

GIVING OUR MEMBERS A MISSION

December 2022 Y-News

Mark Your Calendars

Dec. 1 - Rookie Basketball Reg. Opens*
Dec. 2 - Preschool Field Trip (No Classes)
Dec. 5 - Martial Arts 2023 Registration Opens*
Dec. 6 - Morning Child Watch Hours begin
Dec. 9 - Blood Drive, 12p-5p
Dec. 16 - Last Day for Winter Break Camp Reg.*
Dec. 21st-Dec. 23rd - Winter Break Camp*
Dec. 24th - Y Open from 7a-12p
Dec. 25th - YMCA Closed for Christmas
Dec. 26th - Y Open from 7a-12p
Dec. 27th-Dec. 30th - Winter Break Camp*
Dec. 31st - Y Open from 7a-12p

NEW Morning Child Watch Hours

Child Watch is a FREE service for members. We care for your children that are too young for the Wellness Center or Group Exercise Classes, while you workout.

We are adding new morning hours during the week beginning Dec. 6th.

Tuesdays, Wednesdays & Thursdays, Child Watch will be available from 8a-11a.

Our regular hours will still apply in the evenings & Saturday mornings.



**Children must be checked in 1 hour before C.W. closes & there is 1.5 hour time limit on how long a child can stay.*



Give Your Time This Holiday Season

At the Y we believe in giving back. This time of year, there are many different types of volunteer initiatives going on in our community. Below are some different ways you can get involved.

Christmas Assistance Program

Help pack & sort gifts for children in need this Christmas.

Contact Kennedy Hardy at Southern Hills Church by calling 812-883-1637.



Rookie Basketball Coach



Coach a Rookie Basketball team in January/February through the Y.

Contact Hailey Jackson at Hailey@wcfymca.org

Ring the Bell for the Salvation Army



All \$ given in Washington County, stays in Washington County.

Dec. 6th: Walmart (10-6) & ACE (10-4)

Sign-up sheet at the Y Front Desk or call 812-883-9622.

For another day contact Pete Peters at 812-620-5835.

Warming Station at First Christian Church

When temperatures are 32 degrees or below, the warming station is open for those that need it from 6p-9p.



Contact Cynthia Bowsman at 812-620-7496 or First Christian Church at 812-883-4506.



Our Mission: "To put Christian principles into practice through programs that build healthy spirit, mind and body for all."



PREVENTION NEWS

Vol. 3

Washington County, IN

WASHINGTON COUNTY HIGH SCHOOL STUDENTS REPORT HIGH RATES OF BEING MENTALLY DISTRESSED



Based on 2022 Indiana Youth Survey data for Washington County, greater than 40% of 9th, 10th, and 12th grade students have been mentally distressed in the last 12 months. There is a connection between mental distress and substance use.

40 Developmental Assets Tip of the Month

Achievement Motivation

Youth are motivated to do well in school and complete the first semester of the school year to the best of their ability. This could be achieved by studying for 1-2 hours more during the week, asking teachers about extra credit opportunities, or possibly helping out a classmate.



2023 Happenings

Look at what's coming in 2023! Watch for flyers with specifics on each program.

Self-Defense Class: Every other month, 2 hr. class
Class includes a dynamic warmup, basic punches/kicks, how to escape from different positions & holds, and breaking grips.

Mommy & Me: Fridays 9a-11a

Interactive activities for children ages infant through 4 yrs. to do with an adult. Mommies, aunts, grandmothers, and other caregivers are invited to attend.

Fitness Challenge:

Our 2023 Fitness Challenge will begin mid-January & include offerings for nutritional classes, health screenings & challenges to help you start the new year off right.

About YOUR Y

FACILITY HOURS

REGULAR HOURS

Monday - Thursday	5AM - 8PM
Friday	5AM - 7PM
Saturday	7AM - 5PM
Sunday	1PM - 5PM

•Closed 12/25 & 1/1, Altered hours on 12/24, 12/26, 12/31

24/7 access available for members 18 & over, who have waivers signed



KIDS CLUB HOURS*

Tuesday-Thursday	8AM - 11AM
Monday - Thursday	4PM - 7:30PM
Friday	4PM - 7PM
Saturday	9AM - 12PM

*Children must be checked in an hour before program closes

*Kids Club is a FREE service offered to Y Members

*Guests may use the service for \$5/visit

LEADERSHIP TEAM

CHIEF EXECUTIVE OFFICER

KRISTY PURLEE - kristy@wcfymca.org



ASSOCIATE EXECUTIVE DIRECTOR

CHELSEY MILLER - chelsey@wcfymca.org

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YOUTH & FAMILY COORDINATOR

HAILEY JACKSON - hailey@wcfymca.org

MEMBER ENGAGEMENT COORDINATOR

KIMBERLY REYNOLDS - kimberly@wcfymca.org

PREVENTION COORDINATOR

DESIREE PRATER - desiree@wcfymca.org

