



# EXPLORE The YMCA Member News

APRIL 2024

## MANY HANDS MAKE LIGHT WORK!



Volunteer opportunity at Healthy Kids Day.  
If you're able and willing to volunteer on Saturday, April 27th we would love your help!

7:30-9am - set up

9-11am - during event

11am-12:30pm - clean up

If you are interested in any of these times please reach out to Micki at [mpargeter@ymcaofdouglascounty.org](mailto:mpargeter@ymcaofdouglascounty.org) (or call 541-440-9622 ext 217)



### Trainer Tip w/ Hannah

#### Making Progress with Strength Training -

If you're looking to continue progressing with your strength training routine it's important to make a strategic plan forward. There are two simple things I recommend clients consider to help them get the most bang for their buck with each exercise.

First, slow down the eccentric portion of your lifts. This part of your movement is when the muscle group you're working out is being lengthened. Some examples include: lowering the bar to your chest in a bench press, lowering the dumbbell in a bicep curl, and the lowering portion of a squat. When the muscle lengthens, more tears are made to the muscle fibers demanding more need for your body to repair which in turn helps with more muscle development. When we rush through the eccentric working portions of our lifts we reduce our time under tension and negate some awesome gains.

Following this step, gradually increase your volume overtime. Whether you're looking to "tone" or build mass, you will need to sufficiently challenge your body by lifting weights that are heavy enough to stimulate muscle contraction effective for strength gains. Challenge yourself to step out your comfort zone by reaching for the next dumbbell up.



[CLICK HERE TO FIND OUT MORE ABOUT << PERSONAL TRAINING WITH HANNAH >>](#)

## Work for the Y!

- HOW HIRING -

- Summer Sport Coaches
- Summer Camp Counselors
- Preschool Teacher
- Lifeguards
- Custodians

## MEMBER CHALLENGE

CONGRATULATIONS TO:

Cathy Loomis  
Winner of the Last Newsletter Challenge.

### April Challenge

How many daffodil flowers can you count in the newsletter?

Email your answers to:

[agries@ymcaofdouglascounty.org](mailto:agries@ymcaofdouglascounty.org)

The correct answers will be entered into a drawing for one month free!



TEXT ALERTS: Stay connected all month long by signing up for Text Alerts. [LEARN MORE >>](#)

April showers...  
bring May flowers



## UPCOMING EVENTS AND ANNOUNCEMENTS

- 4/13 Spring Soccer begins
- 4/15-20 Five Days of Action - to prevent child abuse
- 4/22 Earth Day
- 4/22 May swim registration opens online
- 4/22-4/27 Healthy Kids Week
- 4/22-05/04 Bottle drop event. Donate your bottles to a great cause!
- 4/27 Healthy Kids Day/Water Safety Day 9-11am
- 4/27 Water Rescue station installation
- 5/01 Summer Camp registration opens

YOUTH DEVELOPMENT



HEALTHY LIVING



SOCIAL RESPONSIBILITY



## CEO CORNER



Dear Members,

As we enter the month of April, I wanted to take a moment to highlight an important initiative close to our hearts: Child Abuse Prevention Month. At the YMCA of Douglas County, the safety and well-being of our children are paramount, and this month serves as a poignant reminder of our commitment to protecting them.

Child abuse and neglect are deeply concerning issues that affect far too many children across our communities. As an organization deeply rooted in community service, we understand the critical role we play in creating safe environments where children can thrive and grow.

Through our programs, facilities, and partnerships, we strive to create a supportive and nurturing environment for all children who walk through our doors. Whether it's through our childcare services, youth development programs, or recreational activities, we are dedicated to providing a space where children feel safe, valued, and empowered to reach their full potential.

But our commitment to child safety doesn't stop there. We continuously educate our staff and volunteers on recognizing and responding to signs of abuse or neglect. We implement rigorous safety protocols and procedures to ensure that every child entrusted to our care is protected from harm. And we work closely with local authorities and organizations to advocate for policies and initiatives that prioritize the safety and well-being of children in our community.

As members of the YMCA of Douglas County, you play a vital role in supporting our efforts to keep our children safe. Whether it's by volunteering your time, participating in our programs, or simply spreading awareness about the importance of child abuse prevention, your support is invaluable in creating a safer, more compassionate community for all.

During the week of April 15-19, the YMCA of Douglas County will participate in the Five Days of Action campaign to increase awareness of child sexual abuse and how all adults can prevent it when we "Know. See. Respond." We pledge to protect the children we serve, and we hope you will too. Look for more information and pledge cards at the Y throughout the week.

Together, we can make a difference and ensure that every child has the opportunity to grow up in a safe and nurturing environment. Thank you for your continued support to the YMCA of Douglas County's mission.

Sincerely,

Steven Stanfield  
CEO, YMCA of Douglas County



# HEALTHY KIDS DAY®

April 27 | Free to the Public  
9-11 am  
YMCA of Douglas County

- ★ FREE Life Jackets\*
- ★ Helicopter Landing
- ★ Bounce Houses
- ★ Games and prizes
- ★ Healthy Snacks
- ★ And more!!

+ Over 20 community partners who will have games, prizes and activities that promote healthy kids!

\* while supplies last