NEWS

A Monthly Newsletter For Our Members

the YMCA

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

Issue 9 | March 2019

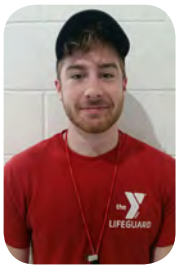
STRIVING TO IMPROVE THE MEMBER EXPERIENCE

The Edwardsville YMCA launched a brand new website last week. We set out to achieve three things with the redesign: 1. We want to make sure that we are making the experience more user-friendly on all devices, be it a cell phone, tablet or desk-top computer. 2. Enhance the online registration process. 3. Enable the user to find what they are looking for in less time and clicks than the previous site.

One of the biggest improvements is the members online registration process which has been made more seamless through "Digital Counter". When you are looking at classes on the main website and click on the register now button under a program, it will lead you directly to that program to register. You can also search for classes by class name, age, gender, day of the week, time of day, location or family member (when logged in). When you log-in, you will use your email and password associated with your YMCA account. If you are not sure if you have an email associated with your account, please contact us at 656-0436 (Niebur) or 655-1460 (Meyer).

One of the new benefits of our new online registration process is that you can sign up for Specialty Camps online, no form needed! Note: our weekly Summer Camp registration is still done in house at this time. Registration for the next session, Spring 1, begins on Monday, April 1ST at 6:00am.

We hope that you check out the new website and online registration process. We would love to hear how we are doing, any feedback about the website can be sent into marketing@edwymca.com.



STARS Award

Meet Bryce our February STAR!

Our employee recognition initiative highlights staff who:

Shows exemplary customer service & team spirit

Top Performer advances the Y through new concepts, programs, membership growth & strengthening the Y within our community

Always shows highest regard for the Y's mission, goals & values

Regularly exceeds expectations & requirements

Strives consistently to raise the bar of excellence

The winner of February's STARS Award drawing is Bryce Angaran! He works in Aquatics and has been a valued member of the Y team!

Other STARS Award Recipients Were:

- Megan Blind, Gymnastics
- Lexi Boykin, Skate Center
- Rachel Brunnworth, Member Services
- Bethany Folsom, Gymnastics
- Zach Ford, Aquatics
- Hettie Godfrey, Maintenance
- Torie Greer, Member Services
- Chloe Hoelscher, Aquatics
- Sadie Holland, Child Watch
- Talia Long, Maintenance
- Allison Lutz, Aquatics
- Jacob Pence, Member Services
- Pat Pinegar, Early Childhood Center Staff
- Nikki Portell, Member Services
- Karrie Schaefer, Preschool
- D'Andre Traylor, Aquatics
- Andrew Westbrook, Rentals
- Bri Witherell, Member Services

CONGRATULATIONS!

HAVE YOU SIGNED UP FOR THESE PROGRAMS?

Registration for our Spring Youth Volleyball for kids in 2ND thru 8TH grade is underway. The league will run from April 27TH to May 25TH. Boys and girls who sign up will be assigned a team with other boys and girls respectively. Games will be played primarily on Saturday mornings/early afternoons, Monday and Tuesday evenings. Practice times will be offered as space and scheduling allows. The league is $57 for members and $74 for non-members.

Our 10 week Tri On Your Time program kicked off on March 25TH. Participants have until June 1ST to complete their race! When you sign up, you will be assigned a bib number where you will log your progress online. This is the perfect program for any fitness level! Distances are completed wherever you want: YMCA fitness centers, pools or outside! Reminder, you must be 12 years old to use the Fitness Center. All Basic Members who register are allowed to use the Fitness Centers during the 10 weeks of the triathlon! At the end of the 10 weeks, you will receive a t-shirt reflecting the Ironman level completed. Pricing: Full Privilege Members: $20 • Basic Members: $50 • Youth (12 - 17): $10
Distances: HALF – IRONMAN • 1.2 miles swimming • 56 miles biking • 13.1 miles on foot
IRONMAN • 2.4 miles swimming • 112 miles biking • 26.2 miles on foot
ULTRA – IRONMAN • 4.8 miles swimming • 224 miles biking • 52.4 miles on foot

MEMBER APPRECIATION WEEK

Over the week of St. Patrick's Day we held a drawing for Member Appreciation Week. The winners were treated to a pair of tickets to see the Dueling Pianos at the Wildey Theatre on Thursday, March 21ST.

Our Prize Winners Were:
Nick Gagne, Jennifer Henschen, Jim Link and Pam Wright.

LOOKING FORWARD

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

APRIL

1ST: Spring Session Member Registration Begins
13TH: Healthy Kids Day
15TH - 19TH: Spring Break Activity Day Camp
21ST: YMCA Closed For Easter
22ND: Spring Session Begins
27TH: Gymnastics Parents Night Out

MAY

13TH: Summer 1 Session Member Registration Begins
26TH: Spring Session Ends
27TH: YMCA Closed For Memorial Day
28TH: Summer Camp Begins! (If no more snow days)

SUMMER CAMP'S ADVENTURE AWAITS

Registration for Summer Camp & Specialty Camps is underway. This summer, campers will "Discover Adventure" with daily games and activities including gymnastics, rock climbing, swimming and skating. Included in their week are field trips to local places like Edison's, Township Park and the movie theatre. They will even go on an adventure at the Zoo, Grant's Farm or the Science Center. We also have special events right here at the YMCA including Water Day, LEGO Adventure and the YMCA Olympics. Our experienced, fun-loving counselors will make sure our campers have a fun, safe summer full of new adventures.

Remember as you plan out what additional Specialty Camps work best for your camper, please check the dates and times of each camp so you don't want to double-book your camper! If you have any questions about camp, you may contact the Camp Director, Catie Taylor at 655-1460 or ctaylor@edwymca.com.

BUILDING STRONG SWIMMERS

Brand New Swim Lessons Begins This Spring!

The Edwardsville YMCA Aquatics Department is making a big change to the swimming lesson structure. This Spring, you will no longer see the names Shrimp, Guppy, Polliwog and Minnow, but instead Water Discovery, Water Movement and Stroke Development. Our trained instructors will lead classes in an all new structure with weekly lessons to build up the students swimming ability, fun games to help teach proper form, at-home activities, mid-session reports and end of session certificates. Our swim lessons help kids and adults who want to learn a life skill by increasing their knowledge, ability and stamina in order to build strong swimmers and confident kids.

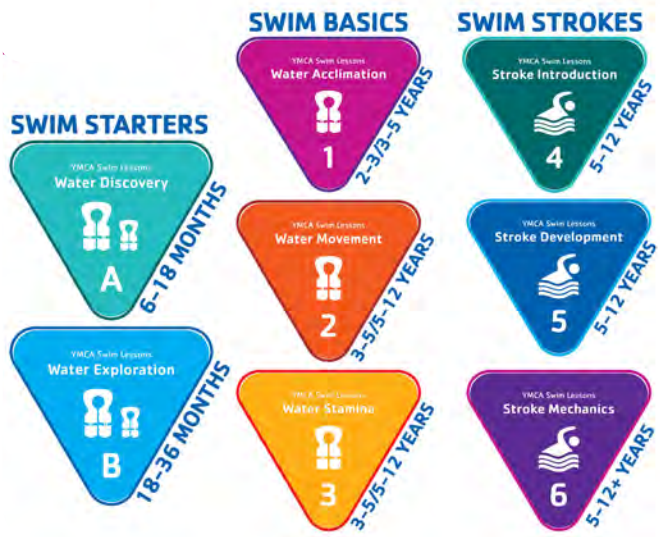
Even though the lesson/skill level names have changed, the structure is still broken up by age and ability. The Swim Starters (formerly called Parent/Child lessons) have infants (6-18 months) and toddlers (18-36 months), accompanied by a parent, learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision. The two new classes (stages) are A. Water Discovery (formerly Shrimp/Kipper) for infants 6-18 months and B. Water Exploration (formerly Inia/Perch) for toddlers 18-36 months.

In Swim Basics (formerly Preschool), students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: swim, float, swim—sequencing front glide, roll, back float, roll, front glide and exit; and to jump, push, turn and grab. This level has three stages: 1. Water Acclimation (formerly Pre-Pike & Pike) is for toddlers 2-3 years and preschoolers 3-5 years, while preschoolers 3-5 years and youth 5-12 years have stages 2. Water Movement (formerly Eel and Beginners/Polliwog) and 3. Water Stamina (Ray, Starfish and Polliwog Plus).

The last stage, Swim Strokes (formerly Youth) goes through stages 4 - 6. These classes allow students who have mastered the fundamentals the ability to learn additional water safety skills while building stroke technique. In addition, they will develop skills that prevent chronic disease, increase social-emotional and cognitive well-being to foster a lifetime of physical activity. The three class levels for youth between 5 and 12 are 4. Stroke Introduction (formerly Guppy), 5. Stroke Development (formerly Minnow/Fish) and 6. Stroke Mechanics (formerly Flying Fish/Shark).

Teen and adult swim lessons are also available. These classes are broken up into two stages: Swim Basics and Swim Strokes. Swim Basics are for those beginner swimmers and Swim Strokes are for those who would like to improve their strokes. Swim Basics (stages 1-3) class will be on Monday evenings and Swim Strokes (stages 4-6) will be on Thursday evenings.

We want to ensure the transition runs as smoothly as possible. Students currently enrolled in classes will be tested to determine the correct level they will be in for the Spring Session. If your child is not currently in swim lessons, you can have him/her tested to see what level he/she will be in for the Spring Session. Swim tests are by appointment only Monday - Thursday evenings at 6:20pm or 7:20pm. Please contact the Aquatics Department at (618) 659-7855 to schedule an appointment or if you have any questions about the new swim lessons structure.



REGISTRATION BEGINS:
MEMBERS: APRIL 1ST
NON-MEMBERS: APRIL 8TH

CLASSES RUN:
APRIL 22ND - MAY 26TH
5 WEEKS

MARCH

• YMCA WELLNESS NEWSLETTER •

Ingredient of the Month: RHUBARB

This perennial plant is grown from April throughout the summer months. Often confused as a fruit and commonly used in dessert recipes due to its tart taste, it is actually a vegetable! The stalks are used in cooking, but the large leaves are inedible due to the toxic levels of oxalic acid they contain.

How much protein do I really need?

This may be a question you have asked before if you are someone who wants to maintain a healthy weight, but more protein does not necessarily mean better. In fact, too much protein could have potential adverse effects, such as kidney damage and increased risk of heart disease if one consumes too much red meat and/or full fat dairy products.

The amount of protein you need each day depends on a variety of factors. For the average person working out a couple times per week, the official recommendation for protein consumption each day is .8 g/kg body weight, although some research has suggested that a higher intake of protein can be beneficial. Dividing your currently body weight in pounds by two is a good rule of thumb. For example, a 160 lb. person would need 80 grams of protein each day.

However: For athletes training for endurance or strength competitions, protein needs are much higher. It is best to get individualized recommendations based on your specific needs, but a good range is 1.2-1.4 grams/kg body weight for endurance athletes. For strength training, 1.4-1.7 grams/kg body weight would be a typical range, but depending on the length and intensity of training, up to 2 grams per body weight may be necessary for muscle growth and repair.

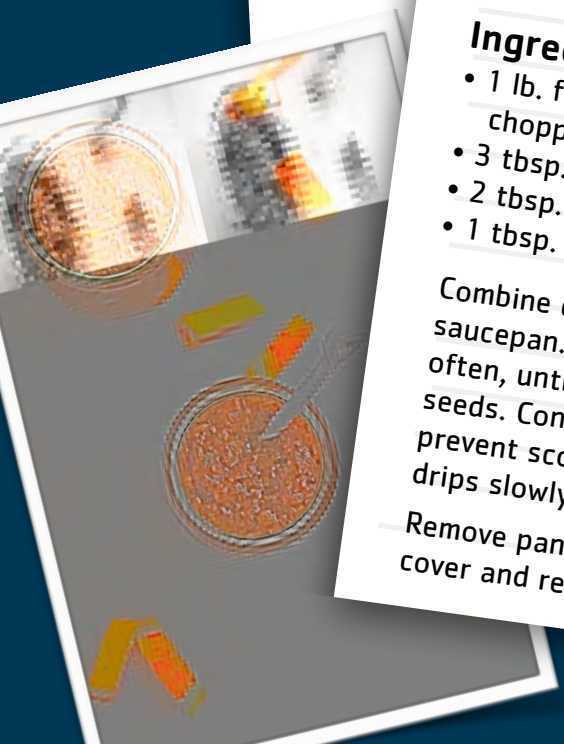
Meet Your
YMCA Nutritionist...
Rachel Allard

Our registered dietitian will work with you to help you glean insight into unique eating habits, lifestyles and goals for you!

Our process will allow us to work together and create a personalized plan for your improved nutrition and wellness that is not only achievable, but sustainable.

There's no better time than the new year!
Set up your initial nutrition counseling appointment now by contacting Rachel at **rallard@edwymca.com**

Initial One Hour Session: **$50**
Initial/Follow-Up Combo: **$75**
30 minute Follow-Up Package : **4** for **$110**



Rhubarb Chia Jam

Yield 1 ½ cup **Prep Time:** 5min **Cook Time:** 30min

Ingredients:

- 1 lb. fresh rhubarb, leafy ends removed, chopped stalks crosswise into 1/4 inch slices
- 3 tbsp. honey, maple syrup, or agave nectar
- 2 tbsp. chia seeds
- 1 tbsp. fresh lemon juice or orange juice

Combine chopped rhubarb and sweetener into saucepan. Cook over medium heat, stirring often, until rhubarb is mostly submerged in liquid. Reduce heat and stir in chia seeds. Continue cooking, while stirring frequently and reducing heat as necessary to prevent scorching for 25-30 minutes until there are no big rhubarb chunks and jam drips slowly off spoon.

Remove pan from heat and stir in lemon or orange juice. Let the mixture cool, then cover and refrigerate. Jam will keep for 1-2 weeks.

Why do I need protein?

It is one of the three main macronutrients: protein, carbohydrates, and fat. Each gram of protein provides you with 4 calories. Protein is an important nutrient for the growth and repair of body tissues. It also helps in different processes throughout the body like fluid balance, blood clotting, immune response, and producing hormones and enzymes.

What foods have protein?

Meat is probably the first thing you think when you hear the word protein, but there are many other sources that come from both plants and animals. Source of protein include: beans, peas, dairy products, eggs, grains and vegetables, meats and poultry, nuts and seeds, seafood, and soy products. Plant sources are termed "incomplete" proteins and do not provide all of the essential amino acids that "complete" protein sources do such as animal foods like eggs, meat, dairy, and seafood. It is best to pair two or more plant proteins together to provide all the essential amino acids. For example, pairing grains and legumes together (beans and rice or peanut butter on whole grain bread) they make a complete protein.

It is best to spread your protein out throughout the day. Make sure to get a good source of protein at breakfast to help keep you satisfied until your next meal or snack! Look at nutrition facts labels to track how much protein you are getting each day, and try to choose a healthy variety of nutrient dense foods.

"If you're trying to achieve, there will be roadblocks. I've had them; everybody has had them. But obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it."

Michael Jordan