

"Y" OUR MEMBER CONNECTION



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DECATUR COUNTY FAMILY YMCA

1 YMCA Way, Greensburg, IN 47240

August 2020

decaturcountyfamilyymca.org

THE Y. FOR A BETTER US™

FACE MASKS REQUIRED to ENTER FACILITY*



Starting Monday, July 27th!

*Masks must be worn at all times while in the building exceptions include Wellness Center, Group Fitness Room, Walking Track and Pool.

YMCA Mask Requirements in Support of #MaskUpHoosiers

Masks required starting July 27

Dear YMCA Family,

The health and well-being of our members, staff and our community remains our top priority. In support of the Governor's #MaskUpHoosiers mandate, the Decatur County Family YMCA will be requiring masks beginning Monday, July 27.

As our state continues to reopen for business, the Governor is reminding us the fight against COVID-19 is not over, and wearing a face mask is one of the simplest, most effective ways to slow the spread of the virus. Thank you for joining the Decatur County Family YMCA to help keep Indiana on track and allow our YMCAs to continue to serve our community.

Here's some additional information to help you prepare for your visit: Please remember to bring your mask starting Monday, July 27. Everyone 8 years of age and older must wear a mask to enter our YMCA. Masks must be worn to and from destination while in the building. (There are specific exceptions for physical, medical or health-related reasons. Please stop at the front desk if assistance is needed.)

Masks will be required inside our YMCA except:

- Members are required to wear a mask to and from the wellness center and to carry it with them to wear during periods of extended rest. However, members are not required to wear a mask when they are actively exercising. Exercise is defined as anytime you are working on a machine (cardio, strength or free weight) and anytime you are performing body weight exercise or working with free standing equipment. Members must wear masks during extended rest/and or stretching periods.
- Masks are required when entering and exiting group exercise classes and during any time of socialization. Masks can be removed during the group exercise class.

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ENJOY THIS ISSUE?

Feel free to share this newsletter with anyone who you think may find it useful.

WE NEED YOUR INFORMATION!!!

Please stop in or call the Front Desk to make sure we have the correct information on file for you! Thanks for your help!

Sessions 6&7 Program Guide is READY!

Stop by the Front Desk to pick up your copy or download a copy at: www.decaturcountyfamilyymca.org

Cont. pg. 2 "Masks"

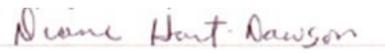
Cont. from pg. 1 "Masks"

Masks will be required inside our YMCA except:

- Masks will be required in our Child Watch and youth programs for all participants ages 8 and older. Our instructors and coaches will help children know when it's okay to remove their masks during appropriate activities. Children will not be required to wear a mask during physical activities.
- Masks should be worn to and from the pool. We are asking members who are not in the same household to practice physical distancing when they are in the water.
- Masks are not required during physical activities or playing of sports. We are requiring participants and spectators to wear masks as they move through the Center and between various activities.
- Masks are required outdoors when social distancing is not possible. Masks are not required during physical activity such as exercise and sports.

Thank you for your continued support for our YMCA community and our community at large, and for doing all you can to keep yourself and those you love safe and healthy.

Sincerely,



Diane Hart-Dawson, CEO

SUMMER CAMP COVID-19 STYLE



Since COVID-19, we have made a lot of changes here at the YMCA in terms of social distancing and cleaning procedures. But our Campers, many who have been here since March when the pandemic began, have dealt with the biggest changes! In the past, our Summer Camp was filled with over 100 campers, but this year, due to COVID-19 we were limited to 36 kids, 12 campers in each age group. In the past, our campers mingled together, went on weekly field trips, went swimming and did community projects, but this year looked quite different. Despite all the changes that were implemented this summer, our campers still brought excitement, curiosity and creativity to camp each day.

This year, the counselors had to get creative to keep the kids engaged and entertained, so one day one of our counselors, Aric Mckeown and his son, performed a Native American dance for our campers. For its community project this year, the campers made art projects for the residents of Aspen Place. But due to COVID-19, the residents at Aspen Place were not allowed to receive any mail from the outside that couldn't be cleaned prior to giving it them, so we laminated all the projects we made, so the residents could enjoy them!

"Our campers have been complete troopers this year dealing with everything going on right now. Instead of their weekly field trips this year, our campers were able to get away from the YMCA for a couple of special trips. They enjoyed a visit to Wolf's Theater to watch a movie, visited Raver's Berry Patch to pick their own blackberries and the highlight of camp was a trip to the Air Force Museum in Dayton, Ohio." said Donna Dykes Childcare Director at the YMCA.

NEW OUTDOOR EQUIPMENT COMING SOON!



A BIG Thank you to our local Rotary Chapter, for the grant we received which allowed us to purchase some new equipment for our outside walking track!

T-BALL STILL WENT ON....

We held a T-ball league of sorts here at the YMCA for 15 kids during session 4. Each child along with a parent participated in drills and modified game fundamentals to comply with social distancing guidelines. "Although we weren't able to have an official or normal season we were happy that we could offer a class alternative that allowed the kids to still play the game and learn new skills all while having fun," said Shakir Dunning, Program Director and T-Ball coach.



IRONMAN CHALLENGE!

Our Annual Ironman Challenge finished up this past June with only three participants. Even though the participant numbers were way down this year due to COVID-19, all three participants completed the 30 day challenge and received a cool drift IronMan T-shirt! Those who participated were; John Whitehair, Carrie Shumaker, and Pam White. All of them participated last year and John Whitehair ended up with the most miles in swimming, biking and run/walking again this year. The Ironman Challenge consists of swimming 2.5 miles, biking 112 miles, and running/walking 26 miles over the 30 day challenge. Great job to all three!



SUMMER MELT AWAY!

Our 30 day summer weight loss program was short on participants this year, but definitely big on the results! Even though we only had two participants, the final numbers were very close between the two. Mary Jane Bedel came out on top, winning the \$20 gift card and losing 10.6lbs and 1.8% body fat! Stacie Abell lost 9lbs and 1.2% body fat in just 30 days! "Both of these ladies worked very hard to reach their goals and were very consistent, coming most days of the week for the 30 day contest. Great job Ladies," said Deena Hamer, Fitness Director.



PICKLEBALL TOURNAMENT A HUGE SUCCESS!

On July 24th and 25th, we held our 2nd Pickleball Tournament of the year. It was a huge success! We worked hard to put plans in place that followed the CDC Guidelines for social distancing and cleaning procedures, and our plan worked like a charm! We used the wooden gym and 3 courts. Instead of bleachers, we had chairs for everyone to use spaced 8ft apart. We cleaned the railing on the stairs periodically, and used the Group Exercise room for participant check in. We also used the Group Exercise room as our hospitality room, where we had food, drinks, and a vendor, Pickleball Rocks.com. The vendor had paddles, hats, visors, shirts, and even a pickleball board game! The gym and track were closed for everyone except the players. Participants waited on the track until the score keeper called them to play when a court became available. The Score keeper also sanitized the balls after each game to keep everyone participating safe. "The way we did it, we could not go wrong, said Deena Hamer, Fitness Director and Pickleball Tournament Director. "Even our vendor, Pickleball Rocks.com, made a nice video complimenting us on our procedures and how things were ran, which was very nice of him," said Deena. Please check out the video on our website or Facebook page.



On Friday night, the Men's and Women's Doubles were played with six and five teams respectively. The winners in Men's Doubles were: 1st place: Greg Schwering and Dan Moeller. 2nd place: Sam Cotton and Rick Saltsman. 3rd place: Dan Schroeder and Greg Schroeder. Women's Doubles winners were: 1st place: Bev Chinn and Bonnie Rogers. 2nd place: Lynne Saler and Cindy Massey. 3rd place: Jackie Fayette and Heidi Stagge.

Saturday morning the tournament resumed with Mixed Doubles; levels 3.5+ and 3.0-. There were five and six teams respectively. Winners in the 3.5+ were: 1st place: Kimberly Fifer and Matt Noblitt. 2nd place: Jackie Fayette and Dan Schroeder. 3rd place: Debbie and Sam Cotton.



Mixed Doubles 3.0- winners were: 1st place: Kelly and Mike Fox, 2nd place: Judy Cummings and Dean Layman, and 3rd place: Sandy and David Moeller.

"These guys played their heart out! We all stayed safe and had a great time. The YMCA thanks all that supported us during these unsure times. Mark your calendars now for our next tournament scheduled for October 2 & 3. It will run it just like the last one," Hamer said.

FEEDING DECATUR COUNTY

56,971 meals and counting.. Let that sink in for a moment, 56,971 meals that were handed out to the children of Decatur County in four months of time! From March through July, the YMCA along with its partner Greensburg Community Schools provided 56,971 meals to the children of Decatur County 18 years old and younger! WOW! Just WOW!

The Feeding Program provided meals at the YMCA, Greensburg High School and Windermere Apartments. We will be continuing our Feeding Program when school begins at different sites and different times.

A very special thank you to our Feeding Program Director, Anna Burress and Greensburg Schools Food Director, Connie Million, and all of their helpers and volunteers that made this program possible. Your continued support allows us to reach the children and families in our community!

DECATUR COUNTY FAMILY YMCA

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Greensburg, IN 47240
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YEAR-END GIFTS **make a difference**

Did you know the **YMCA is a non-profit, cause-driven organization?** What is a cause-driven organization, you ask? It is where we, as a YMCA, connect our work to a greater good or community impact. Every day, we work with our neighbors making sure everyone, regardless of age, income, or background has the opportunity to learn, grow, and thrive. Please consider the Decatur County Family YMCA in your year-end giving plans. The Y works to strengthen this community and believes everyone has potential. As a non-profit, the Y meets many challenges, but is always striving hard to give you quality programming that is fun for all ages, from Aquatics to Zumba, Diabetes Prevention to Blood Pressure Self-Monitoring programs. Help sustain our cause so we can meet your needs for another century—or MORE! Donate online, send a check to the YMCA, or come see us today!

The Y.™ For a Better Us.™

STAY CONNECTED

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

Follow us on Facebook:
[@decatourcountyfamilyymca](https://www.facebook.com/decatourcountyfamilyymca)

Tweet with us on Twitter: [@dcfymca](https://twitter.com/dcfymca)

Like us on Instagram: [@dcfymca](https://www.instagram.com/dcfymca)

Subscribe to our channel on YouTube at Decatur County Family YMCA

