



Y NEWS YOU CAN USE

APRIL 2016

ADULT COED BASKETBALL LEAGUE

REGISTRATION MARCH 8 – APRIL 8

Games begin April 20 and are held on Wednesday nights. The 6 game season concludes with a single elimination tournament starting June 1 with the championship held on June 8. Fees are per person, but teams must register together. Team rosters must be turned in and all fees must be paid by April 8. Teams must have 1 female present and active at each game to participate.

Y Members \$35 / Community Members \$55

CORPORATE CHALLENGE

APRIL 1-3

Come join in the fun and cheer on the teams during the First Annual CLEVELAND COUNTY FAMILY YMCA Corporate Challenge!

IDLE IRONMAN

APRIL 4TH – MAY 6TH

Must complete the competition within the allotted 33 days. Participants are responsible for logging their own distances on the tracking board in the fitness center. All participants receive an Idle Ironman T-shirt and are automatically entered into a drawing to receive 1 of 3 prizes! Register at the Member Information Center. This challenge is open to all OKC Y Members.

Registration: March 21-April 1

Cost: CCFYMCA Members: \$15

OKC Members: \$20

Late Registration: April 2-April 9

Cost: CCFYMCA Members: \$20

OKC Members: \$25

SUMMER T-BALL

REGISTRATION APRIL 4 – MAY 12

Season is May 28 – July 9. Games are held on Saturdays. Two games will be on Tuesday or Thursday evening during the last two weeks of the season. Games and practice times are subject to change.

Y Members \$50 / Community Members \$70

Late registration fee \$20. Includes t-shirt and participation medal.

GIRLS NIGHT ART

APRIL 8 • 6:30 PM – 8:00 PM | FREE | GIRLS 6TH – 12TH GRADE

If you like to design, imagine and create then come to the Y for a Girls Night Art! 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. RSVP by April 6th ymcanorman.org/girlsnightart.

LIFT YOUR SPIRITS LUNCHEON

WEDNESDAY, APRIL 13 • 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.

MOVIE DAY

APRIL 15 • 9:30 AM – 11:30 AM | FREE

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!

SOAK UP THE SUN!

Y SUMMER CAMP

May 31 – August 12

Registration begins April 3

CAMP FRIENDSHIP

Entering Grades K – 5th*

Members: \$125 per week/child

Community Members: \$150 per week/child

*Campers must be 5 years old at time of sign up

TEEN CAMP

Entering Grades 6th – 8th

Members: \$150 per week/child

Community Members: \$175 per week/child

Sign up for the full Summer with auto draft between April 3-30 and receive a free gift!



A NIGHT UNDER THE SEA

APRIL 15 • 6:00 PM – 7:30 PM | FREE

Come enjoy a night full of fun at our family-friendly Night Under the Sea! Join us for pool games, snacks on the patio and pictures with a visiting mermaid! Register by April 13 at the Member Information Center or online!

4TH FRIDAY

APRIL 22

Free open gym for anyone ages 13-18! Come play in the teenage tournament games open to the whole community. No Y membership required! Tournament style games:

Register from 7:00 PM-7:30 PM

Games begin at 7:30 PM

Looking to just play? Court #3 will be used exclusively for pick-up games!

MY BODY MY LIFE

APRIL 23 9:00 AM – 5:00 PM

All women, 18 years and older. Ages 13-17 must be accompanied by an adult. Open to members and non-members. My Body My Life is an empowerment program designed for women. The focus of the program is to provide a multitude of tools that a woman could use to empower her life and to reduce the risk of violence and sexual assault.

HEALTHY KIDS DAY!

THURSDAY, APRIL 28TH | 4:00 PM – 7:00 PM

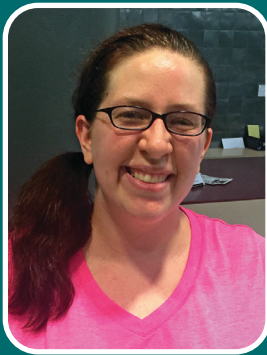
An annual event designed to encourage healthy and active habits in children. The event is designed to show kids and the adults who care for them, simple ways to stay active as a family year round. Kids, their families, and anyone who cares about the health of our community, are invited to come learn how to get and stay healthy. Don't miss out on face painting, photo booth fun, kids zumba, and a chance to receive a goodie bag!

MEMBER OF THE MONTH: STEPHANIE BUTENHOF

Member Since: October 2015

Stephanie comes into the Y every evening with her kids and always has something good to say. She has continually been encouraging and kind to everyone around her.

Stephanie shows her kids what it is like to live a healthy lifestyle and how much fun it can be! Thank you for inspiring others Stephanie!



EMPLOYEE OF THE MONTH: STEPHANIE SETTLE

Water Fitness & Safety Coordinator

Stephanie continually goes above and beyond what is required of her at the YMCA. Her title claims that she is the water fitness and safety coordinator at the Y, but she is so much more than that to us. It eases all of our minds knowing that someone like Stephanie is here to help with emergencies and many other things that aren't on the "job description." She always shows up with a smile on her face and makes everyone feel like it is all going to be ok. Thanks for being our prayer warrior every Tuesday and all of the other days of the week, Stephanie. You are appreciated more than you can imagine.



SCHOOL'S OUT CAMP

APRIL 29

This program devotes an entire day to fun and recreation when children have scheduled days off school. Any students enrolled in Norman Public Schools kindergarten & up and current Pre-K Plus students are welcome. Camp is from 7:00 AM to 6:00 PM with scheduled activities from 9:00 AM to 5:00 PM. Activities include theme days, crafts, swimming and field trips. Campers only need a sack lunch, swimsuit and towel. We take care of the rest!

Registration takes place at the member information center.

Y Members \$35/day/child

Community Members \$45/day/child

\$30 registration fee for all campers is due at sign up.

MAY SWIM LESSONS

Group:	MON/WED	5/2-5/18	Deadline April 28
	TUES/THURS	5/3-5/19	Deadline April 28
Private 1:	MON/WED	5/2-5/11	Deadline April 28
	TUES/THURS	5/3-5/12	Deadline April 28

For May there will be a three week group lesson. Enroll online at www.ymcanorman.org or stop by the member information center before the enrollment deadline. Private lessons are available for all ages and levels of ability. Private and Semi-Private lessons are four 30-minute lessons, twice a week. Select from a M/W or T/TH schedule. Two people must register together for semi-private lessons. Financial assistance is available for those who qualify through the scholarship program. For information on swim lessons, please call 346 9622, ext.137.

APRIL CERTIFICATION CLASSES

CPR PRO:	April 12	5-8 PM	\$55
	April 12	11-1 PM	\$20
Basic First Aid:	April 14	6-8 PM	\$45
	April 14	11-1 PM	\$20
Lifeguard Cert.	April 18-22	5-10 PM	\$270
YASA	April 5-7	5-10 PM	\$60

WE WILL TRAIN YOUR STAFF

Let our team assist yours. We can bring these trainings to you and your staff. Contact Stephanie Settle at settle@ymcanorman.org for more information. YMCANORMAN.ORG/TRAINING-CERTIFICATIONS

DID YOU KNOW?

MONTHLY DRAWING:

Enter to win a Y t-shirt and a drawstring bag by submitting your name and phone number to: healthyliving@ymcanorman.org.



Congratulations to Sarah Bruce (no relation to Stacy) who won a session of group swim lessons in the March drawing!

MEMBER OF THE MONTH: Do you know an amazing member that deserves some recognition? Tell us who and why at ymcanorman.org/member-of-the-month

PRAYER REQUESTS: The Y is here for you not only in mind and body but also in spirit. If there is anything you would like our staff to add to our weekly prayer list, please submit your prayer request to healthyliving@ymcanorman.org.

STICK • Y • NOTES

LOCKER ROOMS: We have five locker rooms available: men's adult, male youth, women's adult, female youth and a family/special needs locker room. Please use the appropriate locker room for your age or physical ability. Parents, if your child does not require your assistance, please encourage them to use the youth locker rooms.

LOCKERS: Lockers are available for day use to secure your belongings. To ensure the safety of your property, please remove all personal locks and contents at the end of each visit. Items left overnight will be placed in the lost and found. Inquire at the member information center for items from the lost and found. We ask that you refrain from bringing valuables into the facility as we are not responsible for lost or stolen items. Locker rental and laundry service is available for \$5.50 per month per service. Please inquire at the membership information center for more information.