



Y NEWS YOU CAN USE SEPTEMBER 2015

LABOR DAY SPECIAL HOURS & CLASS SCHEDULE

In Observance of Labor Day, the Y will be open from 5:00 am to 7:00 pm on Monday, September 7th.

Only the following Water Fitness Classes will be offered:

9:00 AM-10:00 AM: Shallow Water Interval with Maria
 9:45 AM-10:30 AM: Deep Water Exercise with Dallas
 10:00 AM-10:30 AM: Shallow Water Arthritis with Maria
 10:30 AM-11:00 AM: Deep Water Arthritis With Maria

Only the following Land Fitness Classes will be offered

9:00 AM-10:00 AM: Cycle with Donna
 9:00 AM-10:00 AM: Mixed Class with Natalie & Monica B.
 11:00 AM-Noon: Zumba Gold with Maria Gray

The Nursery and Adventure Center will be open:

8 AM-1:45 PM and 4 PM-7 PM

CHECK OUT THE NEW FALL CLASS SCHEDULES YMCANORMAN.ORG/CLASSES

LIFT YOUR SPIRITS LUNCHEON WEDNESDAY, SEPTEMBER 9 • NOON

We want to Lift Your Spirits with a potluck luncheon that is open to everyone. The luncheon takes place in the YMCA meeting room.

TIE-DYE TRI – SEPTEMBER 13

REGISTRATION OPEN UNTIL FRIDAY, SEPT. 11TH 5:00 PM
 COST - USAT MEMBER - \$50, NON-USAT MEMBER - \$62

We are excited to announce that the 14th Annual Tie-Dye Tri is scheduled for September 13, 2015! To register online, volunteer or become a sponsor visit ymca.norman.org/tie-dye-tri.

(Registrations received between September 1 – 11th will include a late fee of \$10)

THE Y OFFERS SEPTEMBER CERTIFICATIONS:

CPR PRO: September 8 • 5-8PM
 Basic First Aid: September 10 • 6-8PM
 Lifeguard: September 14-17 • 5-9PM • \$270
 Lifeguard Instructor: September 18-20 • 9-6PM • \$340

WWW.YMCANORMAN.ORG/TRAINING-CERTIFICATIONS

FALL SWIM LESSONS

Swimming isn't just for summer! Check out our fall swim lessons beginning in September. Our fall swim classes meet two days a week for one month in September & October. We will not have class on September 7, 2015 in observance of Labor day.

| | MEMBER | NON-MEMBER |
|----------------------|------------------|------------------|
| Group Lessons | \$30 | \$50 |
| PRIVATE LESSONS | \$65 | \$85 |
| SEMI-PRIVATE LESSONS | \$45/ per indiv. | \$65/ per indiv. |

| October | Mon/Wed | Tues/Thur | Deadline |
|-----------|---------------|---------------|----------|
| Group | 10/5 - 10/28 | 10/6 - 10/29 | Oct. 1 |
| Private 1 | 10/5 - 10/14 | 10/6 - 10/15 | Oct. 1 |
| Private 2 | 10/19 - 10/28 | 10/20 - 10/29 | Oct. 1 |

THROW BACK THURSDAY FOR A HEALTHY FUTURE

KEEPING OUR COMMUNITY STRONG & HEALTHY SINCE 1985!

We're throwin' it back to when it all began! Every Thursday in September, you can join the Y for a throwback joining fee – half off! Plus, every Thursday, we're celebrating with 80's themed group exercise classes and other family events, so grab your tube socks and get ready to throw it back!



Join on Thursdays in September and receive 1/2 off join fees and this rad shirt!

PARENTS NIGHT OUT

SEPTEMBER 18 & NOVEMBER 13 • 5:30 PM – 9 PM

This special night is for children 6 weeks through 5th grade to come participate in arts and crafts, gym time, movies and games while mom and dad have a night to themselves. Pizza will be provided but parents should provide bottles for infants.

Sign up by Wednesday, Sept 16

Members \$15/child • \$10/each additional child
 Non Members \$20/child • \$15/each additional child

ADULT CO-ED BASKETBALL

REGISTRATION SEPT 23 – OCT 23

Games begin October 28

\$35 Members | \$55 Community Members

Get active with a team of friends playing adult coed basketball. Register as an individual or team (10 max).

Games are held at the Y on Wednesday nights.



MEMBER OF THE MONTH: TYSON SIMMONS

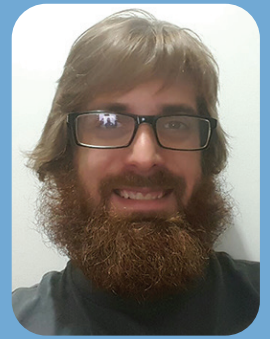
MEMBER SINCE: JULY 2013

Tyson is such a kind young man. He cares about everyone he meets and is an outstanding kid. He is always willing to help out with anything at the drop of a hat. Tyson is a great example of what a Y kid is all about!



EMPLOYEE OF THE MONTH: CHRIS MORRIS

DEPARTMENT:
AQUATICS



Chris is a dedicated and hardworking lifeguard with a great personality! He stays on task and is a great team player. Chris was a tremendous help during pool maintenance week and played a key role in getting the pool opened as quickly as possible. He is a pleasure to work with and is an asset to the aquatics department.

100 MILE SWIM CHALLENGE SEPTEMBER 1, 2015 - MAY 31, 2016



HOW MANY LAPS ARE IN A MILE?

- Length - One end of the pool to the other (25 yards)
- Lap - Down and Back (50 yards)
- 1 Mile - 1,650 yards - approxi.66 lengths or 33 laps
- Water Fitness class - ½ mile

GOAL - 100 Miles - 165,000 yards or 3,300 laps

Track and record your miles in book behind lifeguard stand.
Earn a 100 Mile Swim Club Finisher T-shirt and Certificate!

REGISTRATION FEE:

CCFYMCA Members: \$20 per participant | OKC Members: \$25 per participant
Register at the Member Information Center

ADVENTURES CONTINUE AFTER SCHOOL

After school is the PRIME TIME to get kids moving, healthy and having a blast! Prime Time and Pre-K-Plus are DHS-licensed programs that offer a safe, active and friendly atmosphere for children after school. Kids socialize, play games, read, do homework, play outdoors, build character and make friends! All at a great price, including transportation from school to the Y, so that every child in the community can attend.

*Immunization Records Required

PRIME TIME:

Pre-K - 8th Grade
After school until 6:00 pm
Cost: \$55 week members
\$70 week community members.
\$30 Registration fee

PRE-K PLUS:

Morning Pre-K & Morning
Kinder Students
10:30 AM until 6:00 PM
Cost: \$90 week members
\$110 week community members
\$30 Registration fee

MOVIE DAY

FRIDAY, SEPTEMBER 18 • 9:30 AM - 11:30 AM

The CLEVELAND COUNTY FAMILY YMCA offers many opportunities for the members of our community to come together. Movie Day is a wonderful chance for young adults with special needs to come to the Y and make new friends, have refreshments and watch a PG movie! All for FREE! The Y will provide snacks and drinks to go with a different movie each Movie Day, so come join the fun as we make memories together!

GIRLS NIGHT ART

OCT 2ND • 6:30PM-8:00PM
GIRLS 6TH - 12TH GRADE

If you like to design, imagine and create then come to the Y for a Girls Night Art! We are offering a FREE arts and crafts night for girls in the community. You do not have to be a Y member to come and enjoy the festivities, so tell your friends and don't miss out! We will be supplying the art supplies and snacks.



SAUNA & STEAM ROOM SAFETY

- State health codes require sauna & steam room users to be at least 18.
- The temperature in the sauna is 170 - 180 degrees and 110-120 degrees in the steam room. We strongly caution against using them immediately after a workout. • A minimum cool down period of 10-15 minutes before using the sauna is required. Exercise of any kind in the sauna or steam room is prohibited.
- Please exit immediately if you feel uncomfortable, dizzy or sleepy. Staying too long in a heated area may cause overheating. Check with a doctor before use if you are pregnant, in poor health or under medical care.
- Be aware that breathing heated air in conjunction with consumption of alcohol, drugs or medication can cause unconsciousness.
- Please help us maintain the sauna, do not spit or pour water on the rocks.
- Out of courtesy to others, do not apply any perfumes, lotions or scented oils while in the sauna or steam room.