



Greater Burlington YMCA

FAMILY NEWS

Winter 2009



Happy Holidays!

I hope this newsletter finds you and your family in good health and good spirits. At the Greater Burlington YMCA, we are busy with a December full of fun and active programs for children and families. We are also looking ahead to a jam packed New Year filled with opportunities for families to 'Put Play in their Day' and to re-charge the family batteries. There are tons of options including fun for the kids at the Y while parents enjoy some grown-up time with our various Kids Night Out options; or an inexpensive program for the whole family like our Family Fun Nights. There's something for everyone at your YMCA. Here's to a wonderful New Year full of healthy opportunities ahead!

Warm regards,
Stacia Judd
Family Programs Coordinator

PS. Do you have a great craft, recipe or game you'd like to share with other families? Please send it my way at sjudd@gbymca.org.

1st Annual Winooski Fitness Festival - Saturday, January 23rd

On Saturday, January 23rd, from 10:00 am until 1:00 pm, the Winooski branch of the Greater Burlington Y will be hosting their 1st Annual Fitness Festival. Gather up your friends & family and join us for:

- Free Family Gym
- Free use of the Fitness Center
- Free water fitness class for adults
- Great giveaways and snacks
- Enter to win Personal Training sessions and other raffle prizes

YMCA Art Challenge

The Greater Burlington YMCA would like to highlight the talent & creativity of our members, program participants, and Y kids!

Want to participate? Submit a drawing that represents one of two themes: "My favorite part about coming to the YMCA" or "What the YMCA means to me." Artwork should be in color on white paper no larger than 8 ½ x 11. Markers, crayons, and paint are preferred mediums because they will photograph the best.

Who: This challenge is open to all members, program participants, Y kids, and campers.

What: YMCA Art Challenge.

Why: To highlight the talent & creativity of our Y friends & family! Selected pieces may be featured in newsletters, note cards, and other Y materials.

When: Now until January 15, 2010.

How: Artwork should be brought to the YMCA on College Street or Winooski to the attention of Kim Aldous. At time of submission, a release form needs to



The YMCA Family Punch Card...

Is only \$99 from now until January 31, 2010!

Does your family enjoy attending YMCA Family Fun Nights? Enjoy a morning at Family Gym or Swim? Would your child enjoy a youth class at our YMCA? If you answer yes to any of these questions, then the Family Punch Card may be a great value for you! With the Winter special, the Family Punch Card saves your family \$150 over the year, and provides a number of fun and family friendly activities and events! E-mail Tricia at tpawlik@gbymca.org for more information.



We build strong kids, strong families, strong communities.
Burlington: 862-9622 Winooski: 655-9622 Online: www.gbymca.org

Easy Family Recipe of the Month: Creamy Macaroni 'n' Cheese

Here is a lighter way to make a family favorite. You can also use a whole grain or whole wheat elbow macaroni to provide even better nutritional value.

Ingredients:

- 1/3 cup finely chopped onion
- 3-1/2 cups cooked elbow macaroni
- 1-3/4 cups shredded reduced-fat cheddar cheese
- 2 tablespoons minced fresh parsley
- 1/2 cup fat-free evaporated milk
- 1-3/4 cups 2% cottage cheese
- 1 teaspoon Dijon mustard
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Directions:

1. In a large microwave-safe bowl, cover and microwave onion on high for 1-1/4 minutes or until tender; drain. Add the cooked macaroni, cheddar cheese and parsley; set aside.
2. In a blender, combine the milk, cottage cheese, mustard, salt and pepper; cover and process until smooth. Stir into macaroni mixture.
3. Pour into a 1-1/2-qt. baking dish coated with cooking spray. Bake, uncovered, at 350° for 20-25 minutes or until lightly browned.

Yield: 8 servings. Nutrition Facts: 2/3 cup equals 229 calories, 6 g fat (4 g saturated fat), 19 mg cholesterol, 491 mg sodium, 24 g carbohydrate, 1 g fiber, 20 g protein. Diabetic Exchanges: 2 lean meat, 1-1/2 starch.



*Creamy
Macaroni 'n'
Cheese
published in
Light & Tasty
February/
March 2001*

No-Sew Fleece Pillow

Making this cuddly pillow is so quick and easy, it's like performing a magic trick. What's the secret? Knots. The pieces are tied together (fleece fabric needs no hemming) which makes this gift simple enough to complete in an afternoon.



Materials: Fleece, scissors, ruler, chalk, fiberfill.

Instructions:

1. Cut 2 identical heart shapes from the fleece, 1 red, 1 green. To allow for a 4-inch fringe, be sure to cut the hearts 8 inches larger than you want your finished pillow. We cut ours 26 inches across and 22 inches long for an 18- by 14-inch pillow.
2. On 1 fleece heart, use a ruler and chalk or a disappearing-ink pen to draw a heart 4 inches in from the edge of the fabric (see illustration). Measure and draw fringe that's about 1 inch wide and 4 inches long (up to the center heart, as shown).
3. Stack the hearts with your chalk lines on top. Cut the fringe, through both layers of fleece, stopping at the center heart.
4. Begin at the bottom point of the heart and tie the top piece of fringe to the bottom piece by double-knotting them. Continue up the side of the pillow. At the dip at the top, knot together the top 4 fringes (2 pairs) into 1 double knot to cinch the opening more tightly. Then go back to knotting just 2 fringes until only 4 pairs are untied.
5. Stuff the heart with fiberfill. Tie the remaining fringes. Brush off any chalk that still shows. Ink lines should disappear according to the package directions.



Family and Youth Events at the Y

Please contact Member Services at 862-9622 to register for these events.

Family Gym at the Y (Ages 7 & Under)

Active indoor playground fun.

Fridays - 10:15 - 11:30 am – Burlington

Saturdays - 10:30 – 12:00 pm – Winooski

Sundays - 10:15 – 12:00 pm – Burlington

FREE with Y Family Membership

\$5 per visit for families with one child

\$8 per visit for families with multiple children

Kids Gym (Ages 7-13)

Too big for family gym? Now the older kids have their own active gym drop-in program. Cool sports play and fun gym games will keep them moving. Parent must be in the YMCA building while their child is in the program. Pre-registration not required.

Saturdays- 10:45 - 11:45 am - Burlington

FREE with Y Family Membership

\$5 per visit for families with one child

\$8 per visit for families with multiple children

Little Kids Night Out (9 months-4 years) & Kids Night Out (Ages 5-12 years)

A night out for kids with pizza, crafts, gym with Bounce Castle and a movie at the Burlington YMCA.

Saturday, January 9 - 5:30 – 8:00 pm

Saturday, February 6 - 5:30 – 8:00 pm

\$8 per child per night for Y members

\$15 per child per night for non-members

After School Sports Club at the Y (Ages 8-13)

Kids get active in this "club" while playing a fun and different sport each week led by an experienced staff person. Sports will include dodgeball, floor hockey, ultimate frisbee, kickball, indoor soccer, and basketball. Pick up new skills, make new friends and have a blast.

Tuesdays (January 12, 19, 26 and February 2, 9, 16)

3:15 – 4:00 pm - Burlington

\$30 members / \$50 non-members

Family Snowshoe Winter Program

Discover the beauty of Vermont in winter with a fun, interactive snowshoe walk through various habitats. Walk, snowshoe (some available to borrow) or pull little one's in sleds while we look for tracks and learn about native species. The walk will end with a marshmallow roast. Bring hot cocoa!

Tuesday, December 29 – 10:00 am – 12:00 pm

Ethan Allen Homestead Picnic Shelter

\$5 per person

New Year's Eve Overnight Bash (Ages 8-12)

Kids can ring in the New Year at the YMCA playing games, swimming, watching movies, and more! Dinner and breakfast are included and the overnight will be supervised by trained YMCA staff. Enjoy a special evening night out while your kids celebrate at the Y!

Thursday, December 31 at 5:00 pm through

Friday, January 1 at 9:00 am - Burlington

\$60 per child

Kids Night Out DJ Dance Party (ages 5-12)

Come Join us for a Kids Night Out DJ Dance Party where we'll eat pizza then get our groove on! There will be dance contests, hands on DJ equipment demonstration, limbo, games and prizes!

Friday, January 15 – 6:00 pm – 7:30 pm - Burlington

\$8 per member or Live Y'er / \$12 per non-member

American Girls Night Out (Ages 6-12 years)

Girls rule in this fun night out themed around their favorite dolls. We'll have dinner, go for a swim, watch an American Girl movie, create cool projects and end the night with a fashion shoot. Dolls available to borrow for the evening, too.

Saturday, January 23 – 5:30 pm – 8:30 pm - Burlington

\$15 members / \$20 non-members



Family and Youth Events at the Y

Please contact Member Services at 862-9622 to register.

Family Fun Night

Enjoy an evening at the YMCA with the whole Family! There will be swimming, Bounce Castle, a movie and more! Food and refreshments will be available for purchase at the event. Swimming and gym are from 5:00 - 6:30pm, and the movie starts at 6:30pm.
Saturday, January 30 – 5:00 pm – 8:30 pm - Burlington
\$4 per person

Kids Night Out at the Movies (Ages 5-12)

Come join us for a Kids Night Out at the Movies where we'll eat pizza then watch a new release kid's movie on the big screen in the gym!
Friday, February 12 – 6:00 pm – 8:15 pm - Burlington
\$8 per member or Live Y'er / \$12 per non-member

YMCA Family Valentine's Dance

Make this great annual event a tradition for your family. Dance the evening away with great tunes and party games led by a DJ. Refreshments are provided.
Saturday, February 13 – 6:00 pm – 8:00 pm - Burlington
\$2 per person

Mardi Gras Madness (Ages 5-12 years)

Drop your kids off at the YMCA for an afternoon and evening of fun and excitement. Mardi Gras style crafts, gym games, swimming and more! Pizza will be served at 6pm.
Saturday, February 20 – 4:00 pm – 8:00 pm - Burlington
\$25 per child

Family Beach Party

Kick off the school vacation week and escape the winter weather with an afternoon of fun at the Y. Smoothies, snacks, beach ball games, 'a sandy beach' to play in, Bounce Castle, swimming, cartoons and more. Hawaiian attire encouraged. Bring your beach towels and chairs.
Sunday, February 21 – 2:00 pm – 5:00 pm - Burlington
\$5 per person

Are you members of the Y?

The Greater Burlington YMCA is committed to building strong kids and strong families. We offer many family and youth programs and special events throughout the year allowing your family to spend some quality time together and for your kids to explore new activities.



Membership at the Y carries many benefits. In addition to all of the fitness and aquatics benefits, membership also includes these free and discounted Family Programs & Events:

- Family Gym (Offered 3 times each week) is FREE with a Family Membership
- Kids Gym is FREE with a Family Membership

Significant Discounts On:

- Kids Night Out
- Imagination Station
- Swim Lessons
- Dynamo Swim Team
- Birthday Parties at the Y
- Special Family Events
- Childcare while you work out in Burlington

If you have a child in a GBYMCA childcare program, you are entitled to specially discounted membership rates. For complete membership information, please contact Larry Edelson, Membership Director at (802) 862-8993 ext. 141 or ledelson@gbymca.org, visit our website at www.gbymca.org, or give Member Services a call at (802) 862-9622 in Burlington or (802) 655-9622 in Winooski.



We build strong kids, strong families, strong communities.
Burlington: 862-9622 Winooski: 655-9622 Online: www.gbymca.org

The Most Precious Gift of All...

Each of you have received at least one. Most of them came in small packages and they came in a whole rainbow of colors. Some came with bows, some did not. However, the gift that you received was like no other. In fact, its uniqueness is one of its most special traits. You knew when you received it that this was a special gift. It's not an easy gift to unwrap...in fact it will take you a lifetime. However, the true joy lies in the unwrapping of this gift. Every day you discover another treasure in this gift that leaves you with a sense of wonderment and total awe.

At times the maintenance and upkeep of this gift can be overwhelming. It requires an inordinate amount of time, attention and understanding. It's not a gift you can return or exchange, though there may be days you wish you could. See, once you receive this gift, it is yours for life. You may share your gift with others and at times may need to have others care for your gift when you are not able. That's okay. In fact, the more you share your gift with others who love and care about your special gift, the more your gift will give in return.

This is a very fragile gift! You must handle it very gently...or it could be hurt or even broken. But with patience, understanding and a lot of love, this gift can be mended and sometimes comes back even stronger than before.

Your gift thrives on love and praise from you. Let it know every day how proud you are of your special gift and all the unique wonders that lie inside.

You see, this most precious of all gifts is your child...

You have entrusted us with the care of your most precious gift of all and that's why we know there is no job more important than ours. We thank you for sharing your child with us and hope that each of you takes time this busy holiday season to stop and spend some special time with your child. For your love, your approval and your time is the best gift you could ever give.

Happy Holidays to each of you...

Marsha Faryniarz
VP of Childcare

Active Family Corner

Increasing your heart rate to a certain level (called your target heart rate) during exercise ensures that you are exercising effectively. It's also a fun way to introduce your child to the workings of the cardiovascular system. Here's how to do it: Take your child's pulse for 30 seconds, multiply it by 2, and note the number: that's your child's resting heart rate per minute. Have her do the same for you. To calculate your target heart rate (for a vigorous workout), subtract your age from 220 and multiply that number by 0.7. Now take turns monitoring each other's heart rates after doing sets of 10, 30, and 60 jumping jacks. Allow a few minutes of rest between each set. The object is to do enough jumping jacks to achieve (but not exceed) your target heart rate and then continue exercising at that level.

Here are some other fun ways for your family to bring up the heart rate indoors during the winter:

- Play hide and go seek with a designated 'in free' zone.
- Dance contest! Let children score their parents.
- Twister!
- Put play in your day with swim or gym time at the Y!

Our Commitment

Everyone is welcome at the YMCA! We are steadfast in our commitment to offer financial assistance for every program. For a scholarship application, please visit the YMCA or gbymca.org.

YMCA FAMILY GUEST PASS

Name (please print) _____

Email _____

Address _____

City _____

Home phone _____



Expires 1/31/10. Not redeemable for cash.

Greater Burlington YMCA
266 College St. Burlington, 862-9622
32 Malletts Bay Ave Winooski 655-9622
www.gbymca.org



We build strong kids, strong families, strong communities.
Burlington: 862-9622 Winooski: 655-9622 Online: www.gbymca.org