

# STAY CONNECTED



## KENOSHA YMCA

7101 53<sup>rd</sup> Street, Kenosha WI 53144

Summer 2016 Newsletter

262.654.9622 (YMCA)

[www.kenoshaymca.org](http://www.kenoshaymca.org)



## FATHERS & DAUGHTERS

**The Frank Neighborhood Project holds their first father daughter dance.**

Tiffany, a mother of four shares how the Frank Neighborhood Project has changed her life and the lives of her children. "I volunteered for the Frank Neighborhood Project for three and a half years and then received an offer to become a Coordinator for the program because of my strong work ethic and connection to the community."

April 22<sup>nd</sup> marked the fourth anniversary of the death of Tiffany Gatlin's father. Normally, this would've been a sad day for Tiffany and her family. However, this year it was a wonderful celebration. Tiffany planned and hosted the Frank Neighborhood Project's first annual Daddy/Daughter dance at Frank Elementary School. Almost 70 daddies and daughters from Frank & Brass Elementary schools came dressed in their finest attire to celebrate the blessings of having each other. Tiffany and eight volunteers from the Frank Neighborhood Project decorated and prepared for a night of fun. Tiffany purchased tablecloths, table decorations and a fancy arch for pictures. The volunteers prepared a feast compliments of Gordon Foods Service and Culver's of Kenosha, which included pasta & meatballs, roast beef, chicken, macaroni & cheese, dinner rolls, Kool-Aid, and custard. Tiffany was the DJ and mixed it up for the dancing daddies and daughters. All the participants and volunteers had a time to remember. Tiffany is already planning to expand next year's Daddy/Daughter dance to include several more elementary schools in Kenosha.

"The Frank Neighborhood Project has opened my eyes and made me realize that everyone has a different lifestyle. Also, being able to make a change in a child's life means a lot to me because I believe 'It takes a village to raise a child'. For that very reason I will be forever thankful for the Frank Neighborhood Project. My children have met many new friends and gone on quite a few fieldtrips. The Kenosha police and fire fighters visit the Frank Neighborhood Project and engage with the children in ways that other people don't. Our involvement in this program has given my children feelings of self-respect and taught them to respect others."

If you are interested in volunteering or you know a family that could benefit from the Frank Neighborhood Project, please contact at the Kenosha YMCA (262) 654-9622 ext. 217 or at Frank Elementary School (262) 359-6324.

## IN THIS EDITION

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# SAFE SWIMMING SAVES LIVES

As part of the Y's commitment to reduce drowning rates and keep kids safe in and around the water, the Kenosha YMCA has aligned with the ELCA Outreach Center to provide 100 scholarships for swim instruction and water safety to children attending their Summer Camp this summer.

According to the Centers for Disease Control and Prevention, fatal drowning is the second-leading cause of death for children ages one to 14 years old. In ethnically diverse communities, the youth drowning rate is two to three times higher than the national average, according to a USA Swimming study. Additionally, nearly six out of 10 African American and Hispanic/Latino children are unable to swim, nearly twice as many as their Caucasian counterparts.

**"Educating children how to be safe around water is just as important as teaching them to look both ways before they cross the street," said Stacy Storey, Aquatics & Sports Director, Kenosha YMCA.**

**"The Y teaches children of all ages and backgrounds that water should be fun, not feared, and this practice not only saves lives, it builds confidence."**



The Y has been a leader in providing swim lessons and water safety for more than 80 years, and continues to help youth and adults experience the joy and benefits of swimming, so they can be healthy, confident and secure in the water. There are a variety of programs to choose, including family swim, parent & child, swimming lessons, swim team, diving classes and many other aquatic fitness classes.

In addition to learning lifesaving water safety skills, children can increase their physical activity by swimming. Swimming also motivates children to strive for self-improvement, teaches goal orientation and cultivates a positive mental attitude and high self-esteem.



## A WORD FROM OUR EXECUTIVE DIRECTOR

As I settle in to my new role as Executive Director I wanted to take a moment to thank our many partners, donors, volunteers, members, staff and friends who support the Kenosha YMCA and help us make strides in improving the well-being of the community we serve.

The YMCA is a community of people who come together to create positive and lasting social change. I consider myself lucky to have been a part of that community for the past 22 years and look forward to a future of working together to assess and fill needs in the areas of youth development, healthy living and social responsibility.

As we look toward the future, programs such as the Frank Neighborhood Project, the Scholarship Program, Safety Around Water, the Miracle League, Early Childhood, Before and After School Care, Youth Sports and Silver Sneakers will remain cornerstones, while we look to add other programs that will address disease prevention, the achievement gap and other community issues.

I am eager to further the Y's work in the Kenosha and look forward to accomplishing that work together. We have a terrific team of staff and volunteers who are committed to that work.

**Everything the Y does is in service of making us better. A better you, a better us, a better community.**

## SUMMER PICNIC SAFETY

A popular way to celebrate summer and enjoy the company of family and friends is at an outdoor picnic or barbecue. A little planning and knowledge goes a long way toward making the experience safe and enjoyable for all. The Kohl's Cares Grow Safe & Healthy Program has information to learn about preparing for and attending your next outdoor event, including: what to pack and prepare before you head out, safety tips for when you arrive, keeping cold foods cold and hot food hot, and how to serve food safely.

For more outdoor safety tips and to download the Summer Picnic Safety information flier visit [KohlsSafeandHealthy.com](http://KohlsSafeandHealthy.com)



# REACH YOUR FITNESS GOALS AND HAVE FUN!

Are you looking for something NEW to add to your workout? Want to add strength training, but not sure about weights?

## THEN TRX IS FOR YOU!!

TRX Suspension Training utilizes gravity and your own body weight... you're in control of how much you want to challenge yourself with each exercise; making this class open to all fitness levels. The hundreds of exercises that can be done require you to engage your core so you get a fast and effective total-body workout. You'll build lean muscle to increase your metabolism and muscular endurance, as well as develop functional strength to help improve the way you move in everyday life.

**"TRX is a fun class with variety of challenging exercises to improve your strength and core... my abs can certainly attest to that!" ~Cheryl**

## Check out a TRX class today!

'TRX FOR SENIORS' with Cathie

- Wednesdays at 10:15am
- Fridays at 9:15am
- Fridays at 10:15am

'TRX CIRCUIT' with Ryan

- Tuesdays at 10:00am
- Wednesdays at 7:30pm

All TRX classes are in Studio B



**TRY A CLASS ONCE FOR FREE!**

## COMING THIS FALL...

**STRONG** by Zumba™ combines high intensity interval training (HIIT) with the science of Synced Music Motivation.

Check out the **FREE DEMO's** on Monday August 8<sup>th</sup> & 15<sup>th</sup> at 5:15pm in the gymnasium.



to John C.

**Enjoy your trip to Maui!**

THANK YOU to everyone that purchased raffle tickets to help support our John & Judy Wavro Scholarship Fund and youth programs.

# MEET OUR NEW FACES



**JO FINK, Payroll Coordinator**

As a member, I was always impressed with the staff and how they embody the Y mission statement. When the opportunity to work here came up, I was thrilled to accept! Being in payroll I get the opportunity to meet all the staff which is a pleasure.



**KRISTINA ELLIS, Member Engagement Representative**

I love everything the YMCA stands for! I believe that everyone should feel welcomed and part of our Y family and as a Member Engagement Representative I can assist new members so they are able to better navigate the facility and utilize the programming we have to offer. It's a win, win!



**LIZ ENHOFF, Financial Director**

I have always wanted to work for the Y because of the community connections and the sense of belonging to an organization that makes a difference for a lot of families. As Financial Director I manage Accounts Payable, cash management, operation statements, as well as provide all the information needed to our CPA for our yearly Audit.

**RYAN CHAPMAN, Member Engagement Representative**

I joined the Y team a few months ago as a Personal Trainer, and I've really enjoyed working with clients, teaching classes, and meeting new people. I'm looking forward to also working as a Member Engagement Representative, because it will give me even more of an opportunity to interact more with the members, and connect them to all of the programs that we offer here at the Y.



# SAME FACES IN NEW PLACES...



**CHERYL HERVAT, Membership & Program Specialist**

I have been with the Y family for 13 years. My main role here is membership billing and helping our staff with our software program. Throughout the day I love to visit with members at the Member Service Desk, in one of our classes or at the coffee area. Hope to see you around!



**TENILLE FICK, Member Engagement Director**

I began working in this industry 19 years ago, and nearly 2 years ago I joined the Kenosha YMCA team. Currently, I am the Member Engagement Director, and I lead the Health and Wellness and Membership teams, which include personal training, adult fitness classes, massage, membership, and the Member Service Desk. I love being a part of the Y family, and I enjoy interacting with our members each day. I also love connecting people to our programs that will help them reach their goals, and improve their lives.



**CHRISTINE VANDYKE, Executive Assistant**

I've worn many hats in my 16 years at the Y. Today, my main role is marketing and assisting with special events. I love being a part of our Y family and look forward to serving our members and community for years to come! Stop by and say "Hi" anytime, my office is under the back stairs.

# SPECIAL EVENTS & DATES TO NOTE

## AUGUST

- 7 Tri My Best Triathlon\*\*
- 8 Fall 1 Member Registration Begins**
- 9 Start of Indian Trail GIRLS Season
- 15 Fall 1 General Public Reg. Begins
- 16 Senior Day
- 21-28 YMCA Facility Shutdown**
- 26 Last Day of Summer Day Camp
- 29 FALL 1 Session Begins**
- 31 Fall Miracle League Begins

## OCTOBER

- 1 Tae Kwon Do Tournament
- 4 Indian Trail Swim Meet
- 10 Fall 2 Member Registration Begins**
- 17 Fall 2 General Public Reg. Begins**
- 18 Senior Day
- 18 Indian Trail Swim Meet
- 19 Fall Miracle League Awards Picnic
- 24 FALL 2 Session Begins**
- 31 Family Fun 'Night' Halloween Party

**\*\*Tri My Best Triathlon will be held in and around the facility. Please enter the parking lot with caution and note there will be limited parking most of the day. Additional parking will be available in the Mahone Middle school parking lot, there is a walking path from the school to our outdoor track. Stay tuned for facility area closures.**

## SEPTEMBER

- 1 Before & After School Program Begins
- 5 Labor Day, YMCA Closed**
- 8 Indian Trail Swim Meet
- 20 Indian Trail Swim Meet
- 20 Senior Day

## STAY CONNECTED WITH US!



DOWNLOAD OUR FREE APP TODAY!



Search "Kenosha YMCA"



## 28<sup>th</sup> ANNUAL GOLF OUTING

One hundred and thirty four golfers joined us on May 19<sup>th</sup> at Kenosha Country Club. Fun was had by all golfers enjoying contests on the course, great food, silent & live auctions and great people and conversation. The event raised over \$36,000 for our Miracle League, Frank Neighborhood Project and scholarship programs.

**THANK YOU TO EVERYONE THAT HELPED MAKE THIS OUTING A SUCCESS, INCLUDING OUR MANY SPONSORS...**

### Uline Shipping Supplies

All-Star Honda, Bradshaw Medical, Camosy, Inc., Cancer Treatment Centers of America, Coins Sports Bar, Comprehensive Orthopaedics, S.C., Culvers, Green Bay & Sheridan Road, Dennis & Natalie Troha, Festival Foods, First American Bank, Guttormsen & Hartley, Guttormsen Recreation Center, Hartnell Chevrolet, Kenosha Area Convention and Visitors, Kenosha News, Kueny Architects LLC., Landmark Title Corporation, LifeFitness, Nassco, Inc., PepsiCo., Renaissance Schools, Rizzo & Diersen, S.C., Snap-On Inc., Southport Bank, Thomey Financial Services, LLC, Tri-City Bank, Van's Roofing, Villani Becker & Larsen



## 39<sup>th</sup> ANNUAL FIRECRACKER RACE

This exciting Kenosha tradition of a 10K Run & 5K Run/Walk through Kenosha's beautiful Historic Third Avenue District took place on Sunday, July 3<sup>rd</sup> with 475 runners.

Top two male and female participants in each race were...

### 5K Male

- Kevin Ryan, 20 - 16:24
- Tonatiuh Chavez, 14 - 17:16

### 10K Male

- Miguel Garcia, 26 - 34:42
- Cade Burks, 18 - 35:11

### 5K Female

- Emma Bertz, 14 - 20:24
- Saha Buch, 30 - 20:25

### 10K Female

- Leslie Ruffalo, 33 - 39:51
- Lisa Johnson, 35 - 42:36

Our Youngest participants...

- Evan Arnold, 5 finished the 5K with a time of 44:35
- Kaitlin Sturycz, 9 finished the 10K with a time of 1:12:54

**Congratulations to all that participated!**

**Save the Date for the 40<sup>th</sup> Annual Race...Sunday, July 2, 2017.**  
Register today at [itsyourrace.com](http://itsyourrace.com)

**SPECIAL THANKS TO ULINE FOR BEING THE PRESENTING SPONSOR OF BOTH OF THESE EVENTS!**