

# Spring Newsletter

## Y's Words...

### Reflections from the CEO

*It has been an exciting time of change over the past few months at the Moose Jaw Family YMCA - and more changes are still to come!*

*In just over 8 months of operating the YMR Clinic (YMCA Medical Rehabilitation Clinic), the YMCA has already seen new programs for our members and community! The staff at YMR have been working hard to implement these programs such as Breakthrough for Better Bones, Y Not Now, Post-Natal Programs and more.*

*We also upgraded our Spin Class Room! What a huge improvement for our spinners! Not only will the room house the spin bikes, but additional cardio for all members to use.*

*We've also been working on another exciting project - the Family Fit Zone! This new initiative will not only meet the needs of physically inactive and at risk children in our community, but it will also be a fun and exciting new space for our existing family members! This facility has been designed with FUN in mind - a bright color scheme will add to the excitement of the exergaming equipment. I am thrilled to have this facility open it's doors to you very soon.*

*Please join us on **Sunday, June 1st** as we celebrate the Grand Opening of this new space.*

*If you have any questions or comments, pop into my office or fill out a suggestion comment card.*

Jeff

## Family Fit Zone

*The YMCA welcomes our NEW Family Fit Zone!*

**What is it all about?** A whole new fitness experience for the children, youth and families in our community! Exergaming is quickly becoming the most talked about fitness craze for our youth today - and your YMCA is now a part of it! The room will be located in the lower level of the Y - we encourage all members to go down and check it out!

**How will it help our community?** It will increase physical activity in our children and youth. The new Canadian Report Card on the health of our youth is shocking. For the 3rd straight year in a row, Canadian youth have scored a "D" in fitness.

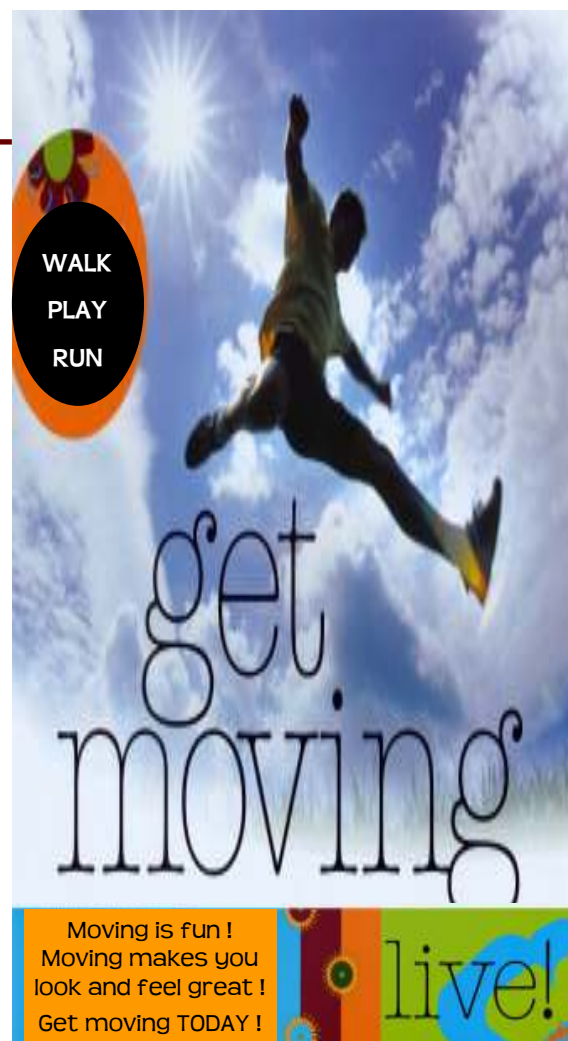
- 91% of Canadian children and youth do not get the recommended 90 minutes of physical activity per day

- children aged 10 to 16 spend 6 hours per day in front of a screen (TV, computer and video games)

- obesity in children and youth has increased 35.7% from 2003 to 2006

With the new Family Fit Zone - our goal is to provide a fun fitness experience for the children, youth and families in our community - encouraging healthy lifestyles, fun and fitness for everyone!

Visit our new facility **COMING SOON!**



# YMCA Summer Day Camp & Kindercamp - Coming again soon!

What are your kids looking for in a Summer Camp?

[Adventure?](#)   [Fun?](#)   [Crafts?](#)   [New friends?](#)   [Games?](#)

[Rock climbing?](#)   [Swimming?](#)   [Field trips?](#)

You will find it ALL here at the YMCA's Summer Day Camps ! The perfect summer entertainment for children of all ages. NEW age groups with special activities planned for each - all designed to make your kids camp experience even better than before!

## **Kindercamp Ages 3-5**

\*Special pre-school theme weeks which include crafts, games, imagination, creativity and tonnes of fun!

## **Adventurers Ages 6-10**

\*Outdoor Adventure Days with Boh's Cycle scheduled for July 16th, 23rd, 30th and August 6th—this includes hiking, canoeing and more!

\*Tuesday Trip Day! A special trip every Tuesday!

\*Swimming Time! Every Friday is swim day!

## **Explorers Ages 11-14**

\*Every week will be a different theme! Learn about science, technology, art and more - with themed weekly projects, special community guests and more!

\*Two Outdoor Overnight Trips are scheduled for July 7th & 8th and July 14th & 15th with Boh's Cycle

## **Travelers Ages 15-17**

\*Two South Saskatchewan River Trips are scheduled for July 21st - 25th and August 21st - 24th with Boh's Cycle. Youth will learn all about the beauty found in Saskatchewan! Camping, canoeing, hiking and much much more!

Every year over 300 children in our community enjoy summer day camps. YMCA staff are already planning the fun summer activities for this year!

[Register for YMCA Day Camps - and discover the adventure!](#)

**This year the Y is offering 2 ALL NEW Camping Adventures!!!**

**FAMILY CAMPOUT** - August 9th & 10th  
Games, Campfires, cooking tips and tonnes of outdoor fun for the WHOLE family!

**WOMEN'S CAMPOUT** - August 15th & 16th  
A very special **Ladies Only** camp. Hiking, canoeing, learn outdoor camping skills and more.

## Upcoming Special Events - Raising Funds for the Strong Kids Campaign

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**April 19th** at 10:30am - Little Actors Presentation *"Once Upon a Time Shop"* in YMR

**May 22nd** - Pie in the Eye

**June 11th - 14th** - Sidewalk Days Booth - *Jumping Castle, 50/50 Draw and more!*

**June 22nd** - Petal to the Park Bike-A-Thon - NEW EVENT

**July 5th** - Strong Kids Golf Tournament

**August 30th** - 2nd Annual Strong Kids Trail Mix Run

**September 5th** - Couples Re-Treat featuring Yuk Yuk's Entertainment, and much more!



To volunteer or participate in one of these upcoming events, call Tara at 692-0688, email [tara@mjymca.ca](mailto:tara@mjymca.ca) or visit us at [www.moosejawymca.ca](http://www.moosejawymca.ca)

## Celebrate Volunteer Week

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**April 27 - May 3rd is National Volunteer Week!**

This is a special time set aside in April each year to honour and recognize Canadians who donate their time and energy to their community.

**We are proud to honour our YMCA volunteers!**

*To the YMCA Board of Directors, fitness instructors and special event volunteers - thank you for your special gift of time and dedication to your YMCA.*

*Special "Thank You" to our Katimavik Volunteers!*



## Did you know...

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- Your Y staff are all trained and **re-certified every year in First Aid, CPR and Defibrillator**. If you are in need of help or see a fellow Y member who is injured or in a medical emergency, please contact YMCA staff for immediate assistance.
- **The Moose Jaw Family YMCA is a charitable organization**. Our Y opened in 1905 and has been helping people in our community develop to their full potential and achieve a better quality of life. Together, the employees and volunteers of the Y offer activities, programs and services that reflect the needs and aspirations of the community.
- You can **host your child's birthday party** at the Y! Enjoy rock climbing, dance dance revolution, the jumping castle and use of the gym (includes all equipment - play games like soccer, floor hockey, dodgeball, etc.)
- The Moose Jaw YMCA works in partnership with the City Parks and Recreation Department to offer **aquatics opportunities** for Y members - swimming lesson discounts and free lane swim.
- You can submit information to the YMCA Newsletter too. Email [tara@mjymca.ca](mailto:tara@mjymca.ca) - the newsletter will be available to members quarterly.



# HELP US BUILD STRONG KIDS, STRONG FAMILIES, STRONG COMMUNITIES!

## MOOSE JAW FAMILY YMCA

220 Fairford Street East  
Moose Jaw, SK S6H 6H2

Phone: 692-0688

*We build strong kids, strong  
families, strong communities.*

**We're on the web!**

[www.moosejawymca.ca](http://www.moosejawymca.ca)

*The Strong Kids Campaign was designed to provide financial support to financially disadvantaged children, youth and families in our community so they too may participate in YMCA programs, services and memberships. Building healthy lifestyles, self-esteem and self-confidence in our children and youth is very important—and we take pride in our various programming designed to meet these goals. Requests for financial assistance grow each year—to meet these demands, and ensure no one is turned away, we host various fundraisers throughout the year and collect generous donations from Y members, community businesses and friends of the Y. If you are interested in making a donation and joining our Strong Kids Team, please fill out the form below and mail us your donation or drop it off at the Y—we look forward to your support!*



**I want to improve the lives of children and families in our community.**

**I want to make a difference by donating...**

\$10    \$25    \$50    \$100    \$200

**I prefer to contribute \$** \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**Method of Payment (4 Options):**

Cheque or Money Order (payable to Moose Jaw Family YMCA)

VISA    Mastercard    \*Pre-Authorized Payment

Expiry Date: \_\_\_\_\_

Credit Card Number: \_\_\_\_\_

Cardholder Signature: \_\_\_\_\_

\*Pre-authorized payments can be added to your monthly membership.

*Thank you for helping us build strong kids! Tax Receipts issued for donations \$10 or more.*

## OUR LEADERSHIP TEAM

### BOARD OF DIRECTORS

- Rob Hugg- President
- Les Dickson- Past President
- Anne Marie Ursan- Vice President
- Kelly Binner- Director
- Kelly Carty- Director
- Rob McLaughlan- Director
- Cam Howe-Director
- David Chow-Director
- Jana Bollinger-Director

### YMCA STAFF

- Jeff Fox - CEO
- Jennifer Kolb - Play N Learn Daycare Director
- Myla Morales - YMR Clinic Manager
- Ashley Florent - Programs Manager
- Selina Muir - Membership Services Manager
- Mike Delorme - Maintenance Manager

*Please contact any of us for more information  
about your YMCA!*