



THE Y CONNECTION

NORTHERN LIGHTS YMCA - DELTA PROGRAM CENTER VOL.50, FEBRUARY 2018

ON DECK...

Swim Meet	Feb 3
Session II Begins	Feb 12
Father Daughter Dance	Feb 10
Valentine's Day Workout 10:00 am	Feb 10
Little Cupid Sock Hop	Feb 16
Safe Sitter Class	Feb 23
Basketball Personal Training	Feb 26

FUN FOR A CAUSE!

The YMCA Annual Fundraising Party is just around the corner. This year's theme is Eat, Drink and Be Irish. It is going to be held on Friday, March 9th starting at 5:30 PM with the doors opening at the Island Resort and Casino. There will be raffles, auctions, games, prizes, food, and beer / wine sampling. It is a great opportunity to help your community and provide positive impacts for kids, families and older adults, all while having fun.

OUR VOICE

As told by Caron Salo,
Fund Development Director

The proceeds from this event benefit the Annual Campaign. The Annual Campaign enables the YMCA to meet its mission of being available to all regardless of ability to pay. Last year 1 out of every 4 children received financial assistance for summer care at our YMCA Day Camp - that was more than 198 kids. In addition to the YMCA's cause, the Y also supports other worthy community efforts, benefits and events by donating more than \$32,500 to their success. The Y is so much more than a gym and swim. So grab your friends and join us for fun and philanthropy. Tickets are available at the YMCA front desk for \$40 each or a full table of 8 being \$300.

Y IMPACT

DIABETES WORKSHOP

The Diabetes –PATH (Personal Action Towards Health) workshop is a six week workshop designed to provide the skills and tools needed by people living with Type 2 diabetes to improve their health and manage their symptoms. Subjects covered include: symptoms of diabetes, stress, managing fatigue and emotional problems, exercise, healthy eating, medications, and working with health care providers. Program administered by UPCAP, with support from the Northern Lights YMCA. Space is limited-To register call the YMCA at 789-0005

WHEN: Tuesdays March 6th – April 10th, 2018

WHERE: MTEC Center, Room TBD

TIME: 12:30-3:00pm

COST: Free to the community

FITNESS

VALENTINES DAY WORKOUT

Looking for a way to work off those Valentine's Day chocolates? This year, put your normal schedule on hold and join us for an energetic, easy to follow, partner workout to feel the love!

WHEN: Saturday, February 10th

TIME: 10:00 - 11:00 am

LOCATION: M-Tec Center
Room 2017

COST: Suggested donation of 2 non-perishable food items

YOUTH

SAFE SITTER CLASS

We provide you with curriculum that is appropriate for the intellectual and emotional abilities of adolescents (must be 11). Our curriculum is based on up-to-date information and injury prevention for specific age groups. We emphasize to adolescent the profound responsibility of nurturing and protecting children. Cost is \$66 for Members and \$100 for General Public.

AQUATICS

Our 5 week sessions of **Swim Lessons** will begin again **February 12th**.

Openings are available in Polliwog, Guppy, Minnow, and Gold Medal. To register call 789-0005 or stop in.

YMCA DASHBOARD DATA

January
Check-ins
6,956

January
Financial Asst.
\$4,875
Total YTD \$4,875

Total
Members
3,152

Thank
YOU

To all of the Volunteer Campaigners for helping with our Annual Campaign!