

MEMBER NEWSLETTER



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

XENIA YMCA

135 E. Church St. Xenia OH 45385

January/February 2018

ymcaonline.org

THE XENIA YMCA MEMBER NEWSLETTER

PROJECT REACH: A COMMITMENT TO COMMUNITY

A Capital Campaign to build a multi-generation campus for families, senior adults, students, and all residents of Greene County and surrounding communities.



Big news for the Xenia YMCA and Xenia Adult Recreation & Services. The Capital Campaign Kickoff to raise \$2.5 million dollars for a new facility located at the corner of Upper Bellbrook Rd. and Progress Dr. has begun.

The generous support of land from Project REACH partner Kettering Health Network, offers the opportunity for the leadership of the YMCA of Greater Dayton and Xenia Senior Center to begin their work on their vision.

The construction of the innovative multi-use campus is estimated to cost a total of \$17 million. The sources of those funds include New Market Tax Credits, partner leases, grants, and charitable gifts already confirmed. As strong financial stewards, the Xenia YMCA and the Xenia Senior Center seeks to raise \$2.5 million in private gifts and grants. The New Market Tax Credit includes federal and state allocations authorized by the Dayton Region New Market Fund to finance a portion of the cost of the community building.

CAMPUS BENEFITS:

- 64,000 square-foot multi-use structure for the region
- 10,000 square-foot space dedicated to the new senior center and 7,000 sq. ft. of shared space within the YMCA
- Enhanced social services and activities for senior adults with improved opportunities for seniors to access the YMCA's state-of-the-art fitness center and Kettering Health Network rehabilitation services
- Expanded service for home-delivered meals to area seniors in larger kitchen
- Increased activities in the Senior Center
- Upgraded YMCA to include a regulation size pool and warm therapy pool
- Additional programs for children and adults
- Easy access to Kettering Medical Center's new regional facility
- Satellite education classes from Clark State Community College
- Shared parking lot for campus activities



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QUESTIONS, COMMENTS, IDEAS?

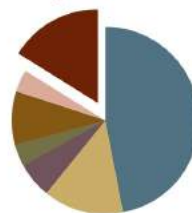
Contact Alan Milkis,
Executive Director
amilkis@daytonymca.org

“A NEW CENTRALIZED CAMPUS WILL PLAY AN IMPORTANT ROLE IN OUR EFFORTS TO DEVELOP XENIA AND SURROUNDING COMMUNITIES INTO A VIBRANT AND HIGHLY DESIRABLE AREA TO LIVE.”

– Brent Merriman,
Xenia City Manager

\$2.5 million
CAPITAL CAMPAIGN NEED

TOTAL PROJECT:
\$17 million



TOP STORIES

FACILITY AGE GUIDELINES

Please remember that children under the age of 10 **MUST** be supervised by a parent or guardian (at least 16 years of age) when in the YMCA. Youth of all ages are not permitted to be left in the building over three hours each day. Some areas of the facility may have different age guidelines and are posted accordingly. We thank you for your cooperation with these guidelines as they are created to help keep all of our members safe.

GUEST PASS POLICY

Y facilities are provided for the use of Y members. Members are always invited to bring in friends and encourage them to join. Members will receive three free guest passes when signing up for a membership. Additional guest passes may be obtained from the Executive Director, if needed. **Each guest is limited to three visits in a twelve month period.** A picture ID is required of **ALL** adult guests. All youth guests, 14 years of age or under, must be accompanied by a YMCA member 15 years of age or older the entire time they have access to the facility and our programs. **We reserve the right to limit guest usage.**

FINANCIAL ASSISTANCE

Every day the YMCA offers quality, affordable programs and services designed to benefit people of all incomes and backgrounds. The Y uses contributed funds to ensure that those unable to pay the stated amount are able to participate. Those unable to pay the full fee may receive financial assistance based on their demonstrated ability to pay and the Y's ability to fund the subsidy. Ask our membership staff for an application.

All records are kept confidential.



****Important Reminder****

It is best that you keep valuables at home. If you must bring them, please remember to keep them in a **locked** locker or with you when in the facility. To help reduce automobile content theft in parking lots, please keep valuables such as cell phones, purses, bags, and electronic items out of view in your vehicle.

BRANCH INFO

Facility Hours

Sunday: 1:00pm-5:00pm
Monday-Friday: 5:00am-10:00pm
Saturday: 7:00am-6:00pm

Health Center

For members 21 and up, the Health Center is a secondary locker room with a television area that includes a couch, dry sauna, and additional cardio equipment. This is included with all adult membership types.

Women's Hours

Sunday: 1:00pm-3:00pm
Monday-Friday: 8:30am-12:00 Noon
Tues & Thurs: 5:00pm-10:00pm
Saturday: 1:00pm-6:00pm

Men's Hours

Sunday: 3:00pm-5:00pm
Monday-Friday: 5:00am-8:30am
Mon, Wed, Fri: 12:00 Noon-10:00pm
Tues & Thurs: 12:00 Noon-5:00pm
Saturday: 7:00am-1:00pm

Kid Zone Hours

Mon-Fri: 9:00am-1:30pm
Mon-Thurs: 5:00pm-8:30pm
Sat: 9:00am-12:30pm

Kid Zone is for members with children six weeks old through age 9. It is limited to 2 hours per day and parents must remain in the building. This service is included with our Family Memberships. Adult members and guests must pay \$2.00 per visit.

Our Mission

The YMCA of Greater Dayton, based on Christian principles, is a charitable organization with an inclusive environment driven to enrich the quality of family, spiritual, social, mental and physical well being for all.

Our Focus

For Youth Development
For Healthy Living
For Social Responsibility



ACTIVE OLDER ADULTS

Senior Pickleball

Tuesday: 7:30am-Noon
Thursday: 7:30am-Noon

Join us on Tuesdays and Thursdays to play pickleball! No sign up needed. Just show up!

Silver Sneakers Boom Mind

Friday: 11:30am—Mind takes the best from Yoga and Pilates and combines them into one fusion class.

Silver Sneakers Boom Move It

Friday: 11am—A higher intensity dance workout class that improves cardio endurance while burning calories.

Senior Socials

Last Friday of the Month: 10:00 am
Bagels, fruit, and coffee provided.
Join us for fun and fellowship!

Silver Sneakers Classic

Monday: 9:45-10:45am & 11-noon
Wednesday: 9:45-10:45 am

Zumba Gold

Friday: 10:00-11:00am

Senior Splash

Thursday: 9:30-10:30am



ActivTrax offers exercise guidance, meal planning and nutrition tracking. It will give you customized exercise routines that are built around your goals, experience, and preferences. It will also take the guess work out of exercising, meal planning, and tracking. Sign up for an appointment at the member services desk.

GROUP EXERCISE CLASSES

NEW TO THE XENIA YMCA! POUND®—T 5:15-6:00am; W 5:30-6:15pm

POUND® is the world's first cardio jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums!

Circuit Training—M/W 9:00-10:00am

Designed to bring the heart rate up to maximum and then lower at a steady pace. The strengthening aspect of the class works all muscle groups to tone and sculpt.

Core Focus Together®—W 5:15-5:45am

A 30 minute core strength workout. Strengthens everything from your shoulders to your hips to make you stronger, quicker, and faster. Quick and challenging!

Cycling—T/TH 9:30-10:30am; T 6:30-7:30pm

This class is a high-intensity workout performed on stationary bikes and is designed to promote cardiovascular health and increase stamina.

Defend Together®—Sa 8:15-9:15am

Defend Together® will enable you to offer a very athletic, super fun way to train cardio and total body strength. With high-energy music, fantastic sound effects, and the latest MMA moves, participants will be addicted.

FAB—T 5:30-6:30pm

The class will start with cardio fitness, working down to abs and buns. This is a class hoped to foster the camaraderie of supporting each other and celebrating each other's successes.

Meditation and Relaxation—W 5:30-6:30pm

Meditation has many proven benefits such as stress reduction, better quality of sleep, stimulation of the immune system, greater focus, and improved quality of life. Returns on Jan 17.

Move and Groove—M 6:20-7:20am; F 5:45-7:00am

A dance inspired program that blends jazz, modern dance, and aerobics to challenge your body. Class includes toning exercises with weights and mat workouts.

Step—TH 5:15-6:15pm

A combination of step with cardiovascular endurance, muscular strength and muscular endurance activities. Exercises use a variety of conditioning equipment.

Strength Train Together®—M 5:15am & 10:15am; TH 5:15am & 5:00pm, Sat 9:30am

This class blasts all of your muscles with a high rep weight training workout. Strength Train Together® combines squats, lunges, presses, and curls with integrated exercises. Dynamic music and motivating group atmosphere will get your heart rate up and push you to your personal best!

Tai Chi—T 9:30-10:30am

This ancient Chinese form of martial arts class combines elements of chi kung (energy cultivation exercises) and traditional Chinese medicine.

TRX Suspension Training—T 7:30-8:30pm; Sa 8:00-9:00am

TRX is a workout system that uses gravity and body weight to perform exercises to strengthen your core and increase muscular endurance, while providing a total body workout.

Yoga—M/W/F 10:00-11:00am; M 6:30-7:45pm

For all levels, this class combines breathing with balance, flexibility and strength postural exercises.

Zumba®—M/W 6:30-7:30pm; T 12:15-1:00pm; Sat. 10:30-11:30am

Zumba Toning®—TH 12:15-1:00

A Latin-inspired dance-fitness program that combines high energy and motivating music with unique moves and combinations.

Strong by Zumba®—F 12:15-1:15pm

High-intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster.

SWIM LESSONS

Stop in today to register your child for one of our swim classes. We offer classes for all ability levels, whether you are looking to learn to swim and gain a basic knowledge about water safety or looking to perfect your advanced swim skills. We have just the class for you! Below you will find a list of the classes that we offer. All sessions include 4 classes. Feel free to register for more than one session. To register for a class stop by the member services desk or visit www.ymcaonline.org

Swim Starters (Parent/Child 1&2) 6mos-3 years

TH 10:30-11am
Sat 10:15-10:45am

Water Acclimation

(Preschool 1) 3-5 years

M 5:30-6:00pm | W 5:30-6pm
TH 11-11:30am
Sat 9-9:30am

(Youth 1) 6-12 years

M 6-6:45 pm | W 6-6:45pm
Sat 9:30-10:15am

Water Movement

(Preschool 2) 3-5 years

M 5:30-6pm | W 5:30-6pm
TH 11:30-Noon
Sat 9-9:30am

(Youth 2) 6-12 years

M 6-6:45pm | W 6-6:45pm
Sat 9:30-10:15 am

Water Stamina

(Preschool 3) 3-5 years

M 5:30-6pm | W 5:30-6pm
Sat 9-9:30am

(Youth 3) 6-12 years

M 6-6:45pm | W 6-6:45pm
Sat 9:30-10:15am

Stroke Introduction (Youth 4) 6-12 years

Fri 5:15-6:00pm
Sat 10:45-11:30am

Stroke Development (Youth 5) 6-12 years

Fri 5:15-6:00pm
Sat 10:45-11:30am

Stroke Mechanics (Youth 5) 6-12 years

Fri 5:15-6:00pm
Sat 10:45-11:30am

Swim Lesson Session Dates

- Jan 7—Feb 3
- Feb 4—Mar 3

Swim Lesson Fees

Members \$16

Non-Members \$32

Private/Semi Private Swim Lessons

Interested in private swim lessons?

Contact Christine Chamberlain
cchamberlain@daytonymca.org

Please contact
Christine Chamberlain
cchamberlain@daytonymca.org
For more information

WATER FITNESS

Water Aerobics - Vigorous water exercise program to improve cardiovascular fitness and muscle tone.

M/W/F 10-11am

M/W/F 11-12noon W 7-8pm

Hydro Fit- The resistance of the water will work more than your legs. Get a whole body workout with less pressure on your joints.

T 9:30-10:30am

Senior Swim Time M/T/W/Th/F 2-3pm

Senior Splash - This class offers fun shallow water moves to improve agility, flexibility and cardiovascular endurance. Noodles are used to develop strength, balance and coordination.

TH 9:30-10:30am

Deep Water Aerobics - Improve flexibility, increase cardiovascular fitness, and build muscle tone! Aqua jogger float belts are used to help stabilize buoyancy while taking stress away from joints.

T 6:30-7:30pm

TH 5:30-6:30pm

Aqua Zumba - Experience Latin and International rhythms with water friendly aerobic and dance moves in shallow water for a unique fitness program.

TH 6:45-7:30pm

F 9-9:45am

MOVE2LOSE

The Move2Lose program is a proven success. Over the last eight years Move2Lose has helped the community lose over ten tons! Registration is now OPEN! Classes begin the week of February 19. \$115 members; \$150 for non-members. Various session times available.

START HERE

Need a lifestyle change? Not sure how to get started? Start Here is a small group training program for health seekers with 30 or more pounds to lose. In this 6-week program, you'll work with a personal trainer once a week and ease into a more active lifestyle. Sessions start January 9. \$50 for members; \$75 for non-members. Morning and evening sessions available.

STAY FIT WITH THE Y!

Stay on track with your New Year's fitness goals! Complete 12 group exercise classes in 45 days receive a prize and be entered in a raffle. This incentive begins Jan 2 and ends Feb 18. Pick up a Commitment Card from member service desk, attend any group exercise class at the Y, and have the instructor initial the card. Once you have completed 12 classes, return the card and receive a prize. Each card that is completed will then be entered into a raffle for a larger gift.

MEMBER OF THE MONTH MOST VISITS

November-34 Visits
Jennifer Beachman

December-27 Visits
Deborah Hall

PRESCHOOL & YOUTH GYMNASTICS

Toddler Tumbling (18 mths-3 years)

TH — 5:30-6:00pm
Members \$10/Non-Members \$20

Youth Tumbling (Ages 6-12)

WED — 5:30-6:30pm— Beginners
WED - 6:30-7:30pm— Intermediate
Members \$15/Non-Members \$25

Preschool Gymnastics (Ages 3-5)

TH — 6:00-6:45pm
Members \$20/Non-Members \$30

Progressive Gymnastics (Ages 6-12)

Level 1 & 2 (Beginner Class)
Level 3 & 4 (Intermediate-Advanced)
Thurs — 7:00-8:00pm
Members \$25/Non-Members \$35



Session Dates (4 Weeks)

Wednesdays:

January 3—January 24
January 31 — February 21

Thursdays:

January 4—January 25
February 1 — February 22

UPCOMING SPORTS PROGRAMS

Adult Winter Basketball: It's time to sign up for the basketball season! Adult basketball is for ages 18+. If you have a team, that's great! But we also offer this league to those you want to sign up individually! Games start January 21st. Contact Marina for more information!

Adult Spring volleyball: Come join us this spring for our adult volleyball league! Games will be played Monday nights starting March 5th. The season will run to April 23rd with an end of the season tournament on April 30th. All teams need to have at least 8 players. Cost for this league is \$150. We are taking registrations til February 23rd!

Youth Spring Indoor Soccer: The Xenia YMCA is offering our spring indoor soccer league! This is for ages 4-10. Early Bird registration is going on now til February 17th! Early bird registration cost is \$34 members/ \$68 for non members. Regular registration starts February 18th—March 15th. Regular registration cost are \$44 members/ \$78 non members. Teams start forming on February 20th! This season begins on March 24th!

Youth Spring Volleyball: Come join us starting April 7th for our traveling volleyball league! Travel to other YMCA's to compete against other volleyball teams! Early bird registration is going on now until February 21st. Cost for early bird registration is \$34 members/ \$68 non members. Hurry in and sign up because teams are forming soon!

Homeschool Gym-Class times are Thursday 2:00pm-3:00pm with "free" time 3:00pm-4:00pm. Classes focus on development of gross and fine motor skills, physical fitness, lifetime fitness skills, swimming, friendly competition, and the YMCA core values of caring, responsibility, honesty, and respect. For ages 5-18.

NOW ENROLLING

SCHOOL AGE ENRICHMENT PROGRAM

Get ready to laugh and learn. The YMCA School Age Enrichment Program serves children from kindergarten to 12 years of age who are attending Cox, McKinley, Shawnee, Tecumseh, and St. Brigid Elementary Schools. Our program nurtures the spirit, mind, and body, giving children the ability to develop and reach their full potential.

The program is designed to support the most critical needs of a child's education by focusing on math and reading skills through the KidzLit and KidzMath Curriculum. The curriculum provides motivation to not only read and develop math skills, but to improve social skills that fit in well with the YMCA core values of Caring, Honesty, Respect, and Responsibility.

Questions? Please contact Samantha Bates, Childcare Director, or Diane Roman, Childcare Coordinator ... 937/376-9622

XENIA YMCA STAFF

Alan Milkis

*Executive Director
amilkis@daytonymca.org*

Chris Stevens

*Membership Director
chrisstevens2@daytonymca.org*

Kit Kieser

*Health & Wellness Director
kkieser@daytonymca.org*

George Kleinfelder

*Facilities Director
gkleinfelder@daytonymca.org*

Christine Chamberlain

*Aquatics Coordinator
cchamberlain@daytonymca.org*

Marina Lyons

*Sports & Family Coordinator
mlyons@daytonymca.org*

Samantha Bates

*Childcare Director
sbates@daytonymca.org*

Diane Roman

*Child Care Coordinator
droman@daytonymca.org*

Lou Talbott

*Office Manager
ltalbott@daytonymca.org*

Facility Hours

Sunday: 1:00pm-5:00pm

Monday-Friday: 5:00am-10:00pm

Saturday: 7:00am-6:00pm

Away Program

Your membership to the YMCA of Greater Dayton ensures that you are "Always Welcome at YMCA". This means that when you travel to another city, you can visit a participating YMCA as their guest, according to their policies. Please visit the member service desk before your trip and we can help find a YMCA family near you.

WE'RE SOCIAL, LIKE US ON FACEBOOK



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