

HEALTHY LIVING



CLARK COUNTY FAMILY YMCA

11324 NE 51st Circle

Vancouver, Washington 98682

ymca-portland.org

Newsletter for Members and Volunteers of the Y - January 2012

FROM EDDIE'S DESK

Dear Members,

HAPPY NEW YEAR – I hope that the New Year finds everyone in good health and happy spirits!

2011 has come to an end. Before we look ahead to 2012 I would like to again recognize some individuals that are making our YMCA and our community a better place. Employee of the Month recipients: Amber, Kelli, Kara, Chelsey, Keb, Chad, Rebecca, Sarah, Derek, Linda & Jared. Member of the Month recipients: Bob, John, Carol, Victoria, Dreama, Nancy, Rachel, Al, Marty, Linda, Donita, Gerry, Dorothy, Jim, Moragan, & Arlene. Thank You!

As we move into 2012 we have had some changes in our leadership staff at Clark. In December we said goodbye to Jamie Nocula and in January we will be saying goodbye to Brent Johnson. We thank them both for their hard work and dedication and wish them the best in the future. Moving forward we will replace these positions with a Senior Director of Healthy Living.

We have made a commitment to focus on programming at our facility and will continue to look at our class offerings to best accommodate your needs. Please continue to provide our staff with feedback and look for new classes in January. I would also like to congratulate all of you that are trying new classes and have found new homes in many of them. Class participation has grown by 70% over the past 3 months. Keep up the great work.

In 2011 I set a goal to lose 30lbs by December 31st 2011. Well I can say that as of December 13th I have lost a little more than 20lbs. While I did not reach my goal it will not stop me from continuing to strive to shed the last 10lbs. I look forward to seeing you in classes and in the facility as we all work towards a healthier version of ourselves.

In service,

Eddie White



CALENDAR

Parents' Night Out
Friday January 6
6:00 PM - 9:00 PM
Early Drop-Off at 5:00 PM
Theme: "Happy New Year"

Early pool closure
Aquatics Staff Training
Sunday January 8
4:00 PM

Red Cross Blood Drive
Monday January 16
10:00 AM - 3:00 PM

Parents' Night Out
Friday January 20
6:00 PM - 9:00 PM
Early Drop-Off at 5:00 PM
Theme: "Let it Snow!"

Alpha
Thursday January 19
6:00 PM - 8:00 PM

CHAPLIN'S CORNER

Alpha is an opportunity to explore the meaning of life in a relaxed, friendly setting. The Alpha course meets once per week for 10 weeks, and includes an amazing one-day or weekend getaway. Each session, people enjoy great food, laughter and learning in a fun and friendly atmosphere where no question about life or God is seen as too simple or too hostile. There is no charge for attending the Alpha course. Alpha meets every Thursday starting January 19th from 6pm to 8pm.

WHAT'S NEW

By Nikki Donathan

Health & Wellness News: Body Pump™ is launched and in full swing. If you didn't have a chance to try it during the launch be sure to grab a schedule with the class times. Note that there are a couple time changes for some of our other classes as well. Over the course of the launch day we had 97 participants!! Thanks for coming out and trying something new!

After School Enrichment News: Afterschool Enrichment has implemented an additional employee of the month recognition for those employees who are "off-site" and not as recognizable as staff at the branch. We would like to recognize our first recipient, Chemil Washington. She has been working at Chinook elementary for the past 4 years and has displayed outstanding work performance as well as passion for the mission. Chemil not only runs a great class for the kids but also engages positively with the school staff and parents.

Youth Sports News: Our Winter Leagues will begin January 16th, so look for an updated Gym Schedule for details on practice and game times. It's not too late to register! If you or someone you know is interested in playing or volunteering in one of our Leagues, have them contact Heidi White before January 11th. We depend on your feedback to help us improve our programs, please visit our website at <http://www.ymca-clarkcountysports.org> and take our brief survey to tell us how we are doing.

Aquatics News: The pool will be closing early (4:00 pm) on January 8th for our lifeguard in service training. Our lifeguards use this time to practice life saving skills in the water, including backboarding, CPR and victim recognition.

Our Swim Instructors had a busy year with over 1,750 registrations for group and private swim lessons. We are always on the lookout for responsible, friendly, aquatics minded people to join our team. If you or someone you know is interested in being a YMCA Swim Lesson Instructor, have them contact Heidi White.

MEMBER SPOTLIGHT

Chris, Jennifer, Ashley & Kaitlynn D.

A Military family on the move, Chris, Jennifer, Ashley & Kaitlynn came to the Y a year and half ago. Looking for safe and fun activities that the family could do together this seemed the perfect spot for them. The family takes advantage of just about everything that is offered at the Y, including classes such as Cardio-Kick & Sculpt w/Melissa, Zumba® w/Mary, Bootcamp & Core class w/Jenny & Rebecca, Power Box & 3,2,1 w/DeAnna & Combo Fitness and Body Pump™ w/Dori. They also enjoy basketball, circuit weight room, & Yoga-Stretch. The girls enjoy Fun Club and Zumbatomic®. When they are not doing all they can at the Y, you can find them outside playing sports together as a family. They also enjoy watching sports on television, going to the movies, and hanging out with friends. Thank you for your military service and being part of the "Y" family.



EMPLOYEE OF THE MONTH

Kelsey L.

Kelsey has been chosen for employee of the month for January. She has been with us since spring of 2011, and she has brought great enthusiasm to the Child Watch team. She is always positive and upbeat. The kids in the center have grown to love her and are always excited to see her working when they arrive. Kelsey is engaging by reading books, playing games, coloring, or creating crafts for the kids to do. We are blessed to have Kelsey as part of our team and are excited to see what she will bring in the future. Thank you Kelsey for all your hard work and dedication.

