

YMCA of McHenry County Newsletter

February 2010

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Theme Walking/Hiking

Choose a theme for hiking/walking. Collect pictures of leaves, identify birds, or create a treasure map. Capture pictures of the family on a hike/walk; write down thoughts and stories from the hike/walk.

Click [HERE](#) for more info on creating a Healthy Family Home

Facebook & Text Alerts

The YMCA has two new great ways to keep you informed of happenings and news from our programs. First, those of you on Facebook may now become a fan of the YMCA of McHenry County by clicking our badge below.

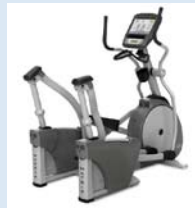


Second, we are now offering Text Alerts to your mobile phone through a partnership with the Northwest Herald. Click [here](#) to

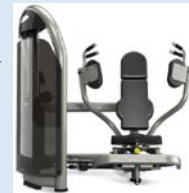
Dear Graham,

Spring is just around the corner and the YMCA is rolling out some great programs for you and you family. There is something for everyone in the family this year and some big changes to the YMCA.

New Fitness Equipment



Over the next few weeks the YMCA will be replacing all of the equipment in the fitness center with new start of the machines. Stop in anytime and check them out.



Day Camp

You may have seen our new brochure in the Northwest Herald this past month or possibly your child brought it home from school, if not you an online version is available [HERE](#). Information about our early bird discount is listed in the brochure so be sure to register early.

Tired of having to fill out forms by hand and mailing them into the YMCA?

Online registration is now open!

[Click HERE to register for Triple R Day Camp](#)

[Click HERE to register for the YMCA Day Camp](#)

Online registration is provided through a third party and is safe and secure.

American Red Cross Lifeguarding Training with AED at the YMCA of McHenry County

Begins March 25th.

This course teaches lifeguards the skills and knowledge needed to prevent and respond to aquatic emergencies as well as first aid and CPR certifications.

In the Lifeguard Training course, you will learn about the duties and responsibilities of a lifeguard and how to carry them out in a professional manner. You will also learn a number of lifeguarding techniques, such as surveillance: how to use rescue equipment for a distressed swimmer, active drowning victim, and passive drowning victim; and how to care for someone who may have a head, neck, or back injury.

Upon successful completion of the American Red Cross Lifeguard Training course, you will receive an American Red Cross Lifeguard Training certificate. The Lifeguard Training certificate, which includes First Aid, is

sign up. Please be sure to click YMCA of McHenry County on #7 Message Group to receive our updates.

valid for 3 years. You will also receive a CPR for the Professional Rescuer/AED certificate, which is valid for 1 year.

Click [HERE](#) for more information

Winter/Spring 2009 Program Guide

Look for our Winter/Spring Program Guide [online](#).

Salvation Army Angel Tree Update

We want to send out a BIG THANK YOU to all the members that participated in the Salvation Army Angel Tree. All the Angels were taken and gifts delivered showing us all the people you helped and how great the members are here.

[Join Our Mailing List!](#)



Preschool Registration is open for Fall 2010-2011

Program options are: 3-year-olds Tuesday & Thursday 9:00-11:30, 3/4/5-year-olds (3 year olds must turn 4 years old by Dec. 31, 2010) Monday, Wednesday, & Friday 9:00-11:30, 4/5-year-olds Monday, Wednesday, & Friday 12:30-3:00. Weekly swim lessons and Gym class are included with Preschool curriculum.

2-YEAR-OLDS TWEETY BIRDS

- *New class for 2-year-olds
- *New classroom!!
- *5 week sessions
- *Does not need to be potty trained
- *Parent's attendance is optional
- *Will pick up and drop off at Fun Zone if needed
- *Max 5 children per class
- *New session added
- *New days & times

Monday, Wednesday OR Friday 9:15-10:15

FARM/SPRING SESSION 1

Classes start the week of March 15th
Registration March 8th & 10th

BUGS/SPRING SESSION 2

Classes start the week of April 25th
Registration April 19th & 21st

Spring Break Camp at Camp Algonquin

Monday, March 29 - Thursday, April 1, 2010

Children ages 6-13 will enjoy a variety of activities that combine learning with fun. Our highly trained, qualified staff is committed to providing each child with the best experience possible. Click [HERE](#) for a more information and to download the registration form.