



FEBRUARY 2023 MEMBER NEWSLETTER

THREE ON THREE BASKETBALL

Building Friendships, Skills, and Memories

PRESIDENT'S DAY 3 on 3 Youth Basketball Tournament

Ages: 7 years - High School Senior

Monday, February 20, 2022

8:00 - 8:45 AM: Check-In

9:00 AM: Rules Review (all teams are required to attend)

9:30 AM: Games Begin

Registration Deadline: February 19 (*pre-registration is HIGHLY encouraged*)

AVAILABLE UNTIL FEBRUARY 19 AT 11:59PM

[Click here](#) to download the registration form

No Late Registrations

Entry Fee: \$26.00 per team (4 players per team maximum)



MARCH MADNESS FITNESS CHALLENGE

March 6 through April 7

Pick your madness and earn prizes

SIGN UP FOR 1 OR ALL BRACKETS

Bracket 1 – Strength and Cardio

Use the Exercise Bracket Sheet to perform two exercises at a time and write your favorite on the chart. You must do at least 10 of each of the exercises on three different **dates between March 6 and April 7**. We have paired up exercises that work your legs, abdominals, cardio, back and chest. Add them to your daily routine or just focus on the brackets all month for a full-body workout. You will be given a bracket and each time you complete your exercises you must have a wellness coach initial your paper.



Bracket 2 – Swim the Distance

Final Four NCAA Men's Basketball Championship will be in Houston, Texas which is 17 hours away. **Lap swim a total of 17 hours from March 6 through April 7**

You will receive a card to track your time and it must be initialed by a lifeguard each session

Bracket 3 – Strengths in Groups

Attend 3 land group exercise classes a week from **March 6 to April 7**. Try out some of the amazing group x classes we offer here at the y. You will receive a card to have the instructor initial and date each class you attend.

Bracket 4 – Cardio for the title

Do cardio of your choice 4 times a week for a minimum of 30 minutes between the dates of **March 6 to April 7**. Your cardio can be walking or running on the track, using any cardio piece in the wellness or playing basketball or pickleball. You will receive a card to track your activity, date and time and it must be initialed by a wellness Coach or Member Service Staff or Director each session.

Cost \$10 For Members Only. All participants can do as many brackets as they want. **Each bracket is \$10**

Prizes

- Every participant that completes their bracket will receive a Y t shirt.
- You can receive multiple t shirts for each bracket you complete.
- Each bracket has a grand prize winner. **Two months of your membership for free.**
- You must complete your bracket and also guess closest to the final score of the NCAA Men's Basketball final game.
- Individuals may only win one grand prize. If someone wins in multiple brackets, the grand prize will go to the next closest.

Registration begins Friday, February 17 but, you can't begin the challenge until March 6.

Register in person at the Y and pick up your bracket sheet.

MARION FAMILY YMCA 2023 SPRING SOCCER

**Early Bird Special: \$10 off registration on or before
January 16 through February 27 Promo Code:
Spring23**

Season Dates: April 29 - June 3, 2023

Program focuses on teaching the players the basic skills, teamwork & sportsmanship. Games will be played on Saturdays at the Marion Family YMCA. Practice will be held once a week at each team coach's discretion.



**Early Bird Special: \$10 off registration on or before January 16 through
February 27 Promo Code: Spring23
Season Dates: April 29 - June 3, 2023**

Ages/Grades:

Preschool: Ages 2-5

Grades K & 1: Ages 5-7

Grades 2 & 3: Ages 7-9

Grades 4 & 5: Ages 9-11

Grades 6 & 7: Ages 11-13

Member Fee: \$35 per child Non-Member Fee: \$70 per child

Price includes: Reversible jersey and award. Pictures may be purchased for an additional fee.

****Team jerseys are the reversible blue/white version. Promo Code: JERSEY****

Registration Deadline: April 10, 2023

Late registrations will be reviewed and accepted on a space-available basis with an additional \$10 late fee. You will be notified by the staff if your registration was accepted with your team and season information.

Meet-and-Greet: April 22, 2023

Preschool (Ages 2-5) @ 10:00 am Grades K/1 (Ages 5-7) @ 11:00 am

Grades 2/3 (Ages 7-9) @ 12:00 pm Grades 4/5 (Ages 9-11) @ 1:00 pm

Grades 6/7 (Ages 11-13) @ 2:00 pm

Scholarships Available! Bring your tax return to the Y Service Center at the time of registration for immediate approval. Families with annual income of \$35,000 or less may

qualify for a \$15 reduction in fee. This can be used in place of but not combined with Early Bird or Sibling Discount.

[Click her to download the registration form](#)

HELPING YOU LIVE BETTER

Enhance Fitness at the Marion Family YMCA

Enhance Fitness is for older adults that combines strength training, flexibility, and cardiovascular conditioning.

The class is on Monday, Wednesday & Friday from 10:30 - 11:30.

FREE for members and \$5.00 per class for non-members.

The class is sponsored in part by the Marion Community Foundation.

For more information, [click here](#) or contact Heather Wright at hwright@marionfamilyymca.org.



LIVESTRONG® AT THE YMCA

Sponsored by OhioHealth

LIVESTRONG® at the Y is a FREE program tailored to fit the specific needs of adult cancer survivors who would like to improve their quality of life before, during and after treatment. This program meets for 1 hour twice a week for 12 weeks, with certified instructors who have undergone specialized training in the elements of cancer, rehabilitative exercise and supportive cancer care.

Program Goals:

- Increase flexibility and endurance
- Enhance functional ability to do everyday tasks
- Improve energy levels, build muscle mass and strength
- Reduce the severity of therapy side effects and
- prevent unwanted weight changes
- Support group for cancer survivors

Pre-registration is required and membership is FREE for survivor and family during the 12-week program.



Contact Heather Wright at hwright@marionfamilyymca.org for more information or to get placed on a interest list or call the Y at 740-725-9622 to register today
Register now, class runs March 6 - May 26, 2023
Monday & Wednesday 6:30 - 7:30pm

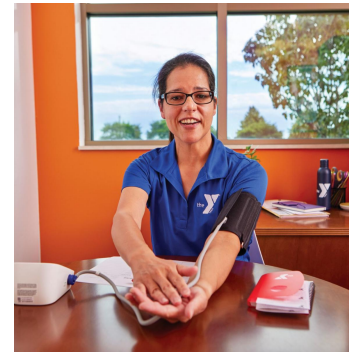
Sponsored in part by The Marion Rotary Club & OhioHealth

BLOOD PRESSURE SELF-MONITORING PROGRAM (BPSM)

Research shows that the process of recording blood pressure at least twice a month over a period of four months has been shown to lower blood pressure in many people with high blood pressure.

The program is designed to support participants in realizing these benefits:

- Reduction in blood pressure
- Better blood pressure management
- Increased awareness of triggers that elevate blood pressure
- Enhanced knowledge to develop healthier eating habits



PROGRAM PARTICIPANTS TO QUALIFY

To participate in the program, participants must be:

- Be at least 18 years old
- Be diagnosed with high blood pressure
- Not have experienced a recent cardiac event
- Not have atrial fibrillation or other arrhythmias
- Not be at risk for lymphedema

Starts March 1, 2023

BPSM is a 4 month program that includes 10 minute consultations with a healthy heart ambassador (HHA) during drop in office hours, weekly check ins from a HHA by phone, email or text, and monthly educational nutrition seminars. Program participants are asked to attend 2 personalized consultations per month as well as nutrition seminars.

Marion Family YMCA Office Hours

Mondays 6:00am - 7:00am

Wednesdays 8:15am - 9:15am

Wednesdays 5:00pm - 6:00pm

Nutrition Seminars

1st Wednesday of the month 6:00pm-7:00pm and

3rd Wednesday of the month 11:30am - 12:30pm

Contact Heather Wright at hwright@marionfamilyymca.org for more information

Members \$10
Programs Participants -\$15

TEEN LEADER CLUB

Teen Leaders is for teens in grades 8+. Teens participating in this program will engage in programming and activities created to increase youth confidence, leadership, Social and Emotional Learning skills, peer relationships, life skills, and community engagement.

This program is free to the community and you DO NOT need to be a Y member to join!



Teen leaders will take part in scheduled meetings, teen nights, community volunteering, and planning events within the YMCA and community. This club is facilitated by an adult Y staff member, but youth-focused and youth-led.

If you are interested in learning more or joining Teen Leaders Club, please contact Haley Wilkes, Director of Mentoring, Diversity, and Inclusion at hwilkes@marionfamilyymca.org OR (740)725-9622.

POOL AND GYM SCHEDULES

[Gym Schedule January 22 - February 17](#)

[Gym schedule February 18 through March 18](#)

[Small Pool Schedule January 2 - February 25](#)

[8 Lane Pool Schedule January 2 - February 25](#)

THE Y. FOR A BETTER US.

Marion Family YMCA | WOPAT YMCA CENTER, 645 Barks Road East, Marion, OH 43302

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