

# OUR VOICE



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

ABERDEEN FAMILY YMCA

5 S. State Street Aberdeen, SD 57401

December 2017

aberdeenymca.org

## YOUR YMCA, YOUR COMMUNITY

The YMCA is a great community based organization offering an opportunity for people of all ages to promote one's physical and mental well being. It is a facilities provider for an individual or family who wishes to take advantage of programs for family or individual growth. Dedicated, friendly staff turns a facility into a place to go rather than just being a building.

Daily, I look forward to visiting the Y to follow my routine and enjoy the atmosphere. Life revolves around an active schedule for many families, and the Y is another option for togetherness.

We, as a community, are truly fortunate to have an exceptional place like the YMCA to foster more opportunities within our city.

**Dick Kornder—Long Time YMCA Member**

## HOLIDAY GREETING FOR A JOYFUL NEW YEAR

As we get ready to start a New Year we talk a lot about our "New Year's Resolutions." What an awesome and inspiring sight it is to see so many people committed to making positive changes for themselves, their families, and communities. The Y has resolutions too! With an everyday mission to help you achieve a balance of spirit, mind, and body, the Y is here to support you and your family. We make resolutions to be more supportive, more intuitive to your needs, more creative, and more understanding. What comes out of these resolutions, yours and ours, is what it's all about: people getting healthier, feeling better, getting stronger, spending time with their families and friends, learning new skills, gaining confidence and self-esteem, and a community that comes together. So here we are, a new year with new goals and resolutions.

The Y is ready to go; are you?



Mike Quast  
CEO

## FIVE WAYS TO GET THE MOST OUT OF YOUR MEMBERSHIP

When you become a member at the Aberdeen Family YMCA, you are joining more than a gym. You are joining a community. What is offered between our walls goes further than what one might expect. The opportunities at the Y are endless.

1. **Take Advantage of our Wellness Coaches:** Every member that joins the Y gets a fitness orientation with a wellness coach. This session will introduce you to the Wellness Center, the Y and all the fitness opportunities available.
2. **Free Group Exercise Classes:** Working out in a group always does wonders for your motivation.
3. **Busy Parents:** While you are working out, your children ages 6 months to 6 years can play in child watch.
4. **Get Paid to Get Healthy:** The Y has partnered with several major health insurance providers to offer you a reimbursement for using the Y.
5. **Make Friends:** It's practically impossible to not make friends at the Y. Together, we create a community that is friendly, welcoming, and a place that is focused on strengthening our community.

## PAYING IT FORWARD

"I started off volunteering with youth sports as a way of paying it forward and as homage to all of the volunteers that stepped up in my youth and helped me grow and make lasting memories. There was one person in particular that I remember as a referee at the old Y. For many years when I was playing Y basketball this referee truly was the one that initially inspired me to give back my time in this capacity, as he did when I was a kid.

I thoroughly enjoy seeing the kids play and I get joy out of helping them learn the game. It is amazing to watch them progress, not only throughout the season, but also seeing them play later on in life (high school and college). It is an incredible feeling to know that I am now the person inspiring these kids, like that referee did for me years ago." **Jeremy Kalt, has been a referee for the YMCA for 11 years and a mentor**

## VOLUNTEERING REDUCES THE BODY'S STRESS AND ALSO RELEASES ENDORPHINS



90% of individuals feel happier



58% of people say volunteering helps them sleep better



68% of individuals say volunteering makes them feel healthier

If you are interested in learning more about volunteer opportunities call 605.225.4910

## WINTER BREAK SCHEDULE

	Building Hours	Activity Center	Rockwall	Gym	Open Swim
Sun. Dec. 24	12pm-3pm	NONE	NONE	NONE	NONE
Mon. Dec. 25	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
Tues. Dec. 26	5am-10pm	11am-6pm	NONE	11am-9pm	1pm-6pm
Wed. Dec. 27	5am-10pm	11am-6pm	3pm-5pm	11am-9pm	1pm-6pm
Thur. Dec. 28	5am-10pm	11am-6pm	NONE	11am-9pm	1pm-6pm
Fri. Dec. 29	5am-10pm	11am-6pm	3pm-5pm	11am-9pm	1pm-6pm
Sat. Dec. 30	7am-6pm	10am-4pm	3pm-5pm	10am-6pm	12pm-5:30pm
Sun. Dec. 31	12pm-3pm	NONE	NONE	12pm-3pm	NONE
Mon. Jan. 1	10am-2pm	NONE	NONE	10am-2pm	10am-2pm
Tues. Jan. 2	5am-10pm	11am-6pm	NONE	11am-9pm	1pm-6pm
Wed. Jan. 3	5am-10pm	11am-6pm	3pm-5pm	11am-9pm	1pm-6pm

## REACH AND RISE MENTORING CREATES MORE THAN GAMES



On Thursday, November 30th, Reach and Rise One on One Mentoring mentors and mentees visited CREATE Aberdeen and learned how to computer code. As part of this visit they had the opportunity to play a video game that Matt, their instructor, developed! To learn more about our Reach and Rise Mentoring Program contact Brandi Stepanek at [bstepanek@aberdeenymca.org](mailto:bstepanek@aberdeenymca.org)

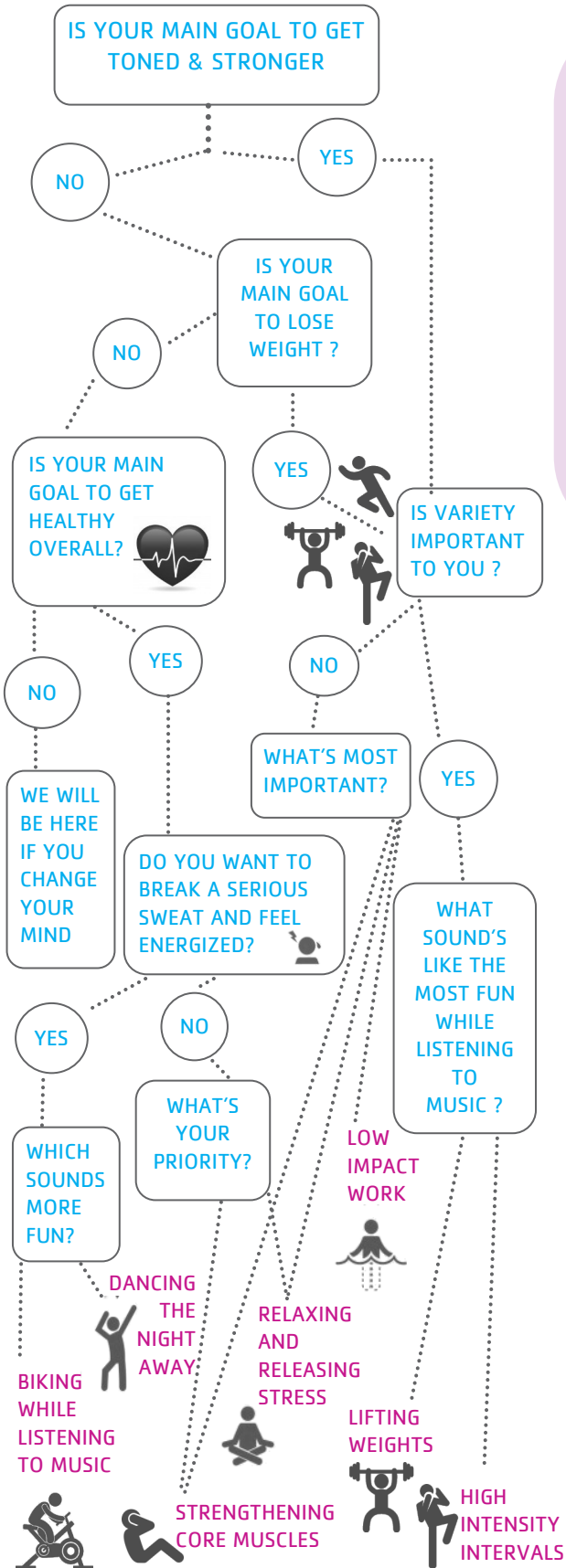
## JUST WHEN I THOUGHT THEY WEREN'T LISTENING

"This past spring my husband and I had the opportunity to become a part of the group mentoring program at the Y. It has been an experience, unlike anything we expected. Weekly we meet with a small group of kids and we talk about life, share what is going on in our week, discuss the highs and lows, offer advice, provide support, and share our experiences in life.

Several months ago we were sharing our week. We had a few boys that we weren't quite sure if they were listening. They seemed preoccupied, and weren't active in the group. It was at that moment that one participant opened up about how things at home were difficult, that mom had picked up another job, that food was being stretched, and that life was just rough at this moment. My heart sunk. My husband and I offered the support we could and as we walked out that night, I thought about what more could be done. The following week we were ready to get started with our group activity when those two boys who we thought were preoccupied walked in with bags of groceries for their new friend, sharing that, they have plenty to give and are here to help their friend. My heart was bursting with the kindness these young men displayed. When I didn't think they heard anything from the week before, they had heard the need, they heard the pain, and they knew what they could do."


**Jessica Martinez Perez, Group Mentor**

# FIND YOUR GROUP FITNESS PATH



With over 135 Group Fitness classes offered weekly you are sure to find the right fit for you! For a full group fitness schedule you can look at [aberdeenymca.org](http://aberdeenymca.org) or pick one up at Member Services.

"I have been a member of the Aberdeen Family YMCA for six years. I was formerly a member of a different health club but felt that I needed more, so I joined the Y after hearing positive reviews of it from numerous people. From the first day I went to the Y, I felt welcomed. Our Y has a lot to offer from group fitness classes to the cardio and weight machines. I enjoy participating in Body Pump, Body Combat, Restore the Core, and Sculpt & Tone. I also like utilizing all of the different exercise machines. As I get older, I want to stay strong and healthy, and the Y has done that for me. I have lost weight and have seen more muscle definition from going to the Y and eating healthy. The Y has helped me continue to live a healthy lifestyle." **Carla Hanson— Member**



Finding the right group fitness class for your goals and schedule can be difficult, but with help from Terrill Meier, Group Fitness Manager or Brooke Logan, Group Fitness Coordinator, discovering that perfect class is easy!

Contact Terrill or Brooke by calling 605.225.4910 or email [tmeier@aberdeenymca.org](mailto:tmeier@aberdeenymca.org) or [blogan@aberdeenymca.org](mailto:blogan@aberdeenymca.org)

## NEW SPORT TO SPAN THE AGES

"I've been coming to the YMCA for over thirty years, and upon retirement in 2013 I was looking for a fun way to exercise. Then one day a friend suggested I join them for Pickleball. I'd played tennis and racquetball at the Y, so I thought why not, and showed up one morning to play and that was it, I was hooked! There was a great group that had not been playing long and were very welcoming and supportive. Since then, I've played as much as five days a week from Minnesota to Texas including tournaments at the Y and Senior Games. I have continued to play with members of that core group and the numbers continue to grow some of the new faces includes my wife Terri, who has become a regular. She has been teaching Yoga and Pilates at the Y for 18+ years. She use to tease me about playing so much and stealing her Yoga people for Pickleball, but now she has her own group and plays in the mornings she doesn't teach. The Y has been very supportive of Pickleball, providing all the equipment and even recently putting in new lights. So try it, you'll love it!" **Terry (Ozzie) Osborn— Pickleball Champion**




### Give Pickleball a Try!

It is available 5 days a week at the YMCA.  
 Monday, Wednesday and Friday 8:30a.m. -11:30a.m.  
 Tuesday and Thursday 10:45a.m.-1p.m.

# 5 REASONS EVERY CHILD SHOULD TAKE SWIM LESSONS

**FOR WATER SAFETY:** As kids progress through the program they learn about water safety.

**FOR HEALTH:** Kids get exercise while developing skills, coordination and endurance.

**FOR CONFIDENCE:** Kids build confidence when they overcome challenges, from their first kick across the pool to swimming laps.

**FOR LIFE:** Participants in swim lessons develop a life long love of swimming, an activity that brings enjoyment and health benefits long after they complete their last swim lesson.

**FOR FUN:** Kids love the water and there is nothing more fun then playing games, sports and making new friends in the pool.

Registration for winter and spring swim lessons is now available at [aberdeenymca.org](http://aberdeenymca.org) or at the Member Services desk.

For Claire a 73-year-old avid lap swimmer for nine years utilizes the pool two to three times a week, and has a routine of swimming half a mile to a mile. Claire proclaims "I love to swim!" She is a retired nurse of twenty-three years and knows the importance of exercise for overall health and wellness. Claire also attends Stretch Express, Senior Shape Up, and Zumba Gold regularly. When looking for a change to her routine, you will find Claire walking the indoor track or riding a stationary bike in the Wellness Center. "The weight-bearing activity is important for overall health as well" states Claire.

Why the Y for Claire, because it is a nice, clean, and a comfortable place, where everyone is friendly and welcoming.

Claire has also met many people through the Y. It provides social opportunities and camaraderie, to go along with an excellent facility to work out in. "Aberdeen is fortunate to have this facility."

**Claire Wheeler has been a YMCA member for nine years**

Registration for Summer Safari (children entering kindergarten in the fall) and Summer Uproar (for children entering grades 1st-6th in the fall) will begin taking enrollments February 19. Registration in both programs is limited. Contact the Youth Development Center with questions at [ydcfrontdesk@aberdeenymca.org](mailto:ydcfrontdesk@aberdeenymca.org)

## SAVE THE DATE

**Family Fun Night  
Luau Party**

February 16

Food, Games, Swimming  
and More



**Boys Interstate  
Basketball Tournament**

March 23 and 24



CEO Mike Quast  
[mquast@aberdeenymca.org](mailto:mquast@aberdeenymca.org)

Senior Director of Programming  
Elyce Kastigar  
[ekastigar@aberdeenymca.org](mailto:ekastigar@aberdeenymca.org)

Membership and General Inquiries  
[info@aberdeenymca.org](mailto:info@aberdeenymca.org)

Youth Development Center  
Kayley Johnson & Amy Severson  
[kjohnson@aberdeenymca.org](mailto:kjohnson@aberdeenymca.org) or  
[aseverson@aberdeenymca.org](mailto:aseverson@aberdeenymca.org)

## MOBILE TEXT ALERTS

Receive text message announcements, cancellations and closures from the Aberdeen Family YMCA!

**BEST  
SUMMER  
EVER**