

CORPORATE CONNECTION



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Decatur County Family YMCA

1 YMCA Way

Greensburg, In 47240

decaturcountymca.org

SPECIAL EDITION JUNE 2020



Dear Valued Corporate Partner:

We hope this finds you and your employees and families doing well. We have been reopen for business since Tuesday, May 26th. As we are

sure you understand, we are operating in unknown territory right now due to the Coronavirus, and hope you can help us navigate this new normal. Going forward, patience and understanding is what is going to be required as we continue to open back up.

Below are a few of the changes that you will see when you enter back into the facility. Please look these over and let us know if you have any questions. These guidelines are Stage 3 in Governor Holcomb's "Back on Track" plan he laid out for Indiana a few weeks ago. Additional changes will occur when Stage 4 takes place on June 14, which will coincide with our Session 4, and Stage 5, will take place on July 4th and you will see those changes when Session 5 begins on July 18. We have laid out all of these recommendations for you on our website.

Guidelines for May 26th Reopening (Stage 3 Back on Track Indiana Plan)

- All YMCA staff members will be required to take their temperature when arriving for work and record it. A temperature of 100 or more will result in the employee being sent home.
- All YMCA staff members will be required to wear face coverings at all times.
- Increased cleaning procedures will be in place including regular misting of all facility areas at the end of business with EPA registered broad spectrum disinfectant.
- All events with anticipated participation of 75 or more will be cancelled.
- All Facility Rentals will be cancelled.
- Open Gym hours will be limited with a max of 6 people per 1/2 court and the curtain will be in place.
- Sales and Redemption of Family and Student Guest passes will be suspended.
- Youth must be at least 14 years old to be in the facility without a parent or guardian.
- Nationwide members will be accepted.
- New memberships will be sold.
- Must follow social distancing practices while in the building especially when using the Wellness Center.
- Members are asked to bring their own water bottle and workout towel with them when they visit the YMCA. Masks and temperature checks are optional.
- Wellness Center equipment will be required to be cleaned after each use. Members will receive a bottle of Sanitizer upon entering along with a cleaning towel. These will remain with the member throughout their visit to clean everything they used while in the Wellness Center. Upon leaving both will be returned to the Wellness Desk for cleaning.
- Cardio and weight equipment will follow social distancing guidelines; number of pieces will be limited.
- 24/7 entrance will be available, but members must abide by social distancing guidelines and cleaning recommendations.

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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?

Dawn Ernstes at dawnb@dcfymca.org

Session Schedules:

Session 2, 3-week Make Up:
May 26– June 13

Session 4: "Mini Session of 5 weeks":
June 14– July 18, limited program offerings during this session, due to restrictions still being implemented by the state of Indiana. No Early Registration Discounts.

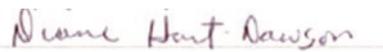
Session 5:
July 19– September 5, normal program offerings and schedule length of 7 weeks!

Program Guides available at the Front Desk or download on our website:
www.decaturcountymca.org

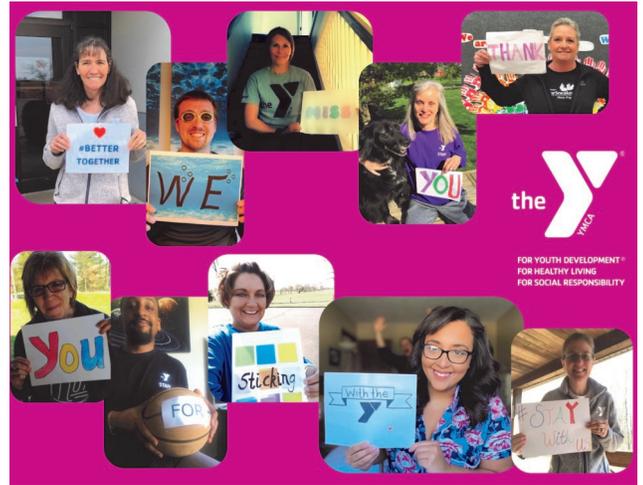
- Our pool will be open, but the sauna and whirlpool will be closed. Private swim lessons may take place, with social distance in place.
- Our Group Fitness and Aqua Fitness classes will be suspended; exceptions are classes that will be made up from Session 2. Yoga class participants are asked to bring their own mat, towel and bolster if needed due to lack of available equipment at this time.
- Youth Programs and Adult Sport Leagues are cancelled, exceptions are youth classes that will be made up from Session 2 that can be conducted with social distancing in place.
- Racquetball will be individual practice only.
- Pickleball will be permitted, but 2-person games only.
- Batting cages are closed.
- We may need to limit the number of people inside the facility to comply with CDC's social distancing recommendations, so access may be restricted during peak times. Our peak times are generally between 8:00 am – 11:00 am and 3:30 pm – 7:00 pm.
- These guidelines are put in place to keep everyone safe during this time and will be enforced as we see appropriate if not followed. All guidelines are subject to change.

We look forward to seeing you back in the YMCA real soon! Please feel free to reach out with any questions before that time!

Sincerely,



Diane Hart-Dawson, CEO



Thank you to everyone who kept their memberships active during this time. Keeping your memberships active, helped us to provide Childcare to the Essential Workers and First Responders along with our Food Program collaboration with Greensburg Community Schools.

Strawberry Shortcake

<https://www.allrecipes.com/recipe/8201/strawberry-shortcake/>

Ingredients

- 3 pints fresh strawberries
- ½ cup white sugar
- 2 ¼ cups all-purpose flour
- 4 teaspoons baking powder
- 2 tablespoons white sugar
- ¼ teaspoon salt
- ½ cup shortening
- 1 egg
- ¾ cup milk
- 2 cups whipped heavy cream



Preparation

1. Slice the strawberries and toss them with 1/2 cup of white sugar. Set aside.
2. Preheat oven to 425 degrees F (220 degrees C). Grease and flour one 8 inch round cake pan.
3. In a medium bowl combine the flour, baking powder, 2 tablespoons white sugar and the salt. With a pastry blender cut in the shortening until the mixture resembles coarse crumbs. Make a well in the center and add the beaten egg and milk. Stir until just combined.
4. Spread the batter into the prepared pan. Bake at 425 degrees F (220 degrees C) for 15 to 20 minutes or until golden brown. Let cool partially in pan on wire rack.
5. Slice partially cooled cake in half, making two layers. Place half of the strawberries on one layer and top with the other layer. Top with remaining strawberries and cover with the whipped cream.

Nutrition Facts

Per Serving: 430 calories; 21.4 g total fat; 66 mg cholesterol; 347 mg sodium. 55.2 g carbohydrates; 6.6 g protein

Thank You

Advanced Vacuum Systems for helping to clean up our landscape during the time while we were closed! We appreciate all of your hard work!

**EVEN
THOUGH OUR
DOORS WERE
CLOSED, WE
WERE BUSY,
HANDING OUT
OVER 20,000 MEALS!!**



Our Thoughts and Prayers continue to go out to everyone in our Community who lost loved ones or were impacted by COVID-19.

"We Grieve with Hope"

1 Thessalonians 4:13



September 14 - November 2

Are you tired and feeling totally out of shape? Do you lack motivation to lose weight? Maybe you've tried to lose a few pounds, but have not had much success. Let us help you with guidance, new workouts, and that extra push that you have been missing. This 8-week program offers:

- *Pick one class of choice per week.
- *Nutrition support
- *Biggest Loser T-shirt
- *Weekly weigh-ins
- *Membership prizes
- *Weekly challenges
- *Individually designed workouts
- *Most of all, better health

Initial weigh-ins begin on Sept. 14th: 5:30 am - 6:00 am, 8:00 am - 10:00 am, 11:00 am - 11:45 am, 5:00 pm - 8:00 pm

Fees: \$40 YM \$110 PM

PM fee includes a full YMCA membership during challenge)

Get your kiddos signed up for T-Ball!



T-Ball Sign Ups going on NOW through June 11th! Boys and Girls ages 3-7

Practice begins: Week of June 15th

Games Saturdays: June 27th - Aug 8th, no games July 4th.

Cost \$45 YM \$65 PM

*Participants will need to bring their own bat, helmet, ball and glove. In order to stay compliant with social distancing guidelines, parent participant will be required.



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For more details contact
Shakir Dunning
812-663-9622 x 19
shakir@dcfymca.org

PICKLEBALL TOURNAMENT JULY 24TH - 25TH

(FRIDAY 5:30-9:00 PM, SAT. 9:30-2:00PM)

Have fun playing with a partner in this round robin doubles tournament for all abilities! We will only be using 3 courts during this tournament to practice social distancing. Other cleaning and social distancing measures will be put in place for everyone's safety. Men's & Women's doubles will be played on Friday evening, and mixed doubles will be played on Saturday. Skill levels are as followed: Men's 3.5 and above, and 3.0 and below, same for women's. Mixed doubles will also have the two skill levels offered.



Price is \$30 per team. Register by July 17th.



TREE CITY ROLLING TOUR & CENTURY

August 15, 2020

There are 4 routes to choose from, starting with a 16 mile, 34 mile, 67 mile or a whopping 100 mile route. Those who plan to ride the 100 mile route should be on the road by 7am, the 67 mile riders between 7-8am, the 33 by 9:30 and the 16 milers by 10am. SAG (refreshment stops) are provided along each route with restrooms on all routes except the 16 mile route. A GREAT lunch will be provided on the riders return. This is a family event, so bring the kiddo's. Kids 13 and under riding with their parent or guardian are free!

Register at YMCA or online at www.treecityrollingtour.org

Fees: through June 1st, \$25; June 2nd - Aug 10th, \$30; Aug 11th - 15th, \$35

Add \$10 to price if purchasing a Drifit shirt.

Get Your Kids into a Competitive Sport Early in Life so They Might Continue with Sports and Fitness as They Grow!



Kids Obstacle Course Challenge

Saturday, July 18th at 11:00 am

Kids ages 7-10 years old have a 3/4 mile course; kids between 11 - 13 years old have a 1.5 mile course. There will be between 10 - 15 different obstacles to conquer along each course. Kids in each age group will receive medals for their efforts along with BRAGGING RIGHTS!

Fees: \$20 YM and \$30 PM

Kid's Splash and Dash

Saturday, August 1st at 11:00 am

Kids start in the pool and when their swimming portion is complete, they go outside, put their shoes on and take off to finish with their run. There are 3 age groups: (7-9), (10-12), (13-15) years old. (7-9) year olds swim 50 yards, run 1/4 of a mile. (10-12) year olds swim 100 yards, run 1 mile, (13-15) year olds swim 150 yards, run 1.5 miles. 1st, 2nd, and 3rd place medals will be given in each age category.

Fees: \$15 YM \$20 PM

Kid's Triathlon

Saturday, September 5th at 1:00 pm

2 age divisions: 7-9; 10-12 years old

Swim/Bike/Run

Kids 7-9 will swim 50 yards, bike 1 mile, and finish with a 7/10 mile run.

Kids 10-12 will swim 100 yards, bike 1.5 mile, and finish with a 1 mile run. 1st, 2nd, and 3rd place medals will be awarded. (Kids 7-9 must be able to swim down/back once, and 10-12 must be able to swim 2 laps) **Must wear a bike helmet**

Fees: \$15 through August 29th and \$20 after August 29th

Due to COVID-19, all of our Chronic Disease Programs will not be meeting in person, but will be meeting virtually through Zoom. Please contact Dawn Ernstes to enroll or for more details.

Blood Pressure Self-Monitoring Program

For those people with high blood pressure.
Meets 1 day a week for 15 minutes for 16 weeks



Diabetes Prevention Program

For those with Prediabetes
Meets 1 day a week or month for 1 hour for a One year.

Freshstart

For those who want to quit smoking
Meets 1 day a week for 1 hour for 4 weeks

FEEDING PROGRAM:

SUMMER FEEDING SITES

May 26– July 30



Greensburg High School:
Mondays and Thursdays 11:30 am–12:30 pm
Please call or email Connie Million to get registered for these meals if you haven't already done so. Connie Million
812-663-7176 x 1302 or cmillion@greensburg.k12.in.us

Windermere Apartments:
Mondays and Thursdays 1:00 pm –1:30 pm

SHORT –TERM MEMBERSHIPS

**Memorial Day*
Thru Labor Day**

100 days for \$100*

Begins May 26, 2020, \$100 per each person

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STAY CONNECTED

You can always stay connected with your Decatur County Family YMCA on all our social media platforms!

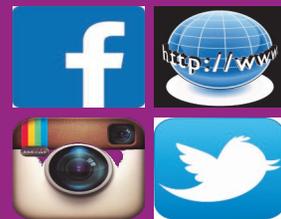
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Subscribe to our channel on YouTube at Decatur County Family YMCA

Find out about us on the web:
www.decaturcountyfamilyymca.org



32ND ANNUAL CORPORATE CHALLENGE
AUGUST 3RD - 8TH

The Decatur County Family YMCA is offering its annual Corporate Challenge on August 3rd - 8th for the businesses and organizations of Decatur, Shelby, Ripley, Franklin, and Bartholomew Counties. Awards will be given for individual events, and to the top teams. Events will include: Swimming event, Volleyball, Batting Cage Challenge, Prediction 5K, Obstacle course, and more.

The three-fold purpose of the YMCA's Corporate Challenge is:

1. To increase employee health and fitness
2. To build employee pride and dedication
3. To develop community spirit

Informational Meeting: June 15th at 5:30pm
Team Registration due: July 13th
Fees: \$200 for YMCA Corporate Partner
\$250 for all other companies/organizations

*Are you a small business that lacks enough employees? Sign up anyway, and we can pair you with other "small businesses"!