

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

Fall 2016

ymcanet.org

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SEPTEMBER NEWSLETTER



HISTORY OF LABOR DAY

LABOR DAY: WHAT IT MEANS

Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country.

FOUNDER OF LABOR DAY

More than 100 years after the first Labor Day observance, there is still some doubt as to who first proposed the holiday for workers.

Some records show that Peter J. McGuire, general secretary of the Brotherhood of Carpenters and Joiners and a cofounder of the American Federation of Labor, was first in suggesting a day to honor those "who from rude nature have delved and carved all the grandeur we behold."

But Peter McGuire's place in Labor Day history has not gone unchallenged. Many believe that Matthew Maguire, a machinist, not Peter McGuire, founded the holiday. Recent research seems to support the contention that Matthew Maguire, later the secretary of Local 344 of the International Association of Machinists in Paterson, N.J., proposed the holiday in 1882 while serving as secretary of the Central Labor Union in New York. What is clear is that the Central Labor Union adopted a Labor Day proposal and appointed a committee to plan a demonstration and picnic.

Source: www.dol.gov

September Is National Childhood Obesity Awareness Month

One in 3 children in the United States are overweight or obese. Childhood obesity puts kids at risk for health problems that were once seen only in adults, like type 2 diabetes, high blood pressure, and heart disease.

The good news? Childhood obesity can be prevented. Communities, health professionals, and families can work together to create opportunities for kids to eat healthier and get more active.

How Can National Childhood Obesity Awareness Month Make A Difference?

We can all use this month to raise awareness about the obesity epidemic and show people how they can take steps toward a solution.

Here are just a few ideas:

- ◆ Encourage families to make small changes, like keeping fresh fruit within reach or going on a family walk after dinner.
- ◆ Motivate teachers and administrators to make schools healthier. Help them provide healthy food options and daily physical activities for students.
- ◆ Ask doctors and nurses to be leaders in their communities by supporting programs to prevent childhood obesity.

CHILD WATCH

Fall Child Watch Hours

Monday	5:00- 8:00pm
Tuesday - Friday	4:30 - 8:00pm
Saturday	8:00 - 11:00am

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



In observance of
LABOR DAY we will be
closed Monday, September 5

*Have a Safe &
Happy Holiday!*

STRENGTHEN & TONE WITH FLORA IS BACK!!



**BEGINNING MONDAY
SEPTEMBER 12**

**EVERY MONDAY, WEDNESDAY
& FRIDAY 10:15 - 11:15AM**

YOUTH SPORTS

REGISTRATION NOW OPEN

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.

NEW SESSION COMING SOON!

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
Registration Coming Soon!

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 a 10 minute workout is more than enough?

On days when you can't swing a 45 or more minute session, focus on increasing your heart's health with quick workouts that still get your heart rate up. A strong heart means the blood can flow quicker and future workouts will be easier.