



YMCA

We build strong kids,  
strong families, strong communities.

# YMCA of McHenry County Newsletter

**November 2009**

## **In This Issue**

**Healthy Family Home**

**Renovations**

**Preschool Openings**

**Lifeguarding Course**

**Angel Tree**

## **Special Offer**

During the months  
of November,  
December, and  
January receive  
50% off our joiners  
fee.



## **Fun with Fruits and Vegetables**

The mysterious and powerful mushroom is in season this month and is worth adding to the family menu. It may look simple, but there are a lot of good nutrients inside that cap and stem. Mushrooms can be added

## **Greetings!**

By now everyone has finished raking the leaves and has begun making their preparation for a wonderful Thanksgiving dinner. We here at the YMCA would like to wish you and yours a safe and happy holiday. We hope to see you in the Y very soon.

## **Registration for Winter programs begin Monday, December 14th.**

### **Renovations**

Have you stopped in to see the renovations yet? If not, here are couple of pictures of what you are missing.



to any meal -- eggs, red or white sauces, rice dishes, stir fries, sandwiches, salads, and soups. Choose fresh mushrooms that have a firm texture, and a smooth cap. In general the mushroom is delicate and should be handled with care. Store mushrooms in your refrigerator crisper where they can benefit from cool air circulation. Paper bags are a good storage alternative, allowing air to circulate. Mushrooms are a good source of fiber, protein and Vitamin C, and they are a very good choice for Vitamin D and other important minerals.

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

[Join Our Mailing List!](#)



### JCPenney "Round-Up" Supports YMCA of McHenry County

Spare change could change a life!

December 4-13, 2009

From December 4-13, 2009 shoppers at JCPenney at the Shops at Fox River shopping center, located at 2940 Commerce Rd in Johnsburg, IL, and JCPenney Oakridge Court, 800 S Randall Rd in Algonquin, IL can "round-up" their purchase to the next whole dollar, and the JCPenney Afterschool Fund will donate the difference to the YMCA of McHenry County to provide children in this community with access to life-enriching afterschool programs.

### Preschool Openings

LIMITED OPENINGS

REGISTER NOW!

4/5 Year Olds

9:00-11:30 or 12:30-3:00

3 Year Olds

9:00-11:30

This program includes a weekly swim lesson and gym class.

### NEW CLASSES

2 year old and 4/5 Enrichment classes starting in January.

See Winter Program Guide for more information.

For more info please contact Sue Owsiany at 815-459-4455 ex.25 or [www.sowsiany@ymcaofmchenrycounty.org](http://www.sowsiany@ymcaofmchenrycounty.org)

### American Red Cross Lifeguarding Training with AED at the YMCA of McHenryCounty

Begins December 17th.

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

## **Winter/Spring 2009 Program Guide**

Look for our Winter/Spring Program Guide online and in the Northwest Herald in the first week of December and in your mailbox by the second week

certificate. The Lifeguard Training certificate, which includes First Aid, is 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

### **Salvation Army Angel Tree**

Please help families in our community by taking an Angel from the tree in our lobby. When you take an Angel from the tree and return it with an unwrapped gift you are helping a local family.

This year we are asking for all families to bring an ornament to decorate our new tree when you return your gift in to the YMCA.

**Please have all unwrapped gifts returned to the YMCA no later than December 14th in order to have them delivered to the Salvation Army in time for the Christmas holiday.**