

THE SCOOP



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OHIO VALLEY YMCA

EAST LIVERPOOL YMCA • CALCUTTA YMCA PROGRAM CENTER
TORONTO YMCA PROGRAM CENTER • GATEWAY WELLNESS CENTER
YMCA WELLNESS CENTER AT ST. JOHN ARENA

Summer 2016

ymcanet.org

VOLUME 2 ISSUE 8

AUGUST NEWSLETTER



Tips for Parents

Starting the new school year can be a time of great excitement... and anxiety. Help calm your child's fears (and your own) with these teacher-approved tips.

MEET THE NEW TEACHER

For kids, one of the biggest back-to-school fears is "Will I like my new teacher?" Breaking the ice early on is one of the best ways to calm everyone's fears. Take advantage of your school's open house or back-to-school night. Some teachers welcome phone calls or e-mails — another great opportunity to get to know each other before the year begins.

TOUR THE SCHOOL

If your school hosts an open house, be sure to go. Familiarizing your child with her environment will help her avoid a nervous stomach on the first day. Together you can meet her teacher, find her desk, or explore the playground.

CONNECT WITH FRIENDS

A familiar friend can make all the difference when heading back to school. You might try calling parents from last year's class and finding out which children are in your child's class this year. Refresh these relationships before school starts by scheduling a play date or a school carpool.

TOOL UP

Obtain the class supply list and take a special shopping trip with your child. Having the right tools will help him feel prepared. While keeping basic needs in mind, allow for a couple of splurges like a cool notebook or a favorite-colored pen. These simple pleasures make going back to school a lot more fun.

CHAT ABOUT TODAY'S EVENTS AND TOMORROW'S PLANS

While it is important to support learning throughout the summer, don't spend the last weeks of summer vacation reviewing last year's curriculum. All kids need some down time before the rigors of school begin. For some kids, last-minute drills can heighten anxiety, reminding them of what they've forgotten instead of what they remember.

EASE INTO THE ROUTINE

Switching from a summer to a school schedule can be stressful to everyone in the household. Avoid first-day-of-school mayhem by practicing your routine a few days in advance. Set the alarm clock, go through your morning rituals, and get in the car or to the bus stop on time. Routines help children feel comfortable, and establishing a solid school routine will make the first day of school go much smoother.

Source www.pbs.org



Child care facilities, preschool programs, schools and colleges are prone to outbreaks of infectious diseases. Children in these settings can easily spread illnesses to one another due to poor hand washing, not covering their coughs, and other factors such as interacting in crowded environments.

States may require children who are entering child care or school to be vaccinated against certain diseases. Colleges and universities may have their own requirements, especially for students living in a dormitory. Parents should check with their child's doctor, school or the local health department to learn about the requirements in their state or county.

Source www.nphic.org

CHILD WATCH

Child Watch Hours

Monday – Friday 4:30 – 8:30pm
Saturday 8:00 – 11:00am

Summer Child Watch Hours*

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Saturday 8:00 – 11:00am

*(Summer Child Watch hours end Friday August 5)

GET CONNECTED

- ✓ Like us on Facebook
Steubenville YMCA
East Liverpool (Downtown) YMCA
Calcutta YMCA
- ✓ Visit us at online at www.ymcanet.org

QUESTIONS, COMMENTS, IDEAS?

Contact Aimee Livingston, Marketing
at 740-264-7183 or alivingston@ymcanet.org

GENTLE yoga

Performing gentle yoga stretches, movements, and breathing techniques that promote relaxation, flexibility, and ROM (Range of Motion).

This is an excellent class for beginners and seniors and anyone recovering from an injury or surgery.

Standing and seated positions only (no floor).



BEGINNING MONDAY AUGUST 1
EVERY MONDAY, WEDNESDAY & FRIDAY 10:15 - 10:45AM

YOUTH SPORTS

NEW SESSION COMING SOON!

PRESCHOOL SPORTS

In this program children will participate in fun new sports, learning the importance of exercise as well as socialization skills.

BASKETBALL

Did you know basketball was invented at the Y? In 1891, Dr. James Naismith, a clergyman, educator and physician in Massachusetts, created an indoor "athletic distraction" to keep rowdy youth busy in the cold New England winter months. Dr. Naismith decided the game had to be physically active, simple to understand and would have minimal physical roughness. The original game was played with a soccer ball and two peach baskets nailed to the balcony of the Springfield YMCA in Massachusetts.

BASKETBALL SKILLS AND DRILLS

Participants in YMCA youth basketball programs build skills, learn about teamwork, and focus on sportsmanship preparing them for key milestones on their developmental journey.

KINDERHOOPS

Participants will practice dribbling, passing and proper shooting technique while learning the value of participation, fair play, good sportsmanship and proper attitude. Hoops are lowered to approximately 8.5 feet and junior-sized basketballs are used.

VOLLEYBALL

Got game? Hit the hardwood with the folks who invented the game - the Y! No one tops our legacy. Originally called mintonette, volleyball was created by the YMCA. The experimental game of mintonette combined a variation of the badminton net with elements of basketball, the German game of fistball and handball. The first volleyball game was played at Springfield College in 1896.

VOLLEYBALL SKILLS AND DRILLS

The YMCA volleyball skills and drills program is for children (boys and girls) in grades 3-12. Players will learn the fundamentals of volleyball while implementing teamwork and developing friendships.

For more information on upcoming programs please call: 740-264-7183.

BIRTHDAY PARTIES & RENTALS



Castle House and Sports Challenge may differ slightly from picture.

Celebrate your child's birthday at the Y! The YMCA Wellness Center at St. John Arena offers several party package options for use of the multi-purpose room, gymnasium and bounce houses!

Parties are held on Saturday afternoons and evenings.

We also offer room rentals for Baby Showers, Wedding Showers, Meetings, etc!
Contact Aimee Livingston at 740-264-7183 or alivingston@ymcanet.org

BEGINNING IN NOVEMBER

INDOOR SOCCER

An instructional league that introduces young athletes to the game at an early age and quickly enables them to build their skills. While older soccer players can stay fresh and sharp in the off season. We encourage fair play, positive competition, and family involvement. Soccer is an exciting sport combining team play and individual skills.

INDOOR CO-ED FUTSAL SOCCER

The YMCA Soccer Program helps kids become better soccer players. It's a progressive program, with multiple age-specific levels. Every child gets to play and the games are safe, exciting and fun.

DID YOU KNOW?

Did you know that crunches won't give you a flat belly?

One of the most persistent fitness myths is that crunches will slim your midsection. In actual fact, crunches burn very few calories, so, if you want a slim waist, you will need to combine crunches with a healthy diet and some, calorie burning cardio exercise.