

# MEMBER NEWSLETTER



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

YMCA OF SELMA DALLAS COUNTY

1 YMCA Dr. Selma, AL. 36701

March 2020

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

STAY INFORMED WITH WHATS HAPPENING AT THE Y!



## CEO SPOTLIGHT

## A MESSAGE FROM THE CEO

### A Word from the CEO

I continue to meet and have great conversations with members and program participants. Thank you! Your enthusiasm and commitment to helping the Selma YMCA stay alive and well in this community is a testament to the collective power of people working together.

Over the past four months, I have discovered we face many challenges. But we are tackling those challenges on a daily basis, and I say with confidence that we see small "wins" most every day.

Our larger challenges, though, include issues with the pool heaters, several pieces of fitness equipment, the fitness floor, women/men steam rooms, and the heating/cooling of our facility. We are challenged to come up with all the needed funds required to carry out all the repairs. Please know we are well aware of these problems and their negative impact on your Y experience. And we sincerely apologize.

An additional key challenge I have faced, is the fact that service repair companies for our facility's equipment are not located in our immediate

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## ENJOY THIS ISSUE?

Feel free to share this newsletter with anyone who you think may find it useful.

## QUESTIONS, COMMENTS, IDEAS?

Contact Austin Williams, the editor at [austin@ymcaofselma.org](mailto:austin@ymcaofselma.org)

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service area. Instead, they are located in Montgomery, Birmingham or even further away. So, when we need repairs, we are challenged in not only getting someone to come help us, but to also come help us in a timely fashion.

I don't offer this information as an excuse. I just wanted you to know we are actively seeking solutions as best we can.

Over the next several months, we will re-establish routine maintenance and repair schedules with appropriate companies that have the expertise to help us maintain our equipment and facility. This does not guarantee we won't have challenges in the future, but my goal is for shorter down times when something needs fixing.

Your confidence in your Y is of the utmost importance to both me and the Board of Directors. That's why we're also organizing a capital campaign within the next five months to raise the funds needed to fix the building and provide the experience you expect and deserve. It's not going to be easy, though. And we hope you'll help play a critical role in helping us succeed with that campaign. Please watch for more information in the near future.

You matter...we hear you...and we are doing our best to meet your needs. Thank you for your patience and understanding as we navigate through these current challenges. And my door is always open, so feel free to drop me an email.... Or give me a call...

## COMMUNITY PROGRAMS

### AN EVENING IN CANDYLAND

The YMCA has been hosting the annual Daddy Daughter Dance for years now, and is excited to bring it back once again! This year's theme is, "An Evening In Candyland" and will be held at the YMCA on Sunday, March 22nd from 4:00pm-7:00pm

#### An Evening In Candyland— What to Expect

Following the theme of Candyland, Fathers will have the opportunity to enjoy a fun-filled evening with their daughters. This year's dance will include various interactive stations, including our DIY Candy Jewelry Shop, Creative Cards Station, DJ and Dance Floor, and our Candyland Café, complete with sweet treats, snacks, and refreshments. Our interactive Photo booth is sure to hit the sweet spot, as each Father and Daughter will have the opportunity to take home a keepsake polaroid photo.

Tickets to the dance are just \$20 per father, and can be purchased at the Y. The purchase of a ticket includes admission for a Father and all his little girls.

For more information on how to get involved or if your interested in being a sponsor or volunteer, contact Event Coordinator Austin Williams at [austin@ymcaofselma.org](mailto:austin@ymcaofselma.org) or (334)-874-9622



## GROUP EX CLASSES

Group Ex Classes have been off to a great start in 2020! So far, we have seen success in our newly added classes, and have picked up new members along the way. Take a look below at what's happening in Group Ex.

#### Dance Cardio with Candace & Tabitha

Dance Cardio with Candace started out strong with the first class kicking off on Wednesdays in January. Since then, the class size has done nothing but grow. So much so, that we have added two more time slots for it on the schedule! Dance Cardio is excited to welcome to the team, Assistant Fitness Instructor Tabitha Hearon, as she will be assisting teach the class.

Dance Cardio is offered on Monday and Wednesday from 6:30-7:30pm and Saturday from 10am-11am.

#### Kettlebell Kicks with Cindy

Yoga Instructor Cindy Duck is excited to add to the schedule Kettlebell Kicks! In this aerobic class, Cindy Duck utilizes the Kettlebell to promote and strengthen joint mobility and muscle tone. Join Cindy at the Y for Kettlebell Kicks on Monday & Wednesday 5:30pm-6:30pm

#### NOTICE

Group Ex Schedule updated and effective as of 03/16/2020



## INSTRUCTOR SPOTLIGHT

Meet Fitness Instructor Jarrin Lewis. Jarrin teaches Total Toning at the YMCA on Tuesday and Thursday from 4:30pm-5:30pm. In his class, Lewis utilizes fast-paced and high energy to move and burn calories from top to bottom. Total Toning is exactly what it sounds like, as it is a full body workout designed to sculpt and tone your muscles.

### Iron Fitness with Jarrin Lewis

It is typical for our Fitness Instructors to have their own brand, and Jarrin Lewis is no exception to the matter. Jarrin is the founder of Iron Fitness, where his goals include seeing his students lead a healthy lifestyle. Jarrin believes that starts with the connection between the mind and body. If you have the right mindset and attitude going into a workout, your body will follow suit and the results will show in your performance.

Jarrin is an advocate for fitness, and encourages those of all ages and fitness backgrounds to try his class.

Interested in giving Jarrin's class a try? Join him at the YMCA on Tuesday and Thursday at 4:30pm. A complete schedule of classes can be found at our Member Services Center or online at [www.ymcaofselma.org](http://www.ymcaofselma.org)

## YOUTH BASKETBALL—SEASON UPDATE

This year's Youth Basketball League has been one for the books. What an exciting season we have had so far. The teams have played with passion and excitement all season long, and the energy could be felt every Saturday during the games.

We want to take a moment and say thank you to all those who made this season possible, specifically to our coaches and sponsors. Without your support, we would not have been able to make this season the success it has been. We thank you for all you continue to do for the Y!

## AQUATICS—POOL UPDATE

Our Aquatics Department has been the focus of attention here at the Y lately. Specifically, the status of the pool heater. We are pleased to share with you all that the Family Pool heater has been repaired. We are diligently working to see that the lap pool is repaired too.

We understand the inconvenience this may have caused you over the past few months. However, we want to say thank you for remaining positive and working with us as we see this issue through. We are hopeful that in the near future, we will be able to report to you that the Lap Pool is back to working condition.



## HELP US HAVE A HOPPY EASTER!

The Easter Bunny is making his rounds this Spring, and we want him to hop to the Y! Help us bring the Easter Bunny to the Y by donating Easter Candies and Easter Eggs for our annual Easter Egg-stravanga. Donation items include

- **Easter Candies**
- **Easter Eggs**
- **Easter Basket(s)**
- **Children's Door Prize Items**

All donations can be dropped off at the YMCA at our member Services Desk. For those interested in volunteering for the Easter Egg-stravanga, contact Events Coordinator Austin Williams [austin@ymcaofselma.org](mailto:austin@ymcaofselma.org) or (334)-874-9622

## UPCOMING EVENTS

### BINGO

**Monday, March 16th 1:00pm-2:00pm**

Join us for BINGO at the Y. BINGO is held every third Monday from 1:00-2:00pm

### Daddy Daughter Dance: An Evening In Candyland

Join us for an evening in Candyland and an evening full of fun! This year's Daddy Daughter Dance will be held **Sunday, March 22nd from 4:00pm-7:00pm** at the YMCA of Selma-Dallas County. Tickets are \$20 and be purchased at the Y.

### Easter Egg-stravaganza

The Y will be hosting its second annual Easter Egg-stravaganza on **Saturday, April 11th from 1:00pm-3:00pm**. Families can enjoy activities including; face painting, coloring stations, and egg races. And of course, those age appropriate will be able to participate in the Easter Egg Hunt. The winner of the Golden Egg will win the Grand Easter Basket!

- **Easter Activities—** 1:00pm-2:00pm
- **Ages: 0-4 —** 2:00pm-2:30pm
- **Ages: 5-10 —** 2:30pm-3:00pm

### Michael Johnson 93-90 Football Camp

**Saturday, April 18th**

Michael Johnson and the MJ 93-90 Foundation will be hosting their Youth Football Camp again this year at Bloch Park for youth between the ages of 8-17 years old. During camp, participants will get first hand skills training from Pro football athletes, and Michael Johnson himself. Registration packets can be picked up at the Y.

Registration Fee: \$20

Registration Deadline: Friday, April 17th

# A Hoppin' Good Time Easter EGG-stravaganza

The Easter Bunny is hopping to the YMCA for a fun, outdoor Easter egg hunt! Children and their families can take pictures, search for colorful eggs, and take home prizes!

**FREE for the community!**

**When:** April 11, 2020

**Time:** 1:00pm – 3:00pm

**Easter Festivities:** 1:00pm-2:00pm

**Ages 0 – 4:** 2:00pm-2:30pm

**Ages 5 – 10:** 2:30-3:00pm

**Where:** YMCA of Selma – Dallas County



## MONTHLY MOTIVATION

"We are what we repeatedly do. Excellence, therefore, is not an act, but a habit."

-Aristotle

## 5V5 BASKETBALL TOURNAMENT

Interested in participating in a 5 vs 5 basketball tournament? Drop by the front desk to get signed up!

During the tournament, participants will be placed on teams. The winning team will walk away with bragging rights and the victory of winning the tournament.

