

STAY CONNECTED

YOUR Y, MY Y, OUR Y

WINTER MEMBER NEWSLETTER



YMCA OF CALLAWAY COUNTY

1715 WOOD STREET

573.642.1065

YMCAOFCALLAWAY.ORG



YOUTH DEVELOPMENT

BEST SUMMER EVER

Camp includes weekly-themed activities, super cool counselors, lunch and afternoon snack, as well as park trips, swimming, day trips (for an additional fee), and MUCH more. Offered for kids entering kindergarten through completion of 5th grade.

REGISTER
MARCH 1



YMCA OF
CALLAWAY COUNTY
SUMMER CAMP
MAY 20-AUG 9



NOTE FROM YOUR CEO

Happy February!! Hope everyone has recovered from the Holiday season! We are nearing the end of our winter sports programs and heading into spring and summer, my favorite time of the year.

As we plan for the future, let's not forget the importance of Heart Month. Through our programming and fitness opportunities, we offer many ways to become or stay heart healthy. Also, don't forget to stop by the front desk to purchase a heart to benefit our Outreach Program.

-Sara McDaniel, CEO



HEALTHY LIVING



Danielle Davidson

Y Fit Class:
BODYPUMP 4:45pm Tues & Thurs

Most memorable YMCA experience:
I will never forget my first Body Pump class! I went to a Y-Fit Launch and I was so inspired by the enthusiasm of the instructors!

Mantra/Favorite Quote:
Be scared and do it anyway.

Fun Fact:
When I'm not at the Y, I'm teaching art to about 400 elementary school kids.

MEET AMIE CONWAY!



Y-POSITION:

MARKETING & SPECIAL
EVENTS DIRECTOR

HOMETOWN:

CUTLER, IL

FUTURE AMBITIONS:

I LOVE THE Y SO I PLAN TO CONTINUE TO LEARN AND GROW HERE AND SEE WHERE GOD LEADS ME.

FAVORITE ASPECT OF THE YMCA:

THE COMMUNITY FEEL OF THE YMCA. I HAVE BEEN WITH THE Y FOR OVER 3 YEARS NOW BUT FIRST STARTED AT THE FRONT DESK. HAVING THE OPPORTUNITY TO CONNECT WITH MEMBERS IS WHAT I ENJOY THE MOST. CAN'T WAIT TO SEE YOU ALL AT THE Y SOON!

YOGA NOW AVAILABLE

Find your ZEN, relax your mind, and reduce stress on Tuesdays and Thursdays starting in March at 5:45pm

Check the Y-Fit group exercise schedule online at ymcaofcallaway.org

SOCIAL RESPONSIBILITY

SAVE THE DATE FOR 21ST ANNUAL AUCTION & DINNER
PROCEEDS BENEFIT MEMBERSHIP & PROGRAM SCHOLARSHIPS





STAY TUNED

PROGRAMS:

SPRING

- 3V3 SOCCER
- TINY TIKE FLAG FOOTBALL
- TUMBLING
- GIRLS' YOUTH VOLLEYBALL
- ROOKIE T-BALL

SUMMER

- TACKLE FOOTBALL
- REC CHEERLEADING
- GIRLS' BASKETBALL
- FALL 3V3 SOCCER

EVENTS:

- MARCH 15, TEEN DANCE
- MARCH 23, Y-FIT LAUNCH
- APRIL 6, 2019
21ST ANNUAL AUCTION & DINNER
- APRIL 2019
HEALTHY KIDS DAY



FOR UPDATES
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[FACEBOOK.COM/YMCAOFCC](https://www.facebook.com/YMCAOFCC)

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TOGETHER WE CAN DO MORE



We know that lasting personal and social change comes about when we all work together. That's why at the Y, strengthening community is our cause. Every day, we work side-by-side with our neighbors to create **opportunities** to learn, grow and thrive. One of our great partnerships is with William Woods University (WWU) and its Athletic Department. As an NAIA school, WWU student-athletes are part of the Live 5 program that teaches athletes how they can apply the Champions of Character – Integrity, Respect, Responsibility, Servant Leadership, and Sportsmanship – to everyday life both on and off the field. The five core values in the Live 5 program strongly align with the four core values of the YMCA – respect, responsibility, honesty and caring.

William Woods student-athletes volunteer over 1,000 hours over the course of a school year with many of those hours spent at the YMCA of Callaway County assisting with Teen Dances, 5K Races, our Annual Auction & Dinner, Kid's Night Out, as well as other special events and activities throughout the year. Without their assistance and **enthusiasm** many of our events would not run as smoothly.

In addition to the volunteer hours at the Y, many WWU students are part of the Y community through work study positions, internships, part-time employment and coaching. The goals set forth by WWU and their Athletic Department have allowed both entities to **thrive** in our community.