



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WE ARE THANKFUL FOR YOU

November 2020 Y-News

For Healthy Living

The Virtual Y Has Launched!

The Y's new Virtual Y app and online portal is now available to facility members! Your YMCA facility membership now includes the Virtual Y app at no additional cost. And for a limited time, the YMCA will give all members an upgrade to PRO Status which includes on-demand streaming workouts and an extensive library of exercises to customize fitness routines.

Our easy to use app or online portal allows you to:

- Join challenges & communities with other Y members
- Create a nutritional plan & log your foods
- Stay connected with your Personal Trainer*
- Register for YMCA Programs
- View On-demand videos straight to your device like Jillian Michaels, HIIT, Cycling, and so much more!
- Participate in Youth & Family Workouts
- Have access to unlimited workouts to do at home or in the gym
- Connect with WCFYMCA staff
- Receive Push Notifications regarding facility updates



Stop by the Front Desk for questions or help getting your Virtual Y set-up.

*Personal Training is a separate service the YMCA offers. Stop by the front desk for pricing info.

No Sugar November Challenge

Our first official Virtual Y app challenge to the members is No Sugar November. This is a challenge and a supportive group for those who are interested in eliminating or reducing refined sugars and processed foods from their diets. Download the WCFYMCA app to your phone, mobile device, or login through the portal to join the challenge and support others in the group as we work our way through No Sugar November!

For Youth Development

YMCA Preschool Rated As High-Quality & Able To Offer FREE PRESCHOOL



They say hard work pays off, and for the YMCA's Preschool programs that is exactly what has happened! Over the last few years Preschool staff has worked to continually improve our programs. These improvements include becoming an Unlicensed Registered Ministry and rated as a High-Quality program through a voluntary state rating system called PATHs to Quality.

As of last month all of the Y's school-based Preschool programs are Unlicensed Registered Ministries and rated level 3 through PATHs to Quality. This not only means that we are able to ensure the quality care that we have always provided, but it allows for our families to take advantage of FREE PRESCHOOL through On My Way PreK.

On My Way PreK is a bill through the State of Indiana that allows families that qualify to get their preschool fees paid by the state. This bill was passed in an effort to make essential early learning available to all children in the State of Indiana, not just those that could afford it.

"We are so excited for all the amazing opportunities we are able to provide our families with through On My Way PreK and our Unlicensed Registered Ministry status. Our goal has always been to provide high-quality care to every child, now we are able to get state assistance in doing so," says Robin Deaton, Preschool Director.

Our YMCA school-based classes are for children who will be attending Kindergarten the following year and are available at Bradie Shrum Elementary School & West Washington Elementary School. Classes are still enrolling for the 2020-2021 school-year & applying for On My Way PreK is an easy process.

Contact Robin Deaton at Robin@wcfymca.org for more information regarding enrollment and On My Way PreK.

Go to OnMyWayPreK.org for more information on On My Way PreK.



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

For Social Responsibility

Exercise Your Right...VOTE



November 3rd is election day! We are voting in a year that has seen an overwhelming political divide, and it is time for your voice to be heard. Voting polls are located around the county and you can visit washingtonco.in.gov to find your exact polling locations. At the Y we encourage each member, staff, and

volunteer to take part in their civic duty because YOUR VOTE DOES MATTER!

No matter what your political leanings are, we all share the same basic hopes and aspirations for ourselves and our families: safety, belonging and the opportunity to thrive. Regardless of how you feel about the outcome of the election, we can now begin the critical work of rebuilding and reconnecting with one another.



Salute To Our Troops



During the month of November we want to honor our members & community members who have served & are currently serving our country. Salute To Our Troops features weekly challenges to help each of us think about the brave men & women who were/are willing to lay their life down for our country. Please join us in participating in our weekly challenges.

Week of Nov. 1st: Prayers for our Troops (pick up a solider as a reminder)

Week of Nov. 8th: Wear Yellow or STOT apparel in support of our troops

Week of Nov. 15th: Donate Care Package Items to send overseas

Week of Nov. 22nd: Write a letter/card of support to send in care packages

2020 STOT Apparel & Yard Signs are available for purchase throughout the month.

November Calendar

11/3: Election Day

11/11: Happy Veterans Day

11/18: IYI Youth Worker Café @ 3:30pm

11/20: Blood Drive with Indiana Blood Center

11/22-11/28: No Martial Arts

11/26: CLOSED FOR THANKSGIVING

11/27: CLOSED FOR BLACK FRIDAY

Salute To Our Troops all Month

*Registration required for these programs. Go online or stop by front desk to sign-up.

About YOUR Y

FACILITY HOURS

REGULAR HOURS

Monday - Thursday 5AM - 9PM

Friday 5AM - 7PM

Saturday 7AM - 5PM

Sunday 1PM - 5PM

•Closed 11/26 & 11/27 for Thanksgiving Holiday*

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

KIDS CLUB HOURS*

Monday - Thursday 4PM - 7:30PM

Friday 4PM - 7PM

Saturday 9AM - 12PM

*Children must be checked in an hour before facility 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

ADMINISTRATIVE MANAGER

DEBBIE RUTHERFORD - debbie@wcfymca.org

YOUTH FIRST DIRECTOR

CHELSEY MILLER - chelsey@wcfymca.org

OPERATIONS DIRECTOR

KRISTA MARTIN - krista@wcfymca.org

PRESCHOOL DIRECTOR

ROBIN DEATON - robin@wcfymca.org

FITNESS & WELLNESS COORDINATOR

KIM BEARD - kim@wcfymca.org

PROGRAM SITE COORDINATOR

HAILEY JACKSON - hailey@wcfymca.org

MEMBERSHIP ENGAGEMENT COORDINATOR

MELLISA PATE - mellisa@wcfymca.org