

Strengthening Our Core

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The *Strengthening Our Core* campaign is over 2/3 of the way to reaching its overall goal of raising \$5.6 million. As of December 11th, 2009, we are at \$3,794,000.00. This is an incredible amount of money raised to-date. The people in our community have shown a huge amount of support for the project.

The campaign began late in 2008 to raise funds for a new/re-developed YMCA facility in Brandon. Over \$11 million has been pledged by the 3 levels of government. The campaign represents the last of the total \$17 million project.

We still need to raise \$2 million, but the committee is confident we will get there, considering the amazing progress we have made to-date.

We are hoping to begin construction in mid-2010.

Led by Co-Chairs Ron & Don Kille, the Campaign Cabinet team is:

- Don Penny
- Reg Helwer
- Blair Filyk
- Tanya Knight
- Nonny Cancade
- Lois Fjeldsted
- Trent Sholdice
- Lon Cullen
- Kerri Bridges
- Alisa Nerbas

To thank the current donors and volunteers, the Co-Chairs, Ron & Don Kille, hosted a wine and cheese reception at Remington's on December 10th.

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**No Risks. Only Returns.
Invest in a child today.**

STRENGTHENING
ourCore
YMCA CAMPAIGN



Brian Deutscher, Don Ramsay, and Randy Brown from Westoba Credit Union present a generous Gold Level donation to Don & Ron Kille

Strengthening Our Core Campaign con't

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At the reception, we had several donor announcements including: Alternative Landscaping; Brandon Clinic; Bob, Patti, Jon, and Andrew Mazer; Premier Financial, Dave Schaworski, and Westoba Credit Union (pictured on page 1).

To achieve our goal of \$5.6 million, we need more donors. If you are considering financial support of the campaign, please contact Lon Cullen, CEO of the Brandon Family YMCA for more information, or email ymca.lon@wcgwave.ca or ymca.alisa@wcgwave.ca.

For related newspaper articles and facility concept drawings, visit our website at www.ymcabrandon.com.



Don & Ron Kille with Karin & Chris Griffin of Alternative Landscaping presenting a Silver level donation



Don & Ron Kille and Dave Schaworski presenting a Silver level donation



Don & Ron Kille, Dr. Mike Turabian & Andy Brown of the Brandon Clinic presenting a Silver Level donation



Don & Ron with Bob, Patti, Andrew & Jon Mazer presenting a Gold level donation

STRENGTHENING
our **core**
YMCA CAMPAIGN

5,750,000
5,500,000
5,250,000
5,000,000
4,750,000
4,500,000
4,250,000
4,000,000
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750,000
500,000
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Dave Janzen and Jason Roblin



Sean McKiernan and Mona Kille

Fit Tips with Cindie

WHAT IS ZUMBA??

Zumba is an exciting, fun-filled fitness class that's a fusion of Latin and International music and dance themes creating a dynamic, exciting, and effective fitness program. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the entire body to create a one of a kind workout. Zumba uses the principles of interval training and resistance training to maximize calories burned, fat burning, and total body toning (which we all want!). Zumba targets areas of the body such as glutes, legs, arms, abs, and the most important muscle...your heart! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the entire body. Zumba is a mix of body sculpting movements with easy to follow dance steps like the merengue, salsa, cumbia, reggaeton, samba, and flamenco as well as other dances from around the world including hip hop and belly dance. The dances are set to toe tapping, hip swiveling, arm swinging, high energy Latin music that just makes you want to get up and mooovve. Zumba is easy (*you don't need any dance experience*), fun and effective.... you don't even feel like you are exercising!

Who can do Zumba? The greatest part about Zumba is that you don't have to know how to dance. Anyone can do it whether you are young, old, or in-between. There are no requirements other than liking music and wanting to have fun. A typical class will consist of a warm up session, the main routine, and a cool down. Most classes last about an hour. The Zumba Instructor goes with the flow and feel of the music each class, so many times they are a little different which keeps the classes fresh. Each instructor (who is certified at a Zumba Workshop) choreographs their own individual routine.



Cindie Dunn

Director of Health/Fitness/Recreation

Zumba is the most exciting workout ever and is great for the mind, body, and soul! It is designed to put "FUN" back into fitness. Just don't forget to wear comfortable clothing, bring lots of water, a towel, and most of all your "party" attitude.

Is Zumba Good for Weight Loss?

Zumba seems to be an optimal fitness choice, mixing cardio intervals with resistance training. Many experts believe that an interval/resistance combination maximizes caloric output, fat burning, and total body toning. Zumba mixes effective body sculpting movements with easy-to-follow, fun dance steps. People seem to forget about working out during a Zumba session, allowing them to exercise longer, and burn even more calories (it's estimated a minimum 700 calories per hour!).

Is Zumba for Me? If you enjoy high energy, motivating music, and like to try unique moves and combinations, Zumba may be your ticket to fitness.

Where did Zumba come from? It first came to the US by creator Alberto "Beto" Perez in Miami Florida. Beto's home country is Columbia, South America and that is where Zumba originated. Beto was a fitness instructor there and one day he had forgotten his music for his class. So he quickly improvised by using the Latin

music tapes he had in his car and combined that with some dance steps. His class was spell bound and they asked him for more. The rest is history. Today there are thousands of Zumba instructors all over the world!

Remember....."Dancing every week can relieve stress, help maintain a healthy weight, decrease blood pressure and reduce risk of cancers, diabetes and heart disease and make you feel beautiful. So take care of that precious mind, body and spirit.... Dance!!"

YMCA ZUMBA DROP-IN CLASSES

Ditch your traditional workout today....come join the party....we have 11 certified ZUMBA instructors at the YMCA in Brandon!!

WEEKLY CLASSES WEDNESDAYS @ 5:30 PM & SUNDAYS @ 10:45 am

Members: **Free**

Non-Members: Day Pass



Work for the YMCA

Lifeguard and/or Swimming Instructor

Starting Salary: \$9.50

Qualifications

- ★ NLS Certification
- ★ Lifesaving Instructor Certification
- ★ First Aid and CPR C certification
- ★ Life guarding/instructing experience
- ★ Criminal Reference Check
- ★ Child Abuse Registry Check

If you are interested in this position please send a letter of application and resume to:

Jennifer Adams, Aquatics Director
Brandon Family YMCA
231-8th Street,
Brandon, MB R7A 3X2
ymca.aquatics@wcgwave.ca

YMCA Board Update

On December 3, 2009, the Brandon Family YMCA held its 123rd annual general meeting.

Hosted by outgoing Board President, Trent Sholdice, this year's AGM was held at the Trails West Inn. Approximately 50 guests joined us to hear a recap of a successful 2008—2009 fiscal year.

Lon Cullen, CEO, said a few words and introduced our brand new 104-space childcare centre—Y South Early Learning Centre which opened in November.

The Board of Directors for 2008—09 were:

- Gord Boulton
- Jarod Crane
- Blair Filyk
- Dr. Shaun Gauthier
- Will Goodon
- Harley Grouette
- Caroline Klein
- Tanya Knight
- Jordan Ludwig
- Norine Mitchell
- Ricky Paggao
- Terry Parlow
- Hope Roberts
- Trent Sholdice

The meeting included welcoming two new Board members: *Jason Roblin of Meyers, Norris, Penny and Tracey Schmitz of TD/Canada Trust.* Two Board members retired from the Board this year: Tanya Knight, and Dr. Shaun Gauthier.

The highlight of the event was the recognition of two individuals:

Shirley Brown was recognized for 30 years of service as a YMCA employee. Congratulations, Shirley!

Tanya Knight, Past Board President, was honoured for her outstanding volunteer contribution to the Brandon Family YMCA. Tanya has served on the Board of Directors since 2000 and has worked on many different YMCA projects in that time, including Board President, Chairperson of the YMCA Dinner Auction, and Strengthening Our Core Campaign Cabinet volunteer. Thanks, Tanya!

Also in attendance at the AGM were donors to the *Strengthening Our Core* and *Strong Kids* campaigns.

We would like to say a huge thank you to all of our donors.



Shirley Brown



YMCA

We build strong kids,
strong families, strong communities.



Jason Roblin



Tracey Schmitz



Tanya Knight

Mission Statement

The Brandon Family YMCA is a charitable association dedicated to providing quality programs and services for all individuals in the development of **Spirit, Mind, Body.**