

YMCA Access



Newsletter of the
Jefferson City Area YMCA
Fall 2010



Thinner Winner Promotes Losing

From May 24 to July 2, 130 individuals making up 30 teams competed in the YMCA's first Thinner Winner competition. The team with the highest percentage of weight lost would be crowned the Thinner Winner and receive \$1,000.

After six weeks of exercising and following nutrition guidelines, the Thinner Winner teams came together for the final weigh in at the Firley YMCA. A total of 1,180 pounds was lost by the entire group. The winning team – The Terminators – lost a total of 164.8 pounds or 17.91 percent. The team was made up of Brandon Redcay, Nathan Redcay, Jeff Wyatt and Josh Werdehausen. Nathan Redcay was the overall male winner with a total weight loss of 52 pounds. Diane Kemna was the overall female winner by losing 24 pounds.

During the program, the participants received a session with a Personal Trainer and workout guidelines, a session with a Nutrition Counselor and nutrition guidelines, participation in two group fitness classes, free entry to the YMCA's Father's Day 5K, access to all three YMCA facilities for non-members and a Thinner Winner T-Shirt.

At the finale, participants received prizes from LaSienne and food and drinks from Hy-Vee and Roly Poly.

Drawings were also held for prizes from Red Wheel Bike Shop, HeadLines, and Initially Yours.

The dates for the next Thinner Winner competition will be announced this fall.



*The Terminators (above left) won the Thinner Winner competition by losing a total of 164.8 pounds or 17.91 percent. The team consisted of (left to right) **Brandon Redcay**, **Nathan Redcay**, **Jeff Wyatt** and **Josh Werdehausen** (not pictured). **Nathan Redcay** (center) was the overall male winner by losing 52 pounds. **Diane Kemna** (above right) was the overall female winner by losing 24 pounds.*

Outreach Fund Receives Donation



The Home Builders Association of Central Missouri recently presented the YMCA's Board of Directors a check in the amount of \$2,000 to benefit the YMCA's Outreach Fund. The Outreach Fund allows children and families in our community to participate in YMCA activities who otherwise could not afford to do so.

Pictured left to right: **Ron Lehman**, Knapheide Truck Equipment Center and Shuttle Chairperson, **Heather Hagner**, River Region Credit Union and 2010 Home Show Chair, and **Jeff Hoelscher**, Hoelscher Enterprises and 2010 Home Show Co-Chair.

Rebranding the Y- It's More Than a Logo

Craig Lammers - Executive Director

For the first time in 43 years, the Y is unveiling a new brand strategy. The strategy is designed to increase the understanding of the impact the organization makes in the community so more people take advantage of the Y's unique capacity to foster lasting personal and social change.



YMCA of the USA is simplifying how we describe the programs we offer so it is apparent that everything we do is designed to nurture the potential of children and teens, improve health and well-being, and motivate people to support their neighbors and larger community. Moving forward, we will be known as "the Y." That is how people refer to us informally and it is a way of signaling our doors are open to everyone. A new, more forward looking logo replaces the logo that has been in place for 43 years.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

We are making these changes because we want to increase our impact nationwide, and we believe part of doing so involves helping people understand what we do and why we do it.

The Y works everyday to solve many of the issues Americans are most concerned about. For decades we have offered programs that help kids reach their potential, that help families and individuals achieve better health outcomes and that encourage everyone to get involved and make their community a better place. The aim is to bring more services to more people in the key areas of: Youth Development, Healthy Living and Social Responsibility.

The Y is about changing lives for the better. We have been doing this for 160 years and hope to do it for decades to come. We view participation in our programs and services as a means to a greater end. Therefore, through our rebranding effort, we want to help our community learn more about our work so we can help:

- More children deepen their positive values, commitment to service and motivation to learn;
- More families build stronger bonds, achieving greater work life balance and becoming more engaged in their community through the Y; and,
- Individuals improve their well-being and connect with people who care.

YEARLY SHUTDOWN

Knowles Indoor Pool

August 16-September 6

August 16 through September 6 the Knowles indoor pool will be closed for yearly maintenance. The indoor pool will resume regular pool hours on Tuesday, September 7.

During the shutdown, the Firley outdoor pool will observe the following hours.

Monday-Friday.....6 a.m.-1 p.m., 4-7 p.m.

Saturday & Sunday.....8 a.m.-5 p.m.

Labor Day (Sept. 6)8 a.m.-5 p.m.

Knowles Basketball Courts & Indoor Track

August 30-September 6

August 30 through September 6 the Knowles basketball courts and indoor track will also be closed. Please plan to use the Firley facility during this time.

Locker Rooms

to be announced

The Locker Rooms will be closed as needed on weekdays from 8 a.m.-3 p.m. for maintenance. Watch for signs stating the dates.

Bob Linville Memorial Golf Tournament

Bob Linville's commitment to youth and service to the YMCA was an example for all to follow. This year, the Jefferson City Area YMCA's "Bob Linville Memorial Golf Tournament" will be held **Monday, August 16, at Meadow Lake Acres Country Club.**



Proceeds from this four-person scramble tournament will benefit the YMCA's Outreach Fund. The Outreach Fund allows children and families in our community to participate in YMCA activities who otherwise could not afford to do so. By participating in this tournament, you are supporting the YMCA's efforts to give everyone the opportunity to be a part of the YMCA.

If you are interested in participating in the golf tournament as a golfer or a sponsor, please call 761-9002.

If you would like to receive this newsletter via email, please let Melanie Blochberger know your email address. You can contact Melanie at 761-9001 or at blochm@jcyymca.org

Program Spotlight



www.jcymca.org

Youth Sports

FALL SOCCER (Pre-K-8th Grade)

Register at any YMCA facility. Leagues are divided by grade and teams are formed based on school attending.

Volunteer coaches are needed and training is provided.

Registration: through July 25

Games Begin: Saturday, August 28

Location: 63 Sports Complex

Fees (Pre-K): \$25 Y-member; \$35 Non-member

Fees (K): \$30 Y-member; \$40 Non-member

Fees (1st-8th): \$35 Y-member; \$45 Non-member

Equipment: Jerseys are not provided but can be purchased at the Firley YMCA front desk at 525 Ellis Blvd.

Corporate Sponsor: Central Bank

MODIFIED RECREATION SOCCER LEAGUE

The YMCA offers registration for entire soccer teams. This allows teams to build continuity and chemistry if they would like to participate in future tournaments or Show-Me Games. Leagues will be divided as follows:

Boys: 2 & 3 grade 4 & 5 grade

Girls: 2 & 3 grade 4 & 5 grade

Registration: through July 25

Games Begin: Boys – Tues., Aug. 24; Girls – Thurs., Aug. 26

Location: 63 Sports Complex

Fee: \$425/team

TACKLE FOOTBALL

The YMCA offers tackle football for 6th grade public school students and 5th and 6th grade parochial school students. For more information, call 761-9003 or visit www.jcymca.org/sports/football.php.

Adult Sports

CO-ED ADULT VOLLEYBALL

Recreational, Modified and Power volleyball leagues are available. Teams will play six per side and must have two females on the court at all times during this 10-week league.

Registration: thru August 16

Games begin: Thursday, August 26

Location: Firley YMCA - 525 Ellis Blvd.

Fee: \$160/team, \$5 per Non-member

Aquatics

SWIMMING LESSONS

The YMCA offers swimming lessons during the day, evenings and weekends. Class levels range from the beginning swimmer to the advanced swimmer.

All classes feature a low student teacher ratio and include eight-45 minute classes.

Tennis

TENNIS LESSONS

Students will learn the basics of tennis including fore-hand, backhand, serve, volley and scoring. Each participant must provide his/her own racquet and one unopened can of tennis balls. Call 761-9009 for more information.

CARDIO TENNIS - beginning November 2

Cardio Tennis is a new, fun, group activity featuring drills to give players of all abilities an ultimate, high energy workout. Cardio Tennis includes a warm-up, cardio workout and cool down phases. If you are looking for a great new way to get in shape and to burn calories, you must try Cardio Tennis. Must have a minimum of six participants.

Day/Time: Tuesdays – 5:30-6:30 pm

Fee: \$5/class or \$20/month

Wellness

BOSU

The latest fitness trend – it's a heart pumping workout with all the benefits of muscle toning and core training.

Days/Time: Monday & Wednesday – 9-9:45 am

Location: West Y MPR - 3507 Amazonas

Cost: \$18 Y-member; \$36 Non-member

STRIKE!

STRIKE is a full body interval workout that incorporates traditional kickboxing combinations, controlled weight-bearing movements, and athletic drills, all strategically planned to create a non-stop flow of energy and burn.

Days/Time: Wednesdays – 5:30-6:15 pm

Location: West Y MPR - 3507 Amazonas

Cost: \$12 Y-member; \$24 Non-member

EVENING BOOT CAMP BLAST

Experience intensive training that is goal oriented to see dramatic results in a six-week progressive program. Space is limited to 12 participants per session.

Session: September 13-October 20

Days/Time: Monday/Wednesday – 5:30-6:30 pm

Location: Firley Gym - 525 Ellis Blvd.

Cost: \$50 Y-member; \$75 Non-member

Child Care

BEFORE/AFTER SCHOOL Y-CARE

Y-Care offers fun, educational activities guaranteed to keep your school-age child entertained and learning! This state-licensed program maintains a 16:1 child-staff ratio and an afternoon snack is provided. Children will choose from activities like SPARK Physical Education, KidzLit, Club Boxes and more! The Y-Care morning session begins at 6:45 a.m. and the afternoon session ends at 5:30 p.m. Call 761-9021 to find out if Y-Care is offered at your school.

Board Spotlight

Dr. Steve Buchholz - YMCA Board Secretary

Dr. Steve Buchholz is undoubtedly the longest serving member of the Jefferson City Area YMCA Board of Directors. He has served consecutive years, save for one, since 1989 for a total of 20 years.

Steve grew up in the small east central Missouri town of Owensville. He holds a Bachelor of Arts degree from the University of Denver and a Master of Divinity and Doctorate (in biblical hermeneutics and theology) from Eden Theological Seminary in St. Louis. Steve is married to Becky Buchholz, BSN, RN, CEN, who has been practicing nursing at St. Marys Health Center for 30 years. Steve and Becky have two children – Anne Bennett (husband Kevin) and Chris Buchholz (third year medical student) and two grandchildren – Maddox (4) and Sadee (2).



Steve has been Senior Pastor of Central United Church of Christ in Jefferson City since 1982. He has been an ordained minister in the United Church of Christ since May 1973.

He says he’s enjoyed each year serving on the board because he believes in the Y’s mission – being a Christian-based organization and part of the mission being the promotion of healthy lifestyles in the major areas of life: mind, body, spirit. “I believe our Creator has given us choices regarding our life and our lifestyles. Exercise and nutrition are essential to maintaining a healthy body, mind and spirit. We are called to be good ‘stewards’ of our body, as they are ‘the temple of the Holy Spirit.’ The Y provides that opportunity to be good stewards of our body, mind and spirit,” Steve says. “I also enjoy serving with such sound, competent professional people from our community on the Board. I have been blessed to get to know many people through these 20 years of service. And I have especially enjoyed serving with the great staff who are the life-blood of the YMCA.”

Steve feels the Y is going in the right direction with the continued emphasis on maintaining current facilities, keeping them up to date, clean, user friendly, with outstanding customer service at all stations from the front desk to the Executive Director’s office. “In my opinion, the Y is doing an outstanding job in all these areas. And of course, the addition of the new West Y is a necessary component to keep up with the current trends. The plans for the additions in phases two and three at the West Y are essential for the future of the Y in Jefferson City.”

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