

# STAY CONNECTED

## MY Y, YOUR Y, OUR Y



YMCA OF CALLAWAY COUNTY

1715 WOOS STREET

573.642.1065

YMCAOFCALLAWAY.ORG

### SUMMER MEMBER NEWSLETTER



## SUNSHINE & SUMMERTIME

Summer months bring sunshine and warm weather that we have all been desperately waiting for all winter and spring long. To get the most of your summer try to implement these 4 Summer Wellness Tips:

- (1) **Stay Hydrated:** Drink lots of water during the hot months. Before heading out for the day, plan on drinking at least one hour before your adventure.
- (2) **Spend Time Outdoors & Catch those Vitamin D Rays:** Summer is a great time to get the necessary amounts of Vitamin D, which helps to boost your mood, immunity and energy! Now that the weather is nice, it's crucial to embrace the outdoors as much as possible.
- (3) **Daily Exercise:** Now that summer is here, there is no excuse! Hiking, biking, running and walking are all great ways to boost energy and fitness levels.
- (4) **Increase your Intake of Fruits & Veggies:** Summer means plenty of fruits and vegetables are available. The farmers markets are up and running and with so many options during this time of year, you can really get creative and have fun!

### NOTE FROM YOUR CEO

Dear Friends,

Welcome SUMMER!! It's a great time to be at the YMCA of Callaway County! The Y has been a very busy place these last few months. Summer camp has started and we thoroughly enjoy having so many bright shiny faces running through the halls! Camp kids will spend their days at the YMCA, park and the City Pool. Be sure to follow us on social media to keep up with all the camp activities!

As a charitable organization, the YMCA is more than just a place to play sports or work out. The YMCA is a magnet that pulls people together. We want you to be a part of that energy by becoming involved and encouraging others to join or contribute to the YMCA. It's always fun to hear about friendships that have grown through members meeting each other during group fitness classes, or even on a treadmill at the YMCA.

I hope everyone has an enjoyable summer. Remember that as you travel the state of Missouri your membership at the YMCA of Callaway County will gain you access to other YMCA's in the state!!

*-Sara McDaniel, CEO*

# WHAT HAVE WE BEEN UP TO

We have been busy this spring at the YMCA. Everything from fundraisers to swim meets to new programs – you name it, we have done it.

In the world of programs the Y has been bustling with excitement. This spring we hosted a multitude of youth programs including Tiny Tike Flag Football, Tumbling, Spring Soccer, and for the first time ever, Hip Hop Dance. With over 100 youth participating in programs, Talisha Washington, Program Director, along with all of our referees, instructors, and volunteer coaches, had their hands full. With summer here T-ball is in full swing, along with Y-Summer Camp and a new program, LEAD Camp. LEAD Camp is a teen camp experience for middle school aged youth that offers leadership and service learning opportunities. As we look ahead Tackle Football, Cheerleading, Fall Soccer, Adult Coed Softball, and Fall Soccer are all right around the corner. Be on the lookout for upcoming program registrations.

YOCC finished their swim season with two very successful championship meets. 31 swimmers attended the Heartland Area West Regional meet in Monett, MO. The team brought home a 3<sup>rd</sup> place trophy. 8 swimmers then went on to compete in the Heartland Area Championship meet. YOCC had its first Area Champion. Mackenzie McDaniel got first place in the 8&under 50 free and also set a new Area record. The 8 swimmers brought home 15 medals. The 8 swimmers who qualified for Area were Tia Bastian, Adrian Brown, Kaylee English, Taylor Hickerson, Mackenzie McDaniel, Corynne Miller, Grace Siegel and Hannah Siegel.

Additionally, this spring the YMCA hosted many events, including Denim and Diamonds, our 19<sup>th</sup> Annual Auction and Dinner benefitting program and membership scholarships. Over 150 guests from the community attended the event this year all dressed in their denim and the women in their diamonds. We were thrilled to have both a live and silent auction along with a performance from our Hip Hop class. Furthermore, we were delighted to have champagne, sponsored by Beks, for our Pre-Party and music by The Kay Brothers for our post auction party! This year at our Annual Auction & Dinner we honored four individuals with the inaugural awards of Member of the Year, Volunteer of the Year, and Coach of the Year. Rebecca Peak was named Member of the Year, Lew & Sue Beaty were named Volunteers of the Year, and Jeff Dolman was named Coach of the Year. We are also excited to announce that the Volunteer of the Year award will be named for Lew & Sue, and subsequent award recipients will be honored with the Lew & Sue Beaty Volunteer of the Year Award. Overall, fun was had by all and we were able to raise over \$20,000. Other events around the Y consisted of Healthy Kids Day, final Teen Dances and Kids Night Out!

In the world of Y-Fit we added a new class, Barre None, instructed by our very own Robyn Frame. This class will strengthen and tone you to the core! Using a mix of isometric exercise, low weight dumbbells, bands, and mats, you will find muscles you didn't even know you had. If you haven't tried Barre None, join Robyn on Saturday mornings at 8:30 am to check it out. Also, look ahead to our next Fitness Challenge...conquering the summer months can be hard, but we are here to help! Details coming soon. As always, look to our "Up and Coming" section to see what is coming in the next couple of months. Don't forget to like our page on Facebook ([www.facebook.com/yocc](http://www.facebook.com/yocc)) and visit our website ([www.ymcaofcallaway.org](http://www.ymcaofcallaway.org)) to stay up to day with all things YMCA!

# EMPLOYEE FEATURE



**WHO:** Sydnae Hatton

**HOMETOWN:** Centralia, MO

**Y-POSITION:** Child Watch & Member Services

**CURRENTLY:** Graduate Assistant for William Woods University Softball while gaining a Masters in Education

**FUTURE AMBITIONS:** After I graduate I hope to be an Elementary School Teacher

**FAVORITE ASPECT OF THE YMCA?** My favorite aspect of the YMCA is how friendly people are. I also enjoy interacting and building relationships with the kids in child watch as well as the other members.



## UP AND COMING AT YOCC

### PROGRAMS:

- TACKLE FOOTBALL
- CHEER LEADING
- ADULT COED SOFTBALL
- FALL 3V3 SOCCER
- GIRLS BASKETBALL
- TUMBLING

### AQUATICS: \*STARTING SEPT.

- AQUACISE
- LAP SWIM
- YOCC FINS SWIM TEAM

### EVENTS:

- SEPTEMBER TEEN DANCE
- OCTOBER KIDS NIGHT OUT

**\*\*FULTON HS PREGAME BBQ\*\***  
DATE & TIME TBA  
BENEFITTING YMCA FOOTBALL

**\*SPOOKTACULAR FALL FESTIVAL\***  
OCTOBER 2017  
SPECIFIC DATE & TIME TBA



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## MEMBER SPOTLIGHT - MEET AUDREY

When Beth first asked me to write this blurb for the YMCA newsletter I was quick to agree and then I thought...where do I begin? My entire family consists of active YMCA members. My sons play the sports run through the YMCA, my husband (David) coaches boys basketball, plays in the men's basketball league and works out regularly and then there's me. When my husband David and I sold our house in Columbia in search of a smaller town to raise our sons in we were torn between three options. I grew up in Callaway county so my top choice was Fulton, he grew up in Boone country so he had some other ideas. One of the criteria for my husband was that we live in close proximity to a gym of some sort because he loves basketball and he loves to work out. While selling him on Fulton I drove him by the YMCA and their nice newer building and honestly I think it was the final thing on the Fulton list of "pros" that got him to see that this was the town for us. He attended the YMCA right off the bat but I didn't join until 2 years later. My youngest was 2 and I had about 40 pounds that had crept up on me that I wanted to lose so I decided to start going to the Y with him along with adopting a healthy diet. I started the Y in January (good ole New Year's resolution) and by February I had lost 10lbs, I was hooked!! Around the time Summer rolled around I was down 40lbs and 50 by Fall. This was done by spending time on the treadmill and with the weights and machines in the weight room. I began to meet new people while working out (ahem Molly Lowe) that encouraged me to try classes as well. I was hesitant and felt intimidated but after a lot of asking I finally decided to give it a go. I LOVED the classes and before I knew it was going to them 6 days a week. I definitely noticed a change in my body once I began taking Body Pump (and later, when they added it, Body Combat) but it wasn't just the change that kept me coming back. It was the friendships that developed with the other women in the classes. You push and encourage them to do their best and they do the same back for you and that makes it so much easier. I attended the 8:30am as a stay at home mom, the 4:45pm when that was the best fit and now that I am working as a school counselor full-time the 5:30 am works best for me, I love that there has always been a class when I needed it. When you participate in a group fitness class you're not in it alone, you have a group cheering you on, it sounds cheesy but it's true and it's awesome and it's why I've been coming for 6 years and will keep coming as long as I can!

*-Audrey Penberthy,  
YMCA Member since 2009*

