



# THE Y CONNECTION

**NORTHERN LIGHTS YMCA - DICKINSON PROGRAM CENTER - JANUARY 2018**

## ON DECK...

- WINTER SESSION 1 BEGINS Jan. 8
- CAPITAL CAMPAIGN KICKOFF Jan. 25
- SAFE SITTER COURSE Jan. 27
- FATHER-DAUGHTER DANCE Jan. 27
- PINE MOUNTAIN SKI SCHOOL Jan. 28
- WINTER SESSION 2 BEGINS Feb. 12

## CAPITAL CAMPAIGN 2018 OFFICIAL PUBLIC KICKOFF THIS MONTH

It's hard to believe, but we're closing in on the official kickoff to our Capital Campaign! The public campaign begins Thursday, Jan. 25.

Our kickoff celebration will be an exciting night for all involved. We'll be making some major announcements regarding the future of our YMCA and the Community Center Building.

For those who may not be aware, our staff and volunteers have been working behind the scenes for the better part of the past two years to bring us to this moment. We've raised nearly 75% of our estimated project cost to date, leaving the final 25% as our goal for the public campaign.

At our kickoff celebration we will detail the exact numbers and present a vision for the future of our YMCA. And then the rest is up to our community. I feel very confident that by the time our campaign concludes in June, we'll be able to announce that we've hit our goal!

When you consider your gift to the Capital Campaign, please note that we are asking for a five-year pledge. You are, of course, free to donate all at once. But you also have the option to arrange payments over a five-year period, allowing you to stretch your gift and impact even more lives.

It is such an exciting time to be a part of the YMCA! We have put together a well thought out vision for the future of the facility so that we may be able to continue to serve our community for decades to come.

The slogan for our campaign is: What's Your Y? We feel that the Y can mean so many different things for so many different people. What does the Y mean to you and your family? And ultimately, the success of our campaign will depend on you. What's Your Y of the future going to be?

So stay tuned this month as the campaign begins! Consider your gift, and also consider taking a role in our campaign. It truly is a rewarding feeling to be part of something this big and meaningful to our community.



**CENTER DIRECTOR  
JONATHAN RINGEL**

## WHAT'S YOUR Y?



**Our 2018 and Beyond  
Corporate Lease Partners**

# REGISTER FOR THE LAZY MAN TRIATHLON

## ARE YOU UP FOR THE CHALLENGE?

Ready to commit to regular workouts in 2018? Consider signing up for the Y's Lazy Man Triathlon. Participants will have one month to complete the distance that usually is done in a day. You'll swim 2.4 miles, bike 112 miles and run 26.2 miles on your schedule during the month of February. Swimming miles are earned by swimming laps in the YMCA pool. Cycling classes or elliptical use will earn bike miles, and treadmill, outdoor running/walking, elliptical or any aerobic fitness class will count toward the running miles.



You can sign up at the Welcome Desk. Registration is \$15 per person. You will be given a tracking log at registration, and you are on the honor system to track your progress from Feb. 1-28. All logs must be turned in by 10 PM on Feb. 28. YMCA swag bags will be awarded to the first three participants who turn in their completed logs. Everyone who competes will receive a Lazy Man T-shirt. The Lazy Man Triathlon is open to members and non-members. This contest is great training for the triathlon in June or just a great way to get into shape!

### FITNESS

#### WINTER WEIGHT

#### TRAINING FOR RUNNERS

Build strength and speed! Great cross training to avoid injuries, building strong Core and limbs to perfect your running motion. Starts Jan. 9, in the skyloft from 6:15-7:15pm every Tuesday. The cost is \$20 members and \$25 general public for a five week session. Stop by the member care desk and sign up today or call the Y at (906) 774-4076. This class is a great lead in to our triathlon training.

### YOUTH/FAMILY

#### FATHER-DAUGHTER

#### DANCE JAN. 27 AT 6 PM

Create lasting memories with your special girl at our 6th Annual Father/Daughter Sweetheart Dance. Enjoy a special night of dinner, dancing and fun. There will be a live DJ and photo booth. Make the night more memorable and reserve a limo to take you to and from the dance in style (for an additional cost). Cost per pair is \$42 (\$52 non-members) and \$25 for each additional daughter.

### AQUATICS

#### SIGN UP FOR SWIM LESSONS

With a new session starting Jan. 8, now is the time to register for swim classes. The Y offers a class for every age and every level. Escape the bitter cold and jump in our warm pool. Call (906) 774-4076 for more information or visit [www.nlymca.com/dickinson](http://www.nlymca.com/dickinson) to see the full line-up of classes available.

## YMCA DASHBOARD DATA

December  
Member  
Check-ins:  
6,225

2017  
Jan.-Nov.  
Financial Asst.  
Given:  
\$38,226

Total  
Active  
Members:  
2,645

THANK  
YOU!



Thank you to all our members for a fantastic 2017. Our center continues to grow and grow, as we finished the year with 143 more members than we had at the end of 2016!