



Tri-Community News

WELCOME!

Dear YMCA Friend,

YMCA Fitness Bingo has started! Yes, YMCA Bingo. This is the perfect way to get you to cross train and a fun way to earn a cool prize.

This is available to all staff and members, young and old.

Pick up your Bingo card and rules at the front desk and START TODAY to join in on all the fun!!!

Sincerely,
Susan Guerin
Membership Director

Bingo Rules

1. Bingo is good for the Month of January only. (January 1st—31st)
2. One Bingo card per participant
3. Each box must be signed and dated by the appropriate staff member.
 - *Please see staff member before starting your workout.*
 - *Square to be signed off when exercise has been completed in its entirety*
4. Limit of two boxes to be signed off on per day.
5. Turn your card into the front desk once completed.
5. Prizes will be awarded at the end of the month.

Tri-Community YMCA

Volume 1, Issue 3

Newsletter Date:
January 2004

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Pool Survey Results

Thanks to everyone who filled out and returned the pool satisfaction survey. We value your comments. There were many suggestions for changes and/or improvements, some are easy to accomplish, others take more time.

To address some of the comments:

More lap time in the pool: Our goal is to have a lap lane in the pool throughout the day. We are trying to create a balance for everyone that uses the pool; swim lessons, lap swimmers, water exercisers, swim team, families etc.

Student Teacher ratio. We follow our national program and ratios. The Y National ratios are 6:1 for Preschool; 6:1 for Polliwog; 8:1 for Guppy and 10:1 for all levels above Guppy. We always welcome parent helpers and/or volunteers. If you would like to help in your child's class or another one, please contact me and proper training will be given.

Pool Air Temperature—The pool air temp is generally set 2 to 4 degrees higher than the water temperature. For parents fully clothed, viewing their child's swimming lesson, it can be uncomfortable if you are dressed for the winter time.

One solution would be to bring shorts and a t-shirt to change into to view your child's class while you are in the pool area.

Water Temperature— The water temperature is generally set between 82 to 84 degrees, sometimes the water feels colder as once a week the maintenance staff will drain several inches of

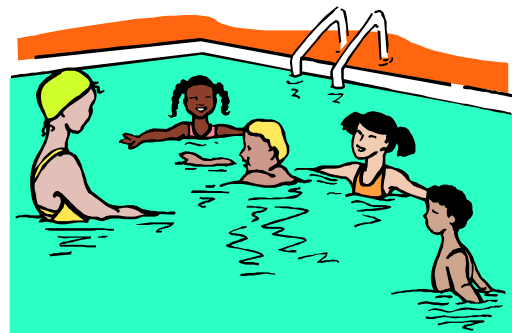
water from the pool and refill with fresh water, this it to keep our pool water clean and balanced.

Registration Period— Members who wish to take water exercise classes will no longer have to sign up at registration time, these classes are all inclusive of their membership. Non-Members will still have to register for every session. Pre-school and youth instruction will still need to register for each session, both members and non-members.

Again, thank you for your time and comments.

Shirley Payne

Aquatic Director



Peak Performance Workshops

The YMCA is offering monthly workshops focused on how to develop a safe, well-rounded program that will help you achieve the maximum results possible.

These workshops are highly recommended for all new members or anyone who has been struggling with his or her program. Please register at the front desk to reserve your spot.

January 14th 7:00—7:45pm

Flexibility Training

February 18th 7:00—7:45

Fit Golf Clinic

Did you know—Holes in a golf course must be 4.25" in diameter and at least 4" deep.



Capture the Flag

Remember playing capture the flag as a child growing up? We are going to bring it to a whole new level. Join other families in a giant Capture the Flag game in our gymnasium on January 16, 6:30—8:00 pm

REGISTER TODAY - Don't miss out on all the fun.



Up and Coming

For the Winter Session One, we will be offering some new classes for our preschoolers.

Little Einstein's ages 3-5 where our little scientists are given a chance to do some really cool science experiments.

Creative Dance Opposites ages 3 & 4 where they will explore the concept of opposites using their bodies.

Creative Dance for Princesses ages 3 & 4 where girls will learn a basic movement vocabulary as they dance through favorite princess stories.

Dance & Games for Kindergartners ages 5 & 6. Children will dance while they explore colors, animals, stories, counting, the alphabet and more.

Preschool Super Sports ages 3-5. In this 6 week session, we will spend two weeks on several different sports. Lookout Nomar!!

**Tri-Community
YMCA**

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

Blissfully Along

Take time today to enjoy the things you normally hurry past. Let go of your worries and frustrations, your expectations and pretenses, and enjoy the moment that you're living.

Free your happiness from any conditions or limitations you may have put on it. Experience the depth and beauty of the happiness that fills you when you allow it.

Look beyond the little things that normally annoy you. Feel how good it can be to stop fighting against what doesn't really matter anyway.

Though this day is not perfect, the experience of it can be perfectly beautiful. Count your many blessings, and you'll see that they far outweigh any obstacles you face.

Release the stressful thoughts from your mind and feel them melt away. This day is yours to live with peaceful purpose.

Sometimes you can move more surely forward simply by slowing down. Let peace overtake you on this precious day, and pull you blissfully along.

- Ralph Marston

Did you know????

The average consumer eats 30 pounds of cheese a year, Far more than the six pound annual average in 1944.

Standard pencils write on average 250,000 English words or a 35 mile long line

The largest cucumber grown was 59lbs.

