

YMCA OF STEUBEN COUNTY NEWSLETTER



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF Steuben County

East Harcourt St., Angola, IN 46703

260-668-3607 www.ymcasteuben.org

April 2024 83rd edition

*"The greatest lesson in life is to know that even fools are right sometimes."
~Sir Winston Churchill*



Summer Day Camp 2024 is right around the corner and registration is open now. Camp is scheduled for May 28 – July 26. To register, visit www.ymcasteuben.org.

Day CAMP is for children in Pre-K through those entering 6th grade. The focus of

Day Camp is to develop the potential of every child in a safe and positive environment while teaching them how to play, learn, and grow when school is not in session. A wide range of activities will focus on various sports and arts, teaching your child confidence. There will be a different theme for each week of camp, such as Under the Sea, Sports Extravaganza, Time Travelers, and Animal Planet.

Camp hours are from 7 a.m. – 5:30 p.m. There will be a non-refundable deposit of \$20/week. This fee reserves a spot for each week of camp. The \$20 deposit will be applied to the balance of the weekly camp fee. For **full-time** campers (3-5 days) the fee is **\$155 for members and \$190 per week for non-members**. For **part-time** campers (1-2 days) the fee is **\$105 for members and \$135 per week for non-members**. Weekly payments are due the Friday prior to the week of day camp attendance.

In addition to weekly themes for Day Camp there are other camp options which focus on sports. The YMCA Sports Camp has two options, Basketball Camp, offered from June 10 -14 and Soccer Camp, offered June 17-19. The Y will provide transportation to and from Carlin Park and the YMCA. Campers will have the opportunity to sign up to participate in either sport during day camp.

Another offering this summer is the Counselor in Training (CIT) Camp for kids entering 6th-8th grades. This program allows for older students to learn how to be a leader. CITs will learn valuable life and work skills by shadowing and assisting camp counselors.

The YMCA does offer financial assistance to help with membership and program costs. For other questions or more information, please email Kandee, Summer Camp Director, at camp@ymcasteuben.org.

Pool Safety Notice

For the safety of our swimmers, when there is thunder and lightning in the area, the pool will close and remain closed for 30 minutes after the last lightning strike.



Join us for a hiring event at the YMCA, April 9 from 4-7 p.m., at the YMCA. We are hiring for several positions including lifeguards, front desk, building supervisor, and summer day camp. If you have questions, please call us at 260-668-3607.

Save the Date



This year, the Y's **On Course for a Cause** will be held June 6, 2024 at Glendarin Hills Golf Club. Cardinal IG is the Presenting Sponsor. Proceeds generated from On Course for a Cause will be used to strengthen youth development, fight chronic diseases such as Parkinson's, and enrich the active older adult programs.

Watch for sponsorship opportunities and registration information coming soon.



Awaken your imagination this summer by kicking it off with fun games, arts and crafts, and trying new foods. There will also be an exciting obstacle course, family cardio drumming, topped off with prizes and raffles!

If this sounds good, please mark **Healthy Kids Day** on your calendar. It will held on **April 20th** from 10 a.m. - 2:00 p.m. and is **FREE** and open to the public.

STRONG SWIMMERS CONFIDENT KIDS

Group swim lessons return this month! There are still openings so please check out the lesson schedule below and get signed up! Cost is \$60 for members and \$80 for non-members

Parent and Infant (6 - 18 months) class is scheduled for April 9 - March 2, Tuesdays and Thursdays, from 6-6:30 p.m. in the therapy pool area.

Parent and Toddler (18-36 months) class is scheduled for April 9 - March 2, Tuesdays and Thursdays, from 6:30-7:00 p.m. in the therapy pool area. Saturday mornings from 9:30-10:15 a.m. or 10:30-11:15 a.m. in the main pool.

Elementary (K-5 grade) classes are scheduled for April 13 - May 18 on Saturday mornings from 9:30-10:30 or 10:30-11:30 a.m.

Stroke Drills (4-8 grade) classes are Saturday mornings, April 13 - May 18 from 9:30-10:30 or 10:30-11:30 a.m.

STRONG SWIMMERS CONFIDENT KIDS SWIMMING LESSONS



Parkinson's 5K Run/Walk Cameron Race Against the Shake

Cameron's 5K Run/Walk is scheduled for Sat., April 27th. Registration and packet pick-up is at 8:30 a.m., start time is at 10 a.m. at Angola Middle School track. Cost: \$30/person (until Apr. 9), \$35/person (Apr. 10-23).

~This race is sponsored by Lakeland Rehab and Healthcare Center~

It's Time to Meet Your Match!



Pickleball lessons are returning to the YMCA! They are scheduled for April 22 - May 15, 2024.

Two classes are being offered.

Beginners: Monday, 6-7:30 p.m.
Intermediate: Wednesday, 6-7:30 p.m.

Cost is \$65 for members and \$85 for non-members. Please register at www.ymcasteuben.org.

Register early as spots are limited. If you have questions, please contact Brice at wellness@ymcasteuben.org or 260-668-3607, ext. 109.

Discover Your Inner Artist



The next art classes for "Creative Kids" will be offered April 2, 9, 16, 23, and 24. Times are:

PreK	10:15-11 a.m.
Grades K-2	5:30-6:15 p.m.
Grades 3-6	6:14-7 p.m.

Participants can look forward to creating age appropriate crafts each week. They will be able to take their projects home weekly. All supplies are provided and included in the program cost.

Register at www.ymcasteuben.org/programs. If there are questions, please feel free to contact Ashleigh at youth@ymcasteuben.org or 260-668-3607 x 102.

MEMBER OF THE MONTH



We would like to introduce you to our April Member of the Month, **Daisy Mendoza**, who is one of our newer members at the YMCA. She reported that she was reading information about the Y and some of the classes we offer. As a result, she and her husband came one day to check things out, and joined!

Since joining, Daisy is now a regular at the Y. She especially enjoys coming in the early morning for the 5:00 a.m. group Pilates class. Afterwards, she occasionally follows that up with going to the Wellness Center and using the treadmill and other equipment. Daisy added that she especially is appreciative of the Y Play program. "Y Play is important because I can

bring my two year old son, Gabriel, with me the days I come in the evening. Then I will know that he is in safe hands."

Daisy graduated from Bronson High School, and spent her last two years of high school at the career center in Coldwater. She was focused on earning her certification in early childhood development. Once she accomplished that she entered the pre-nursing program at Glen Oaks Community College in Centerville, MI, with the goal of becoming a Pediatric Nurse. "I just really enjoy working with children and I have always been interested in science. I have four semesters of school left and hope that will be accomplished within two years."

In her spare time Daisy reported that she and her husband, Juan, along with Gabriel, enjoy fun on their bike rides. They also enjoy hiking and swimming at Pokagon. "There is a lot to offer in Angola. We especially enjoy the bike riding in the summer. We also go up north a few times to snow board in the winter."

When asked her opinion on what other classes or options the Y could offer, Daisy thought we offered a lot already. However, she would appreciate having a baby swimming class so she and her daughter could attend. She also suggested Y Play be open on the weekends.

Free Youth Basketball Camp coming in June!



The YMCA of Steuben County will be offering a free basketball camp for kids entering 3rd through 8th grades, Fall 2024. The dates are June 10–14. Times are divided according to the age groups below.

Grades 3-5 8 –10 a.m.

Grades 6-8 10:15 a.m. –12:15 p.m.

In addition to playing basketball, there will be fun games, prizes, giveaways and more. Each camper will receive a free camp T-shirt and basketball!

Register is open now. If interested, please register at ymcasteuben.org/programs.

YMCA WAVEMAKER SWIM TEAM NEWS



Congratulations are in order for the Y's Wavemaker swim team. They placed 2nd place at the Y State Swim meet last month, securing 97 best times as well as personal records being made.

The Summer Wavemaker practice starts May 13th. Practice will run until the end of July. Practices will be on Mondays and Wednesdays 5:00-6:30 pm and Tuesdays and Thursdays 8:00-9:30 am (starting 5/23).

"You can't put a limit on anything. The more you dream, the farther you get." – Michael Phelps

An Old Cherokee Tale



Members, some extra space was available in this month's Newsletter, so I am taking the opportunity to share this **Old Cherokee Tale** with you. I have had it posted on my refrigerator door for years. Of course it is camouflaged beneath all sorts of other pictures, notes, and "ideas" which live and breathe on the door, so I don't always see it. This weekend, however, it stood out. So much so that I decided to share it with you this month since the Newsletter had some extra space. I hope it speaks to you as much as it does to me every time I read it.

An old Grandfather said to his grandson, who came to him with anger at a friend who had done him an injustice, "Let me tell you a story.

I, too, at times, have felt a great disdain for those who have taken so much, with no sorrow for what they do. However, hate tears you down and does not hurt your enemy. It is like taking poison and wishing your enemy would die. I have struggled with these feelings many times."

He continued, "It is as if there are two wolves inside me. One is good and does no harm. He lives in harmony with all around him and does not take offense when no offense was intended. He will only fight when it is right to do so and in the right way.

But the other wolf, ah! He is like is full of anger. The littlest thing will send him into a fit of temper. He fights everyone, all the time for no reason. He cannot think because his anger and hate are so great. It is helpless anger, for his anger will change nothing. Sometimes it is hard to live with these two wolves inside of me for both of them try to dominate my spirit."

The boy looked intently into his Grandfather's eyes and asked, "Which one wins, Grandfather?"

The Grandfather smiled and quietly said, "The one I feed."

~Old Cherokee Tale



REVIVE INDIANA returns to the YMCA
April 23, 24, and 25 from 8 a.m.—4 p.m.

Prayer warriors will be here to welcome all who need healing, offering prayer and encouragement