



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Member Newsletter

— February 2015

Why the Y?

No this isn't a cringe worthy sales pitch. This is simply a reminder of all the great aspects of the Siskiyou Family YMCA and the benefits it offers its' members. We're not talking about the physical things; the treadmills, ellipticals, weights or the climbing wall. Those I think are quite obvious. We're talking about the benefits we observe in our own individual ways.

For some of us, it's a feeling of belonging. For others it's a safe environment that allows us to step outside of our comfort zones and for others it's how we challenge ourselves in ways that we never have before. Whatever the reason is, it's obviously enough to keep us returning day in and day out.

Our goal is to continue to offer costumer service and create an environment that meets your needs. Therefore, we are asking everyone, why the Y? We want to know your stories and your reasons for being a part of the Siskiyou Family YMCA in 2015. Feel free to talk with any staff member and share your story!

YMCA Programs

Youth Coed Volleyball League:

The Youth Volleyball League, in its' 10th year, will continue to be an extension of the youth developmental leagues run here at the Y. Local high school coaches and players will help your child develop volleyball skills that will make the game more enjoyable and fun!

Dates: March 3rd-26th (Tuesday and Thursday)

Location: Siskiyou Family YMCA Gym

Cost: \$35 Members, \$50 Non-Members

Age and Times: Grades 4th-8th @ 5:00-6:00PM



Fitness Happenings @ The Y

New Classes:

We have added a new fitness class for those of you who need a something a little earlier in the evening, or if you are a dance mom who is usually waiting around while your child does dance, this class is for you! Starting Monday, February 23 Brandon Eller will teach Total Body Fitness from 4:00 - 4:45. This class is great for all fitness levels. You will be exposed to cardio intervals, free weights, floor drills, and core strengthening. This workout will be guaranteed to burn calories and get your heart pumping.

Every Calorie Counts:

"Every Calorie Counts." We are in our 5th week of the competition and contestants are seeing results. At the end of week 3 the leader board looks like this: Female with most calories burned is Misty Clifford at 12,570 and Becky Greenly is right behind her with 9,140. In the men's category Nolan Henry is stomping it with 19,411 calories, and Wayne Barni is holding steady with 8,805. Now for the team category, the Calorie Queens started off strong with a total calorie burn of 25,712. Team YStaff is in second with 21,715 calories burned, and is working hard to narrow the gap. This competition has been very positive, we hope you are enjoying the fun!

www.siskiyou-ymca.org / 842-YMCA (9622)

