

# MEMBER NEWS



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

ORTHMAN COMMUNITY YMCA

103 E. 10th St. Lexington, NE

August 2014

www.ymcaoflex.com

## MONTHLY MEMBERSHIP UPDATE

### BECAUSE OF THE Y

## MAKING AN IMPACT IN THE LIVES OF KIDS

A new youth sports season is just about to begin at the Orthman YMCA, and Mike Gomez is just as excited as the kids.

Since the Y began in Lexington, Mike has volunteered as a youth sports coach in everything from flag football to softball and t-ball. And, even though he's not a huge fan of soccer, he also helped out in that sport.

There's one thing that always keeps him coming back.

"I enjoy seeing them smile when they do something good," Mike said about coaching kids. "Just to see the smile on their face makes you feel good."



Mike Gomez

Hitting a baseball for the first time or making their first out gives kids a boost of confidence and that smile that Mike likes.

Mike has enjoyed coaching his own children — Kaylee, 8, and Jackson, 6 — as well as their fellow teammates. He likes to research and discover new and innovative ideas for teaching kids the fundamentals of sports.

When he's not volunteering, Mike works full-time at the Nebraska Department of Roads and had previously worked at Tenneco for 18 years until it closed. He also has served as a volunteer fireman since 2001.

He has even found time to enjoy some group cycling classes at the Y.

"I really enjoy the spin classes too," Mike said. "The teacher kicks your butt. That's what I like."

Mike encourages others to get involved in exercising or coaching at the Y. He welcomes new coaches to volunteer with him or on their own if they are comfortable. Please contact Erick Flores at the Y if you would like to volunteer for this fall's flag football program.

### BUILDING HOURS

M-Th: 5:30 a.m.-9 p.m.

Fri: 5:30 a.m.-8 p.m.

Sat: 8 a.m.-4 p.m.

Sun: 1-5 p.m.

### NEW CLASS

A new kickboxing class has been added to the group exercise schedule. Cardio Kickboxing began August 18. The class is offered on Mondays, Wednesdays and Fridays from 5:30 a.m.-6:15 a.m. and on Thursdays from 5:15-6 p.m.

This class, as well as all group exercise classes, are included in your Y membership. There's no registration or extra payment required. Just show up when you can.

### PUT PLAY IN YOUR DAY

How can busy families put more play in their days?

- Spend at least 20 minutes doing something physically active as a family, ideally outside. Play fetch with the dog, a game of tag before dinner or take a bike ride to the bank or post office.
- Schedule family recess time by putting play on the weekly schedule, just like soccer games and piano practice. Block out time for a trip to the playground.
- Turn chore time into play time. Crank up the stereo for a Saturday clean the house party.

## FLORES BEGINS WORK AS NEW PROGRAM MANAGER

Erick Flores has been hired as the new program manager for the Orthman Community YMCA. Erick is originally from Los Angeles, where he graduated from Los Angeles Senior High School. He is currently finishing a degree in Criminal Justice at the University of Nebraska at Kearney.

During his college years, he worked full-time with youth at the Youth Rehabilitation Treatment Center in Kearney.

"My interest in the Y starts with my passion for fitness," Erick said. "I wanted to diversify my career experience, especially in the area of sports."

Erick's parents and two sisters also live in Lexington, so he is close to family with his new career. He also is fluent in Spanish, which is a huge asset to the Y in helping all cultures feel welcome.

"I was interested in being closer to my family and also helping the Spanish-speaking community overcome communications challenges in providing translation services at the Y," Erick said.

At the Y, Erick will plan youth development programs and some adult programs.

"I hope to add a comfortable atmosphere where all members feel good about themselves and about the staff that are around to help meet their goals," Erick said.

Outside of work, Erick's hobbies include cross fit, mixed martial arts and bodybuilding.

"I aspire to get the chance to compete professionally in either one of my hobbies someday," Erick said. "I feel like my determination in sports has helped me break through mental barriers and has revealed a level of perseverance I never knew I had, and that is a message I hope to share with the members of the Lexington community."



**Erick Flores**

## UPCOMING PROGRAMS

Children will learn about more than passing a ball or catching a pass with YMCA youth sports. They also learn about character, teamwork and fair play.

**Register by Aug. 25 for all youth programs.**

### **Jr. Minutemaids Volleyball:**

Grades K-5

Sept. 8-Oct. 13

Mondays, 6:30-7:30 p.m.

Fee: \$18 m./\$25 nm.

Location: Bryan Elementary

The first two weeks will include drills and games that will develop proper technique for serving, hitting, setting and passing. The following weeks will be a combination of fundamentals and games.

### **Jr. Minutemen Flag Football:**

Ages 3-Grades 5, Sept. 9-Oct.

14, Tuesdays, 5:30 p.m. or later

Fee: \$18 m./\$25 nm.

Location: Optimist Complex

Game days will have a 30-minute practice followed by a 30-minute game.

### **Jr. Minutemaids Cheer:**

Ages 3-Grades 5, Sept. 9-Oct.

14, Tuesdays, 5:30 p.m.

Fee: \$18 m./\$25 nm.

Location: Optimist Complex

Participants will cheer for the Y flag football games.

### **Stamp Camp:**

Grades K-5

Oct. 30—Dec. 11

Thursdays, 5:30-6:30 p.m.

Fee: \$18 m./\$25 nm.

Location: Orthman Y

Children will enjoy creating and mailing greeting cards and other crafts. Supplies provided.

## NEW BUILDING UPDATE

With school starting in Lexington last week, construction has been focused on the school side of the joint YMCA/middle school facility.

"We are very excited about how the school side looks," said YMCA Site Manager Katie Bohnhoff. "We are looking forward to work beginning to progress now on the YMCA side."

There has been a delay in the installation of the wood flooring in the gymnasium and group exercise room, but they hope to begin in the next few weeks.

The new YMCA is expected to open in the late fall of 2014.