

MEMBER NEWSLETTER



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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF SELMA DALLAS COUNTY

1 YMCA Dr. Selma, AL. 36701

September 2020

www.ymcaofselma.org

STAY INFORMED WITH WHATS HAPPENING AT THE Y!



LEARNING ACADEMY

YMCA VIRTUAL HEADQUARTERS

RESPONDING TO THE NEED

In response to schools turning to online learning for the first semester, the YMCA will be offering a Virtual Headquarters for students to have access to a safe environment for remote learning. The program will include academic support and enrichment programs with an emphasis on student development.

The program will be offered from 7:30am to 4:30pm, with breakfast and lunch provided. In the morning, students can expect to receive help with access to online learning and homework. In the afternoon, students will be exposed to various Y activities, including; recreational activities, arts and crafts, and assistance with homework.

The YMCA has partnered with the Selma City School Board to offer this program to educators and staff within the school system with priority registration. The Virtual Headquarters seeks to alleviate the stress on Educators in need of adequate child care as they return to the classroom for instructional time. The program is being offered to Educators with priority in registration, but others are welcome and encouraged to register as well.

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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?

Contact Austin Williams, the editor at austin@ymcaofselma.org

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In partnership, the Selma City School Board has agreed to provide meals for the students enrolled in the program, including breakfast and lunch. The Selma City School Board has agreed to provide the necessary Personal Protection Equipment (PPE) for students throughout the program. Students also have the option to check out a Chromebook and personal hot-spot device from the Selma City School Board, should they be in need of a device.

During the program, students will be divided into cohorts, in which they will be with the same small group of peers throughout the duration of the program. In the event that a student does not attend the program on a given day, we will not plug a different child in there spot. By establishing a cohort-method of grouping students, this allows for Y to limit interactions among students, and better control any potential spreading of germs.

The program will cost \$85 per week, with a one-time Registration fee of \$25. This one-time Registration fee will go towards the last weeks Program fees. Once registered, the child's spot is secured and will be available to them as they need.

To register for the YMCA Virtual Headquarters, visit the Y's Member Service Desk to complete a registration form. For more information about the program, or ways to get involved, contact Austin Williams at 334-874-9622 or email austin@ymcaofselma.org

A MESSAGE FROM THE DIRECTOR OF OPERATIONS

RASHIDA MORGAN

I would like to thank you for your membership to the YMCA and your continued support during these unprecedented and devastating times. I want to assure you that we at the Y are working tirelessly to keep our members, employees, and communities safe. As the COVID 19 pandemic continues to create global shifts and uncertainty, we want to communicate with you about our future together and the operations of the YMCA of Selma-Dallas County. To that end, I want to share some important news.

As you may not know, we are merely operating at 20% of our normal capacity; because of this we have already downsized quite a bit and will continue to make other adjustments to make the Y available to our members. Much like other organizations in our community, the Y is facing financial hardships. It is becoming more and more difficult for us to meet our financial obligations, as well as operate at full capacity while having to provide salary and benefits to assure our staff can afford to keep themselves as well as their families safe and healthy. The increased level of staff is necessary for us to meet the State and Health Departments mandates. We have been taking every precaution to ensure the safety and health of all our Y members. We continue to maintain facility sanitation and cleaning procedures to combat the spread of COVID 19. We continue to work diligently and swiftly around the clock to ensure that we stay an important part of this community in helping members with staying physically fit and healthy.

If membership does not increase and members do not return, we will continue to see a down fall and eventually will have to limit our hours and operations of the facility. It is with great regret that we see this in the near future, and hope that with your continued support, and the support of our members who have not yet returned, that we may not have to resort to such actions. Therefore we are asking all returning members to consider your continued support of the YMCA. To our members that have not yet returned, consider returning to your Y family. We, as a community, will get through this. When we do, we want to be in the best shape to support you and your family.

Humbly,
Rashida Morgan

FACILITY UPGRADES

Amid the COVID-19 pandemic, the YMCA has seen a decrease in facility usage. In response, the Y has taken advantage of this time to do some facility maintenance and upgrades. Take a look below for an overview of what we've been doing and what we have planned.

Facility HVAC Systems

It's no secret that the Y can be rather hot on some days. No worries! We have been repairing and replacing the HVAC systems throughout the building. Currently we have repaired the HVAC system in the Basketball gym, Fitness Center, and Teen Room. Currently, we are working to upgrade the HVAC system for the Aerobics Room.

Fitness Equipment

If you have attended Cycling class with Mia, you may have noticed something new. Recently, the Y purchased 12 new Cycling bikes. An upgrade from the previous bikes, the new bikes have the digital capabilities to track your time, mileage, speed, and calories burned.

Fitness Center Lighting

You may have also noticed things seem a bit brighter at the Y. That is because we have upgraded the lighting in the Fitness Center, which helps give it a less intimidating feel.

Front Entrance

Giving the front entrance a makeover, we have pressure washed the pavilion that covers the entry way. This small task instantly made the front of the building look years younger.

What's Next?

In the coming weeks, we will be replacing the floor in the Fitness Center. Out with the old, in with the new!



INSTRUCTOR SPOTLIGHT

Meet Fitness Instructor Mia Suggs. Mia teaches Step at the YMCA on Tuesday and Thursday from 5:00pm-6:00pm, and Cycling on Tuesday and Thursday from 6:00pm-7:00pm. This year makes 15 years Mia has been teaching for the Y. In her classes, Suggs utilizes fast-paced and high energy movements to burn calories from top to bottom. Your sure to break a sweat and have a blast while doing so, as Mia uses current popular music that you already find yourself jamming to during the day. In her Cycling class, Mia makes it exciting by adding her neon disco lights that change with music.

Mia the Fitness Junkie

Mia is no stranger to fitness, and finds joy in working out. When Mia is not at the Y teaching her classes, she can typically be found running around town getting her miles in on one of her many routes. Mia participates in 5K and Half marathons on a regular, and often times invites her students to join her as she competes.

Interested in giving Mia's class a try? Join her at the YMCA on Tuesday's and Thursday's at 5:00pm. A complete schedule of classes can be found at our Member Services Center or online at www.ymcaofselma.org

WOMENS WELLNESS EVENT—Y NOT C

On Thursday, August 13th, Yoga Instructor Cindy Duck hosted a Women's Wellness Workshop, "Y not C..." at the YMCA. The evening was designed to focus on giving those in attendance tips and resources on ways to better their overall health and wellness.

The evening was complete with guest speakers who gave presentations on the benefits of Essential Oils, how adding plants to your space assist in your health, the benefits of Yoga, and a tour of what the Y has to offer to support your wellness needs. Those in attendance enjoyed a healthy pasta salad meal, with an array of games, prizes, and laughs.

WELL WOMAN PROGRAM

Through the Dallas County Department of Human Resources, the Well Woman Program offers women the opportunity to access the Y to fulfill all of their fitness needs. The program covers the cost of those eligible, allowing them to become members of the YMCA.

It is with great joy that we share with you, the Well Woman program has been renewed for the next two years. We encourage those who are eligible to enroll in the program. More information about the program and how to enroll can be found at the Dallas County Department of Human Resources. [\(334\)-876-4100](tel:334-876-4100)



SCHOOL SUPPLY DRIVE

The YMCA will be collecting school supplies to provide to students in need. In the past, the Y has partnered with community organizations to host a Back-to-School Bash and distribute school supplies to those in attendance. With our new normal, the Y is finding ways to still fill the need of those seeking school supplies. The Y will be a drop-off location for those who wish to donate supplies. We will distribute the supplies to students enrolled in the Virtual Headquarters as well as various schools and programs in the community who offer academic learning.

All donations can be dropped off at the YMCA at our member Services Desk. For those interested in volunteering with the Virtual Headquarters, contact Events Coordinator Austin Williams austin@ymcaofselma.org or [\(334\)-874-9622](tel:334-874-9622)

UPCOMING EVENTS

YMCA Virtual Headquarters

Monday, August 31st

The YMCA will welcome its students to the Virtual Headquarters and run the duration of the school semester. Those interested in joining the program can register at the Member Services Desk or contact Austin Williams at austin@ymcaofselma.org

Labor Day Observance

Monday, September 7th

The YMCA will be closed on Monday, September 7, 2020 in observance of Labor Day. Stay safe during the weekend and use this time to kick your feet up and recharge.

Saturday Sweat Shop

Saturday, September 19th

Beginning in September, the Y will offer a Saturday Sweat Shop for those fitness junkies looking for a place to workout on the weekends. The Saturday Sweat Shop will take place outdoors on the Y's lawn, and include a variation of your favorite classes, including: Iron Fitness: Bootcamp with Fitness Instructor Jarrin Lewis, Step & Sculpt with Fitness Instructor Mia Suggs, Kickboxing with Instructor Napoleon Cleveland and Dance Cardio with Instructors Candace & Tabitha. Check with the Y for updates on which combination of classes will be offered each Saturday.

COSA Face Mask Drive

Ongoing

The Council on Substance Abuse (COSA) will be at the Y throughout the month distributing information as it relates to alcohol consumption and substance abuse. Along with that, COSA will also be distributing FREE face mask to those in need. Visit COSA's booth in our lobby during your next visit to the Y.



MONTHLY MOTIVATION

"Fitness is not about being better than someone else... it's about being better than you used to be."

-Unknown

MEMBER SPOTLIGHT

Meet Y Member Lakeshia Lewis. Mrs. Lewis has been an active member of the Y for the last 12 years. Mrs. Lewis regularly attends Step & Sculpt and Cycling class with Instructor Mia Suggs.

Mrs. Lewis is a school counselor at Brantley Elementary, and has been working in the school system for over 16 years. An advocate for fitness, Mrs. Lewis leads a healthy lifestyle and credits the Y for keeping her on track with her fitness goals.