

**From:** Marion Family YMCA  
**To:** [Carrie Guyton](#)  
**Subject:** Marion Family YMCA Monthly News November 2017  
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Newsletter for YMCA Members  
and Friends

November 2017

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#### Quick Links

[marionymca.org](http://marionymca.org)  
[Fall Resource Guide](#)  
[November FREE Classes](#)  
[Nationwide Membership Information](#)

**DROP THE KIDS OFF AT  
THE Y &**

#### Winter I Youth Basketball Earlier Bird Special

Register by November 6 and get  
\$10.00 off!!



Season Dates:  
Jan. 13 - Feb. 24, 2018  
Ages 5-6 / 7-8 / 9-12

FEE: Household Members \$30  
All Other Members: \$35  
Program Participant: \$60  
Pictures may be purchased for an additional  
fee.

Registration Deadline January 8, 2018 Price  
includes: Basketball Reversible shirt and  
awards. Late registrations will be accepted  
on a space available basis with a \$10 late  
fee.

\$5 OFF FOR REUSING PREVIOUS JERSEY  
[Click here to download registration form and](#)

Plan ahead for a day of holiday shopping on Black Friday!!  
November 23-24

We're hosting our first ever Black Friday overnight for elementary school age children.

[Click here to learn more and download the registration form.](#)

### YMCA's DIABETES PREVENTION PROGRAM

November is National Diabetes Awareness Month and as the leading community-based charity committed to improving America's health, the Marion Family YMCA is encouraging people in the Marion Community to understand their risks for pre-diabetes and type 2 diabetes and take steps to prevent the disease.

Diabetes is a serious health condition that can lead to heart disease, stroke, kidney failure, high blood pressure, and blindness. If you have been diagnosed with pre-diabetes, or believe you may be at risk for developing the disease, the YMCA's Diabetes Prevention program can help you develop a healthier lifestyle and work with you to reduce the risks this condition can pose to your health. Through the program you will receive support and encouragement from both a trained lifestyle coach and fellow classmates as you develop a plan for improving and maintaining your overall well-being.

For more information contact Heather Wright at 740-725-9622 or [hwright@marionfamilyymca.org](mailto:hwright@marionfamilyymca.org).

### ALWAYS WELCOME IN EVERY COMMUNITY

#### Traveling? Commuting?

We want you to take advantage of the Y wherever you live, work or travel.

The Marion Family YMCA is participating in Nationwide Membership. [Click here for important details.](#)

### BLACK FRIDAY SAVINGS !

[more details](#)

### FREE School Days Out

for children who are part of a Household (family) membership



Ages 5 - 12

7:30 am - 5:30 pm

See Registration Forms for fee and registration requirements.

November 22 & 24

[Download registration Form](#)

December 20 - 29

[Download registration Form](#)

Jan 15, Feb 19, Mar 2, Mar 26,

April 16 [Download registration Form](#)

### Youth Sport Volunteers Needed

Great way for high school students, parents and grandparents to help develop Marion's next generation.

The Y is looking for bright, enthusiastic, and knowledgeable individuals to volunteer their time with our Youth Sports Department. At the Y, we have a great passion for the development of youth through sports. Upcoming Y youth sport seasons include basketball, soccer, and a mixed variety of sports offered through pre-school sports (ages 3-4). If you are the age of 16 or older, and find yourself interested in working with children, coaching a sport, or just wanting to pay it forward, please contact the Marion

Family YMCA's Sports Department, through **Ben Burkhardt** at (740) 725-9622. For students, if you are in need of completing a certain amount of community service hours, the YMCA will document all time spent volunteering with Y youth programs. Please come take part in the growing and nurturing of our future leaders!!

Note: All volunteers must pass a criminal background check and attend training that includes our Child Protection Code of Conduct.



### Word from Theresa

Wellness Director, Heather Wright, and all of our wellness coaches are gearing up to receive ten new treadmills and five new bikes for our Wellness Center. We're pleased to be upgrading this cardio equipment to the latest models from LifeFitness. This equipment purchase is one of our final expenditures from the 2015-2016 "WE'RE HERE FOR GOOD" Capital Campaign.

Our new Aquatics Director, Keri Fry, is busy

One Day Only  
November 24, 2017

- 0 joiner fee



- Discounts on youth sports, swim lessons, birthday parties and more.

Go to  
[www.marionfamilyymca.org](http://www.marionfamilyymca.org) for more details

getting the Marion YMCA Dolphin Swim Team off to a strong start. Soon our area high school teams will join the Y team in the 8 Lane Pool for their 2017-2018 season. Good luck to all of these athletes.

Program Director Kaylee Klogima is launching more programs that support families including Black Friday Overnight for elementary school-age children. This affordable and fun overnight will keep the children entertained so parents can enjoy a quiet evening or engage in Black Friday shopping.

Monica Addy, Member Services Coordinator, is working with our Child Watch staff members to ensure we are ready every day to care for our youngest members. November will be our third month since we added free Child Watch for household membership types. So far, the kids and parents are enjoying it.

You hear from me each month, but it's really these and other staff members that are doing the work of the Y. Thank you to everyone who is part of our great staff and volunteer team.

**Theresa Lubke**  
**Executive Director**

Marion Family YMCA, 645 Barks Road East, Marion, OH 43302

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