

The Y. So Much More™ NEWSLETTER



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ROCHESTER AREA FAMILY YMCA

709 1st Ave. SW, Rochester MN 55902

507.287.2260 • www.rochfamy.org

MAY 2015



Improved balance, relaxation, stress reduction and overall health are just some of the benefits of martial arts classes at the Y. Register [online](#) for an upcoming session or call Rachel at 507.287.2260 extension 1031.



TAE KWON DO

Students participate in a positive family-like atmosphere, regardless of physical limitations.

Class Times:

Tuesdays 6:30 p.m. - 7:30 p.m.
and Friday 6:00 p.m. - 7:00 p.m.

Fee Per 3-month Session:

Members \$100 / Non-Members \$150

WOMEN'S SELF-DEFENSE

Build confidence while learning about situational awareness, determining degrees of risk and practical tactics. No special attire is required and participants are encouraged to come in your every-day clothing.

Class Times:

Tuesdays 7:30 p.m. - 9:00 p.m. and Thursdays 7:30 p.m. - 9:00 p.m.

Fee Per Session:

Members \$40 / Non-Members \$55

YOUTH KARATE

In addition to Karate's traditional punching, blocking and kicking skills, we teach self-defense, how to deal with bullies and resolve conflict without physical aggression.

Class Times:

Saturdays 9:00 a.m. - 10:30 a.m.

Fee Per Session:

Members \$50 / Non-Members \$70



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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.

HOP THE GAP

Every day young people face challenges related to hunger, health, learning, water safety and access to safe spaces, which prevent them from reaching their full potential. In response, the Y provides support and programs that help youth overcome barriers – or hop the gap – to achieve more. To learn how the Y helps kids reach their potential, visit hopthegap.org.

CANVAS PAINTING

Paint your very own masterpiece with Sunshine & Roses at the Y!
Ages 5-12

4:00 p.m.—5:30 p.m.
June 23
July 7
August 11

\$20 Members
\$25 Non-Members

Register for one date or all three.



GUS MACKER

The national outdoor 3-on-3 basketball tournament will return to the Y this summer, August 8th and 9th! Register your team online at macker.com! Or email macker@rochfamy.org to volunteer as a scorekeeper! Proceeds from the tournament support our Open Doors Scholarship Program. Last year 418 families received vital help from this program.

STAFF SPOTLIGHT

JESSICA WILLIAMS

Jessica is a Group Fitness Instructor and LIVESTRONG® Member Engagement Coordinator.

Jessica's Favorites

Scent: Tommy Girl

Thing to do at the Y: Deadlifts and push presses. LUV!

Snack: I love chocolate...especially chocolate covered almonds

Drink: Narrow Road Coffee — I sort of have an in with the owner of this coffee roasting business ;)

Place to Shop: Online

Hobby: I have lots of hobbies...but trying to find the time to do them and be a mom is not easy.

Flower: Impatiens

Sports Team: Twins

Restaurant: Chester's

Where were you born?

Des Moines, IA

What was the last movie you watched?

Turbo...a kid was home sick the other day ;)

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

The world to smile more at each other and say "hello" in person.

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

7 years ago I was having huge difficulty walking and in pain 100% of the time in my hips. After 2 years of living with the pain I had physical therapy and learned that I needed to change my life. That is when I joined a gym for the first time. I was scared and felt very out of place but I made "me" a priority (at the time I had a 2 year old, 2 other kids and worked 50 hours a week). I lost about 80 pounds and learned about strength training. It was very gradual at first and took a year to make the pain start to go away. Today, I live with pain daily about 20% of the time but strength training has helped me walk up stairs again without pain and has given me ways to strengthen my body so it can work how it was designed.



NEWS & UPDATES

- Youth sports are now free with a family membership* So register your children for soccer or t-ball! Soccer starts May 23 and T-ball begins July 18. *Does not include swim lessons or martial arts.
- Mark your calendars for **2015 FORE THE KIDS**, September 16 at Eastwood Golf Club!
- Registration open now 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.
- **Congratulations Bonnie!!** Record attendance for Qigong (26) and TaiChi (25) classes. Way to go!
- Check out the NEW class on the Group Fitness Schedule— **Cardio Quick with Jan** on Tuesdays in MPR 4:45 p.m.—5:25 p.m.
- Kids Care will be changing to summer hours starting June 1, visit our [website](#) for details.

The Y is committed to helping cancer survivors feel alive again—Help our cause by participating in this summer's [10 & 10 race with the Running Room](#) or by making a gift to the Y in honor of loved one.



ONE MEMBER'S JOURNEY: #TROPHYWIFEGOALS

Submitted by YMCA Volunteer & Group Fitness Instructor, Sylwia Bujak-Oliver

When I met Michelle approximately 2 years ago, she told me she hates to exercise, but she needs to lose at least 100 pounds for her daughter's wedding (her oldest one, Ayla, was at that time 13). I did not know that I would gain a supporter and friend for a life. I want to share my friend's health journey.

Michelle doesn't like to sugarcoat things either and this is one of her many virtues. She simply says I am fat, but I am here to change it. She comes to the Rochester Area Family YMCA 4-5 times a week. This desire just to loose weight developed into something bigger, deeper and better - a change of a lifestyle. Michelle lost 46 inches already and she hasn't stopped there. I see her body changing each week. Her facial features reappeared, her waist is showing, her arms and legs are getting muscular.



Many of you are wondering what super diet or super exercise Michelle does on daily basis and I can honestly tell you that it is a progress. There are no quick fixes and all promises to get you in shape or help you loose x amount of pounds in 21 days are lies. It's all hard work & sweat. Michelle started with water aerobics 5 times a week (Aqua Zumba® was her favorite) to build up strength and to simply avoid sweating. After a year she decided that it is time to try new stuff. She started land Zumba®, cardio interval classes and finally muscle conditioning, weight lifting and kettle bells classes. She tracks her daily activities and calories intake. Every week I observe her and she can do more and her body amazingly adjusts to every new challenge.

Michelle's Workout Schedule

Monday: Aqua Zumba® at 6:15 p.m.
Tuesday: 5:45 p.m. 20/20/20
6:30 p.m. Power Cut
Wednesday: Zumba®
Thursday: Group Strength
Saturday: Kettle Bells

Michelle's healthy lifestyle journey is not done yet and is ongoing. I see how strong she is and how determined and I have no doubt in my mind that she will reach her goal sooner rather than later. I would like to recognize this woman and to show to you all, who are scared or not ready, that gym is not full of people with great bodies, models...Real life fitness exist. It's not always pretty, it's sweaty & smelly but it definitely works and brings results. You just need to say yes to making yourself healthy and keep going no matter what!

Every person who comes across Michelle, including me, says that they love her strong will, sense of humor (favorite post-workout hashtag #trophywifegoals) and even her whining (Yep, she does not like to sweat!).



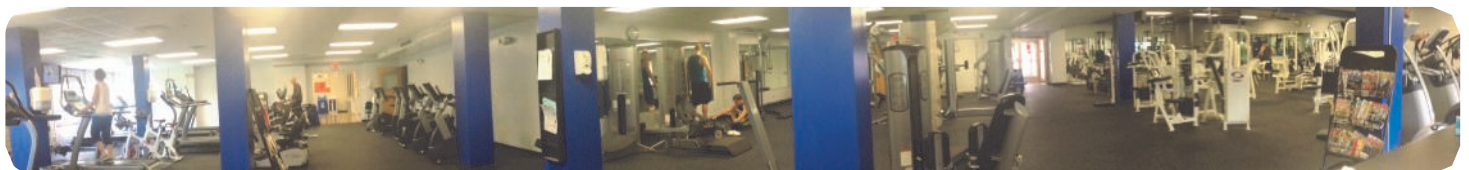
Please congratulate Michelle for all her hard work on her amazing healthy lifestyle journey. **Keep up good work, Michelle!**

Editor's Note: Since this article was submitted Michelle participated in two 5k races in one weekend!

The Y can provide the support and resources to assist you in your own personal health journey. Follow the Y on [Twitter @RochFamY](https://twitter.com/RochFamY)



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



CHECK OUT OUR NEW AND IMPROVED FITNESS CENTER!

THERE'S A CAMP FOR THAT!

No matter what your interest, we have a camp for you! Sports, STEM, Fine Arts and more! Camps feature a weekly theme and field trip! As kids try new activities at the Y, they also discover their talents, passions and potential. Register your child today!

Summer camp is a cornerstone of youth development at the Y. When kids have a chance to break from the routine of school and explore in a new setting, YMCA camps are there to help them discover who they are and all they can achieve. At camp, youth have an opportunity to build new skills and talents, foster relationships with friends and role models, and develop a sense of belonging so they feel comfortable to be themselves. Welcoming and inspiring settings motivate kids to push past their comfort zones to try new things and build confidence in their abilities.

View the 2015 Camp Guide [online](#) or pick up your copy at the Welcome Center.

FIRST DAY
OF CAMP
JUNE 8



Vernon & Laverne Hoffman in front of the Y for Healthy Kids Day®

NEW CLASS FOR PRESCHOOLERS AT THE Y:

INTRO TO DANCE



Preschoolers benefit from age appropriate instruction that enhances their physical, emotional, and social skills. When it comes to having fun and learning to dance, the most engaging classes include basic elements of creative movement, tap and ballet, vocabulary, and musicality. Young children experience the love of learning through dance and music. There is a feeling of accomplishment for your child when they learn a new step, stretch their body, and work together with their class.

Dance is the best way to channel their seemingly boundless energy. Regular dance practice can increase your child's flexibility, range of motion, physical strength and stamina. The repetitive movements involved in dance can

improve muscle tone, correct poor posture, increase balance and coordination and improve overall cardiovascular health. Dancing is an aerobic form of exercise. For children who are overweight, it can potentially help them to lose weight and help improve their eating habits.

Class Times (starts in June): Wednesdays 3:30 p.m.

Fee Per 6-week Session: Members \$20 / Non-Members \$40



Winners of the Golden Egg Hunt Challenge, Congratulations!



Many thanks to Sandy and the Silver Sneakers Litter League!!



MORE CONFIDENCE
The Y. So Much More™