



EDWARDSVILLE YMCA
Niebur (Esic) Center
Meyer Center
Allison Cassens Early Childhood
Development Center
www.edwardsvilleyymca.com

A Monthly Newsletter For Our Members

Issue 18 | December 2019

THE NEW YEAR BRINGS NEW BEGINNINGS

As we conclude 2019, the Edwardsville YMCA is proud to announce that that Debbie Gaughan has been promoted to the position of Meyer Center Branch Director. Gaughan started with the Edwardsville YMCA in January 2013 as a part-time service desk staff employee. Shortly after, she was promoted to a lead position in the membership department and played a crucial role in leading desk operations during the busy summer camp months. Gaughan was selected to be the Member Services Director at the Meyer Center in May 2016, and did an exceptional job in educating new staff on the Y Mission through customer service training. She models our core values in her daily interactions in both her professional and personal life. Most recently, she was promoted to the position of Meyer Center Associate Branch Director in February 2018 overseeing summer camp, adapted programming, membership and marketing. Debbie is recognized by her YMCA peers and in our local community as an important resource and a valued collaborator.

When asked about her new position, Gaughan said, "We have an outstanding group of leaders at the Meyer Center and I am looking forward to the new year and new opportunities to collaborate with my team."

"The departure of Nate Tingley left a big hole at the Meyer Center and we're very thankful for everything he did for the Y over the years. We are extremely lucky to have Debbie in the Associate position for the last year to step into the Branch Director role was a no brainer. Her qualifications and experience speak for themselves. She has a great vision for the future and is very community minded. We are excited to see what she will bring to the organization in her new role." said CEO Tom Verheyen.



**Meet Jo & Karen
our November &
December STARS!**

Our new employee recognition initiative highlights staff who:

- S**hows exemplary customer service & team spirit
- T**op Performer advances the Y through new concepts, programs, membership growth & strengthening the Y within our community
- A**lways shows highest regard for the Y's mission, goals & values
- R**egularly exceeds expectations & requirements
- S**trives consistently to raise the bar of excellence

The winner of November & December's STARS Award drawing are Jo Haywood & Karen MacMillan! Jo is a Gymnastics instructor & Karen is our Human Resources Volunteer Coordinator. They have been wonderful assets to the Y!

Other STARS Award Recipients Were:

- Jacklyn Anderson • Facility Rentals
- Joel De La Torre Cruz • Rec. Sports
- Quinn Dunivan • Rec. Sports
- Mitchell George • Gymnastics
- K.D. Kimbrell • Gymnastics
- Lisa LeCroy • Fitness Center
- Ian McLean • Building Monitor/Climbing
- Ruth Prenzler • Gymnastics
- Robert Price • Maintenance

CONGRATULATIONS!

RINGING IN THE NEW YEAR



The Glen-Ed Last Night Event Takes Over The Meyer Center!

The tradition continues with the Glen-Ed Last Night event on Tuesday, December 31st from 6:00-10:00pm at the Meyer Center. Families can enjoy a night out to end the year in a safe environment. Activities include a bounce house, carnival games, giant inflatables, interactive games for all ages, rock wall climbing, roller skating (free skate rental), a DJ, play bingo and win prizes, enter into the raffle drawing, get a balloon animal and have some food and beverages (non-alcoholic).

Admission is \$5 per person and kids 3 and under are FREE! Tickets can be purchased at the Edwardsville YMCA front desks or you are able to purchase tickets at the door. All proceeds benefit the Metro East Fellowship of Christian Athletes, Edwardsville High School E.P.I.C. Club and the Edwardsville YMCA organizations. Natasha Howard, Arts & Climbing Director said, "We are proud to partner with the FCA and E.P.I.C organizations for this great event. This event has been held at the Meyer Center for the past 13 years, since we opened the building in 2005. We are fortunate to live in a great community that has events like this for the whole family. We look forward to many more years of donating our facility to the cause."

Take a look at the night's schedule:

6:00pm: Doors Open – All Activities Begin

6:00 – 8:00pm: Raffle Sales

9:00pm: Raffle/Door Prize Drawings

9:30pm: Rock Wall Closes

9:45pm: Games and Activities End

10:00pm: Blessing of the New Year and Conclusion of Event



The success of the night is also due in part to the volunteers who help run activities throughout the night. Would you or your group/organization like to volunteer? The Last Night team would love to hear from you! To find out more about volunteer opportunities, email Natasha Howard at nhoward@edwymca.com or call 618-655-1460. For more information about the event please email Rick Marteeny at rick@insurewithrick.com or call 618-977-9570.

OUR MEMBERS CELEBRATE THE SEASON



Piloxing with Amy!



The Senior Tennis Players Had A Party After Their Last Session Of The Year



The Active Older Adults Christmas Party



The Allison Cassens Children During Their Christmas Show

NEW YEAR, NEW OPPORTUNITIES



NEW YEAR  **NEW YOU**

ONLY \$25 FOR FULL PRIVILEGE YMCA MEMBERS!

We want YOU to ring in the next decade on a healthy foot with our **New Year: New You** program! Grand and Runner-Up prizes will be given to the top two men and women who lose the most body fat over the course of this 3-month program.

Grab a flyer from the front desk for more information!

GRAND PRIZE: \$100 CASH • RUNNER UP: \$50 CASH



January 2nd and 3rd • 6:15AM-6PM
Meyer Center YMCA • K-5TH GRADE

ACTIVITY DAY CAMP: NEW YEARS EDITION!

MEMBER (EARLY BIRD): \$33/DAY NON-MEMBER (EARLY BIRD): \$43/DAY
MEMBER (DAY OF): \$38/DAY NON-MEMBER (DAY OF): \$48/DAY
LUNCH (PER DAY) \$3 • SNACKS INCLUDED!



DID YOU KNOW WE'RE HIRING LIFEGUARDS FOR THE EDWARDSVILLE YMCA?

DROWNING IS PREVENTABLE.

TAKING LIFEGUARDING LESSONS AT THE Y COULD MAKE YOU A KEY PLAYER IN THE PREVENTION OF ACCIDENTAL DROWNINGS.

JAN. 26TH - FEB. 23RD
SUNDAYS, 5:00-8:30 PM

SIGN UP FOR A CLASS AT THE NIEBUR CENTER TODAY.

LOOKING FORWARD

Would you like to know what else the Edwardsville YMCA has in store for you this winter? Here is a glance at some important dates:

DECEMBER

24TH: YMCA Closes at 3:00pm
25TH: YMCA Closed for Christmas
31ST: YMCA Closes at 3:00pm
31ST: Last Night Event from 6:00 - 10:00pm

JANUARY

1ST: YMCA Closed for New Year's Day
2ND & 3RD: Activity Day Camp • 6:15am - 6:00pm
6TH: Winter 1 Session Begins
11TH: Spinathon
11TH: Gymnastics Parent's Night Out (PNO)

IT'S TIME TO DANCE, DANCE, DANCE!

The Meyer Center has some highly anticipated construction going on in our upstairs Bonus Room, near the walking track. A new dance studio is being built, with hopes of opening up in early 2020.

Arts and Climbing Director, Natasha Howard said, "I've been working towards getting dedicated dance studio for the last several years. We are very excited to have a new, dedicated space for our dance program. This will include a sprung Marley dance floor. We can't wait to grow our dance program even further. Our upper level and intermediate dance classes will benefit from not only this space, but our tremendous teacher Darla Andree. I can't wait for the dancers to have classes in this space in 2020."

As we talked about in the November Newsletter, our Arts and Humanities program built upon their dance program by introducing intermediate and advanced classes for ages 9 and up. These classes run over the course of two or three regular sessions. In Winter/Spring 2020, classes will run for 19 weeks! It is a perfect format for dancers who are looking for more intense and focused work.

The other part of the bonus room will be dedicated to our Martial Arts program, which is on the move from the Niebur Center this January, fitness classes and in the summer our Teen Adventures Camp. Our Winter 1 session classes will begin on Monday, January 6TH. Registration is now underway for members and non-members. For more information about the program, please contact Natasha Howard at 618-655-1460 or nhoward@edwymca.com.







DID YOU KNOW?

Nutritionally, one medium-sized zucchini contains approximately 33.3 kcals, 6.1 grams of carbohydrates, 2.0 grams of fiber, 2.4 grams of protein, and 0.6 grams of fat. They also contain a wide variety of vitamins and minerals, including magnesium, calcium, and potassium!

Zucchini are simple for the home gardener to grow, and they often have a reputation for yielding an overly abundant harvest.

Check out our newest Catalogue for more information about the Ultimate Training Package, and then keep turning those pages to learn more about the rest of our exciting new class offerings in the New Year, along with a ton of your old favorites.

We can't wait to see you back in 2020!

Wishing you a very happy holiday, from the staff at your Edwardsville YMCA

NEW YEAR NEW PLAN

At the YMCA, we know that maintaining a healthy weight requires attention to eating habits AND exercise; which can be demanding and difficult to pull off when paired with a busy lifestyle. But there's good news...**WE CAN HELP!**

**There's no better way to step into the new year than with our Fit+Fuel approach
ULTIMATE TRAINING PACKAGE.**

This great combination sets you up with a great foundation for the new year. You'll receive a bundle of **FOUR** Personal Training sessions and **TWO** Nutrition Counseling meetings!

Our Trainers and Counselor will help you reach your personal goals by creating a personalized plan that you can not only stick to, but **ENJOY**.

"Eating is not merely a material pleasure—eating well gives a spectacular joy to life, and contributes immensely to goodwill and happy companionship. It is of great importance to the morale."

—Elsa Schiaparelli—