



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MEMBER NEWS

## STAY CONNECTED

February 2022

### Program Reminders

#### Wellman Early Out Program

Early out days are a great way for children to find new talents, be physically active, try new activities all while making friends & building confidence. To sign up, visit [washingtoney.org/early-out-programs](http://washingtoney.org/early-out-programs) or contact Austin DeMuth at

[ademuth@washingtoney.org](mailto:ademuth@washingtoney.org).

Upcoming dates:

Feb 2 Mar 9 Apr 27

Feb 9 Mar 30 May 4

Feb 16 Apr 6 May 11

Mar 2 Apr 20

#### Youth Sports

##### Wellman/Kalona

Youth Dodgeball League

Feb. 28 - Mar 28 6-7pm

**Registration deadline is Feb. 25th - Registration Form Link**

Youth Townball 8U/10U/12U

Games start week of May 7th

**Registration deadline is Mar. 14th - Registration Form Link**

Youth Townball 6U-Tball

Games start week of May 16th

**Registration deadline is Mar. 14th - Registration Form Link**

##### Youth Sports Washington

Youth Townball 8U/10U/12U

Games start week of May 7th

**Registration deadline is Mar. 14th - Registration Form Link**

Youth Townball 6U-Tball

Games start week of May 16th

## ROCK STEADY BOXING

### PARKINSON'S PROGRAM



Parkinson's disease is a degenerative movement disorder which can cause deterioration of motor skills, balance, speech and sensory function. The mission of Rock Steady Boxing is to empower people with Parkinson's disease to fight back. This program gives people hope by improving their quality of life through a non-contact boxing based fitness curriculum. There are 96 people in our community that live with this degenerative disease.

Rock Steady Boxing exercises are largely adapted from boxing drills. Boxers condition for optimal agility, speed, muscular endurance, accuracy, hand-eye coordination, footwork and overall strength to defend against & overcome opponents.

Exercises vary in purpose and form. These classes have proven that anyone at any level of Parkinson's, can actually lessen their symptoms and lead a healthier, happier life.

The Y is so excited to announce that we will be offering this new program starting in March! Classes will be held at the Washington Community Y on Mondays & Thursdays from 1 - 2:15pm in the 2nd Floor Fitness Area. Classes will be taught by a Certified Rock Steady Boxing Coach. No boxing experience is necessary.

### **KEWASH HALF MARATHON 10K 5K**

Make your plans to join us for the 2022 Kewash Half Marathon 10K 5K on April 16, 2022!

Join us for a fantastic event!

**LEARN MORE**

### **YMCA Annual Spring Gala**

Save the date: April 2, 2022  
5:30-8pm

You can be part of the celebration!

Tickets are \$70/person or \$500/table

Contact Angie Boyse at

**[aboyse@washingtoney.org](mailto:aboyse@washingtoney.org)** to reserve your seat now! Or if you

or you business would like to

donate to the Silent Auction or

Sponsor this event, please contact

Angie Goodwin at

**[agoodwin@washingtoney.org](mailto:agoodwin@washingtoney.org)**.

**LEARN MORE**



### **BINGO AT THE Y**

Thursday Nights

Join us at the Washington Community Y from 6:30 - 8:30pm for BINGO fun! Play one card or more! Prices vary smallest card \$1 with varying size packets up to \$25.

Upcoming dates:

Feb 3

Feb 10

Feb 17

Feb 24



## **SPOTLIGHT PERSONAL TRAINER**

### **Meet Angie Boyse**

Angie's goal is to help individuals create a new lifestyle, one that is manageable and one that is focused on you as an individual. She's not just a rep counter. Angie has been in the Health Promotion business for the past 25 years either teaching group fitness and personal training. She majored in Exercise Science with an emphasis in Health Promotion. Angie is the Wellness Coordinator for the Wellman & Kalona Y's.

Angie currently instructs and leads:

TBC - Total Body Conditioning

Cycling

Senior Strength - focusing on functional flexibility and mobility, including ROM in the Senior population.

Body Fit - HIIT style class

MAT Pilates

Core N More

She has also taught Core Strength, Cardio Based and Strength Training classes as well as relaxation and flexibility classes throughout her career.

Her Current Certifications Include:

SCW Certified Personal Training

Keiser Spin Certified

CPR/AED Certified

Schwinn Cycling Certified

YMCA Team Leader Certified

ACE Group Fitness.


SCW Pilates Mat work Certification

Iowa High School Coaching Authorization

Rock Steady Boxing Coach Certification

Support the Y  
Every time you shop amazon.

Choose the YMCA of Washington County as your charity of choice.

Look for the smile. 



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### LIFEGUARD CERTIFICATION AMERICAN RED CROSS YMCA OF WASHINGTON COUNTY

This course is designed to give participants the basic skills and knowledge needed to be lifeguards in pools and aquatic environments. This comprehensive course offers up to date information on how to guard, anticipate, and prevent problems and to take action to help those in need. CPR, First Aid, and AED certifications are included in the cost of the program. MUST be able to swim 300 yards.

Lifeguards that work 100 hours before July 1st, 2021 for the Kalona City Pool or the Steele Aquatic Center, will be reimbursed for the lifeguard certification.

AGES: 15+

WHEN: Saturday & Sunday March 12<sup>th</sup> & 13<sup>th</sup>

TIME: Saturday 8am - 4pm  
Sunday 8am - 4pm

COST: \$185

WHERE: Washington Community Y Indoor Aquatics Facility  
121 East Main St.  
Washington, Ia. 52353

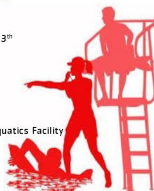
TO REGISTER CALL:

Washington YMCA  
319-653-2141

FOR MORE INFORMATION:

Samantha Van Houten at [svlimteam@washingtoney.org](mailto:svlimteam@washingtoney.org)

Limited to 10 Participants!



THE YMCA OF WASHINGTON COUNTY PRESENTS:  
**FATHER DAUGHTER  
BUBBLEGUM  
DANCE PARTY**  
Saturday, February 19<sup>th</sup>  
5:30pm - 8:00pm

Wellman Parkside YMCA Banquet Hall  
525 13<sup>th</sup> St. Wellman, IA 52356

Girls Can Bring Dad or Other Special Male Guest

**TICKETS \$25 PER PERSON**

INCLUDES: DANCE, PHOTO BOOTH, FACEPAINTING, COOKIES,  
CUPCAKES, REFRESHMENTS AND MORE!

PRE-REGISTRATION REQUIRED BY FEBRUARY 11<sup>th</sup>  
by contacting any YMCA of Washington County Location  
Wellman 319-646-8439 Kalona 319-656-2400 Washington 319-653-2141  
[www.washingtoney.org](http://www.washingtoney.org)



FOR YOUTH DEVELOPMENT®  
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JOIN US! 03.17.2022  
PLAN YOUR NEXT CAREER MOVE!

There are a variety of career opportunities, from entry level to experienced, from full-time to part-time or seasonal. NOW is the time, to score the right job for you!



◆ Businesses reserve your spot by March 10<sup>th</sup>!

◆ FREE childcare offered for this event

◆ EVERY job seeker who attends this event will be entered into a \$100 cash drawing

## WASHINGTON JOB FAIR 2022

9AM-2PM

YMCA OF WASHINGTON COUNTY  
520 W 5th Street  
Washington, IA 52353  
319.653.2141  
[www.washingtoney.org](http://www.washingtoney.org)



More information on  
Lifeguard Certification

Father Daughter  
Dance

2022 WASHINGTON  
JOB FAIR

## GET INVOLVED

JOIN US TO STRENGTHEN OUR COMMUNITY

### GIVE TO HELP ALL THRIVE

Visit [washingtoney.org/give-today](http://washingtoney.org/give-today) to support our mission.

### VOLUNTEER TO STRENGTHEN YOUR COMMUNITY

To learn more about volunteer opportunities with us, please visit [washingtoney.org/volunteer-at-the-y](http://washingtoney.org/volunteer-at-the-y) or contact us at 319-653-2141.

### FOLLOW US

Check Facebook and Instagram for the latest updates on everything happening at the YMCA of Washington County.



## WE'RE MOBILE!

Download our **app** today! Our mobile app brings the YMCA of Washington County right to your fingertips! View Group Fitness, Virtual & LIVE Classes, stay updated with class notifications, register for classes and even check-in to the facility right from the palm of your hand!

Search **YMCA of Wash County** on Google Play or the App Store.



**WASHINGTON COMMUNITY Y**  
P.O. Box 887 520 W 5th St.  
Washington, IA 52353  
319.653.2141

**WELLMAN PARKSIDE YMCA**  
525 13th St.  
Wellman, IA 52356  
319.646.8439

**KALONA YMCA REC CENTER**  
511 C Ave.  
Kalona, IA 52247  
319.656.2400

Washington Community Y | 520 W 5th St, Washington, IA 52353

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