

February - March 2010



Feith Family YMCA Spring Session News

More Options to Help You and Your Little Athletes in Training

No Joining Fee for new members!

Know someone who's interested in joining the Y? There is no joining fee for the month of Jan. and half off the joining fee for February!

Don't you need an exercise buddy?

Plus you will receive one month free membership for your referral!

Spring Session Begins February 1!

Registration for classes in all areas is going on now for the Spring session. Please register early to ensure that your favorite class isn't cancelled due to low enrollment.

KidSPACE

Parents! Work out stress free knowing your kids are having a blast!

KidSpace is designed to keep your kids safe while you work out! It provides 7-9 year olds the freedom to choose their activity, as a group, without being left alone in the YMCA.

KidSPACE complies with our child supervision policy. Supervision includes cooperative games in the gym, outside or in the youth center. Keep your children active while you are active!

Monday - Friday
5:00pm - 8:00pm
\$2.00 per child/3 hours

NEW!!! Soccer Monday Nights!!

Dribble, pass and shoot your way through this eight week session.

Soccer Skills uses age-appropriate skills development and team play concepts for a fun, positive experience. Special emphasis is placed on teamwork, sportsmanship and fair play. Basic **FUNDAMENTALS** of soccer will be taught along with a combination of small sided games and full-out scrimmages.

Monday Evenings
Feb. 1 - March 22nd
4-5 year olds
5:00-5:45
4-5 year olds
5:45-6:15
6-10 year olds
6:15 to 7:00

Sporties for Shorties

Need someone to watch your child while you work out? **Sports for All Sorts** is the answer!

New Times and More Days!!!
Monday 9:00-9:45
Thursday 10:00-10:45
Friday 10:00-10:45

For questions on any of these classes contact Megan Lee, Sports and Teen Manager at 268-5431

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FREE!! Two New Classes for Members!!

Yoga & Pilates have been added to the list of free classes for members. Check the schedule for times and take advantage of your membership!

Family Fun Times at Feith! And it's Free!



Mondays:

Stay & Play
11:15-12:15

Tuesdays:

Splash & Dash
6:15-7:15

Sundays:

Family Gym
3:00-5:00

All of these activities are designed for family time and an opportunity to stay fit while having fun. Activities rotate between Studio C, the Gym, or the Prime Time center based on the activities.

Contact Kelly at
268-5413 for more

NEW: Y HEALTHY LIFESTYLE SERIES!!

Sponsored by:



Wellness Fair at the YMCA Thursday, February 11th 9-12noon
Free Peripheral Arterial Disease (PAD) Screening and Blood Pressure Screening will be offered by Columbia St. Mary's during the Wellness Fair on Thursday, February 11. Representatives from the Stroke Center, Women's Heart Secrets Program, Women's Oncology and Joint Camp will also be available to answer your questions.



Save the Date!

Basics of Investing: a Guide to Investment Options

Thursday, February 25th from 6:30-8pm

More Information will be available at the Y.



Setting the Course: Passages through Menopause

This enlightening program is for the midlife woman who, as navigator, must guide her way through a myriad of information, studies and medical knowledge. The goal of this innovative program is to make sense of health issues, including symptoms of menopause, heart health, stress, lifestyle, mind body integration, bone health, breast care and sexuality, as well as offer current updates on hormone replacement. The outcome of the class is to help women make informed, proactive decisions in choosing menopause management options and to assist them in developing a personalized midlife wellness plan. The program has met with national success both for general audience of women, and as a workshop for nurses who advocate for midlife women in a hospital setting

Presented by Sue McKenzie, InHealth Wisconsin

Thursday, March 11, 6:30-8:00pm

Limited to 12 participants, Kid Care Available

CHANGE YOUR MIND...INVIGORATE YOUR BODY...LIFT YOUR SPIRIT...EMBRACE WELLNESS

Tuesday, March 9th, 10:30-11:30am

On your journey to wellness, you will likely encounter different pieces of your life that influence, engage and may even change you. How you press onward on your voyage may be turbulent, but equipped with these elements- Healthy Meal Planning, Physical Activity, Self-Management, Social Network, and Spirituality, the balance you will achieve in your life will steady your way.

—Heidi Katte, MS, RD, CD
Wellness Facilitator & Nutrition Expert
Healthy Balance Enterprise, LLC



For questions on

Healthy Lifestyle Series

Contact Keelyn Lyon
klyon@ymcamke.org or
268-5408



QUALITY FAMILY TIME

Valentines Workshop

Sunday,

**February 7th
3:00-5:00pm**

Fun for kids of all ages! Come to our Family Center to make your sweetie a Valentine. We will provide everything you need to make a beautiful Valentine's Day craft.

Cost: Free

Questions? Contact Kelly at 268-5413



**New Wellness Center Classes starting February
Supporting you with your Fitness Goals**

Stride 'N Strength

Would you like to know how to utilize the cardio and strength machines to your best advantage and get back into an exercise routine? Looking for motivation and guidance? If yes, then Stride „N Strength is the program for you! This 6-week program will teach you how to use the machines in the most effective and easy way to meet your goals. This 60 minute class meets twice a week and consists of a 30 minute guided cardio workout and a 30 minute group strength workout. At the end of the session you will have a variety of workouts to use and keep! Classes starting February 1st & 2nd.

Sessions: Monday & Wednesdays 11am-12pm w/Meg Wellness Center & Studio A/B

Tuesday & Thursdays 11am-12pm w/Dawn Wellness Center & Studio A/B

**Tuesday & Thursdays 6:30-7:30pm w/Erica Wellness Center
Cost: \$55, limit to 6 participants for each session.
Y members only.**

Circuit Classes

We've added 2 new circuit classes; Morning Circuit Training class and Beginner Circuit class. A great addition to any cardio workout!

Why Circuit Training?

The exciting pace and constant changing nature of circuit training places a unique type of stress on the body, which differs from normal exercise activities, like weight training and aerobics.

More reasons why circuit training is a fantastic form of exercise:

Circuit training is for everyone! Whether you're a beginner, or an athlete, circuit training exercises can be modified to fit your needs.

Circuit training is time efficient. No wasted time in between sets. Great results in minimal time.

Circuit training is a lot of fun to do in pairs or groups which can provide the ultimate motivating setting for exercise!

**Morning Circuit Class
Wednesdays 5:45-6:30am
with Mike**

**Thursdays 10:30-11:05am
with Meg**



YMCA Partners with:

- Ozaukee Family Service
- Youth and Family Project
- COPE

As part of a continuing effort to facilitate access to community resources and provide well rounded education and support services to help strengthen families in Ozaukee County, the NAPS Collaboration and the Feith Family YMCA are working together to bring more classes and training to the community.

The NAPS collaboration will offer 1-2-3 Magic on Mondays in March and a Making Marriage Work introductory session on February 10. Both will be at the Feith Family YMCA.

For registration for both of these classes, contact Ozaukee Family Services 262-376-7774 or www.OzaukeeFamilyServices.org.

1-2-3- Magic

**Mondays, March 1st & 8th,
6:30 p.m. – 8:00 p.m.**

Learn an effective behavior management technique for children ages 2-12 years. Topics to include: how to stop tantrums, whining, sibling rivalry and arguing.

Parents will also learn how to encourage good behavior in their kids.

Leader: Heather Will, Program Coordinator,
The Youth and Family Project

Childcare will also be available at the YMCA for a small fee.

Making Marriage work

**Introductory session
Wednesday,
February 10th,
6:30 p.m. – 7:15 p.m.**

Married? Thinking about marriage? Discover the secrets the experts use to enhance build and de-stress your relationship.

Leader: Barbara Bartlein, RN, CICSW, Associate Director of Ozaukee Family Services.

Author of

Why Did I Marry You Anyway? Overcoming the Myths That Hinder a Happy Marriage

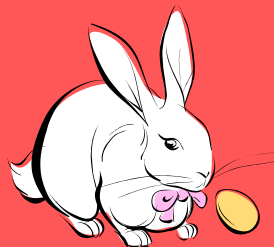


Easter Eggstravaganza!

Save the Date!

Our Easter Eggstravaganza will be held on March 27 from 3:00-5:00. Enjoy crafts, activities, bounce house and an Easter Egg hunt!

Registration information will be available soon!



VOLUNTEER AT THE YMCA:

Interested in Helping out at the Y?

Current Openings:

- Hospitality
- Custodial
- Seasonal Decorating
- Youth Sports
- Café
- Kid Care

Contact Keelyn Lyon for more information:
klyon@ymcamke.org
or 268-5408