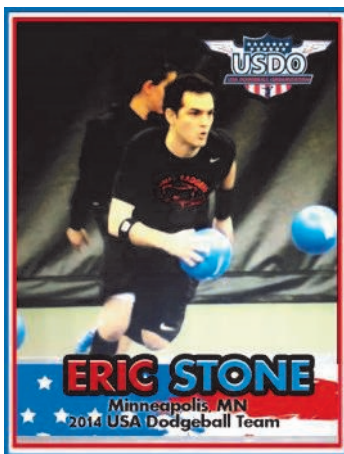
4:00pm-6:00pm • Monday, January 19  
4:00pm-8:00pm • Thursday, January 29  
4:00pm-8:00pm • Friday, January 30  
9:00am-4:00pm • Saturday, January 31

## WILL YOU ACCEPT THE CHALLENGE?

Team Gonnawindis dare any other 4-person team to beat them in an 8-week weight loss challenge. Winners will be determined by the team's total PERCENTAGE of weight loss...not total number of pounds lost.

Cash Prize to the winning team!  
Participants will receive daily online meal and workout tips, team nutritional counseling and non-members will get access to the Y including over 80 group fitness classes each week.

\$35 Members / \$70 Non-Members



"The therapeutic value of throwing balls at people is without parallel," -Eric Stone

## DESTINATION DODGEBALL



We are thrilled to collaborate with Olmsted Medical Center to bring this event to town!

The upcoming dodgeball tournament will feature 3 divisions, including one for youth ages 14-17. It is open to both men and women. This tournament will feature National Dodgeball player Eric Stone. Eric is an international player who spent time in 2014 playing in Hong Kong. Stone is very passionate about dodgeball and plays in tournaments around the nation. He will be traveling with his recreational teams from the Twin Cities on Saturday, January 24th.

\$100 per team—Visit our [website](#) for more info.



## STEVE'S EXCELLENT FITNESS CLASS TOUR

Please join Steve Courts, Executive Director/CEO as he attends 10 different fitness classes in 10 weeks. If you have not attended group fitness classes before, this will be a great introduction! No registration necessary.

Cardio Mix • 8:30 a.m. Saturday 1/24

Pilates • 9:15 a.m. Tuesday 1/27

Group Strength • 5:45 a.m. Friday 2/6

Power Cut • 4:30 p.m. Wednesday 2/11

Tai Chi • 11:15 a.m. Tuesday 2/17

Cycle • 10:30 a.m. Saturday 2/28

Aqua Zumba • 6:35 p.m. Monday 3/2

Yoga • 6:30 p.m. Monday 3/9

Barre Bliss/Foam Rollers • 9:15 a.m. Friday 3/20

Zumba • 11:35 a.m. Thursday 3/26



## ADULT LEAGUES— WALLYBALL, VOLLEYBALL & MORE!

We are very excited to be using a new online registration system for all of our leagues. This new registration website will allow players to sign up as a team or as a "free agent" and join another team seeking additional players. It will be a fast and easy way for teams to see their game times as well as league standings throughout the season. All skill levels welcome.

## SHARE YOUR PASSION

Train to become a Group Fitness Instructor at the Y. Next session: February 12, 19, 26, March 5, 12 Thursdays, 7:00 p.m. - 9:00 p.m. Contact [Tamsin Barlow](mailto:Tamsin.Barlow@rochfamy.org) for details.

## FRIENDS OF THE Y—PRESIDENT'S ROUNDTABLE



Charles & Barbara Withers	Think Mutual Bank	Mayo Clinic
John & Irene Wiltsie	Randy & Sonja Reimer	Mike & Teri Joyner
Jack & Patricia Whisnant	David & Gwen Mead	Mason Fuller
Mark & Mary Warner	Bob & Ancy Morse	Kwik Trip, Inc.
Bill Volkmar & Sheri Brandvold	MN Energy Resources Corporation	Rochester Rotary—US Bank Holiday Classic
United Way of Olmsted County	Ranfranz & Vine Funeral Homes	Macken Funeral Home
U.S. Bank Foundation	David Mead & Cheryl Kliewer	Julie & Sam Ellis
Thrivent Choice Program	Early Risers Exchange Club	Big Ten
Mark & Toni Adafin	Daniel & Colleen Maddox	Henry May
Teresa & Mark Steege	Charles & Helen Kennedy	Steve & Stephanie Courts
Don & Stephanie Supalla	Patrick & Lori Keane	James & Lorraine Benike
Joseph R Stancl	John Urban Charitable Fund	Maxine Coppe
Ralph & Naomi Spiekerman	Dr. Larry R. & Lynn Brown	Father Charles Collins
Steven Sorensen	Roy & Betty House	Gus & Ann Chafoulias
Carol Schoonover	Lester & Dianna Horntvedt	Andy Chafoulias
Douglas & Rosaline Rovang	Jeff & Bev Haynes	Donald & Maxine Allert
Roger & Judy Gunderson	David & Sharonne Hayes	Cindy & Chuck Briscoe
David Bishop	Aaron & Allison Benike	Gressett Family
Michelle Anderson	Allen & Emily Anderson	IBM Corporation
The Hubbard Broadcasting Foundation	Piet & Annemarie De Groen	Carl & Verna Schimidt Foundation



**January is National Mentoring Month**—a time to spotlight the importance and the need for every child to have a caring adult in their life. **Y Mentors provides positive mentoring relationships to help youth discover abilities by broadening their experiences and opportunities.** We offer two unique mentoring models to members of Olmsted County. Mentors offer their friendship and guidance to build a healthy mind, body, and spirit in their mentee.

Email [jenniferj@rochfamy.org](mailto:jenniferj@rochfamy.org) for more information on Y Mentors.



The Y is a place for all thanks to our donors—no one is turned away due to the inability to pay. Members of the President's Roundtable invested a minimum gift of \$1,000 to the 2014 Annual Support Campaign.