



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

September Newsletter

Desert Foothills Family YMCA

Events

48th Annual Y Race
(10-8-16)

ASHI Babysitting
Certification
(10/8/16 & 10/15/16)

Dodgeball Madness
(10-14-16)

Family Carving
Nights
(10-26/10-27)

Mommy and me
Yoga
(Fridays)



Ten Healthy Lunch Options

It's that time of the year again, when the kids go back to school and the family's weekly schedule is jam-packed with activities. With all that's going on, it can be tough to make sure that everyone is getting the proper nutrition that they need on a daily basis, especially when it comes to lunch options. It's already a challenge to get dinner on the table on time and not give in to take out every day, so how can you make sure that your family members are eating healthy meals during the day? The Valley of the Sun YMCA is focused on encouraging healthy living, and with that in mind, here are some ideas that can help you make your family's midday meals a success.

- Prep ahead to make lunches easier for your





family. There is no doubt that the free lunch programs offered at schools are valuable resources for many parents, and they provide well-balanced meals that children enjoy. If you want to have a bit more control of the nutrition in your child's meal, packing lunches can be a wise choice that can help your entire family stay healthy.

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Join us for the Y Race on October 8!

We invite competitive runners of all ages, families who want to run or walk together to take part in the Y Race Phoenix on October 8 from 6 am to 11 am. The race features free child care and parking, a Kids' Village and live music for the entire family to enjoy. The scenic rolling course starts and finishes at the 16,000-acre South Mountain Park, the largest municipal park in the country. Runners and walkers of this chip-timed race will get free t-shirts and finisher medals for their participation. Group and individual registrations are available. The fun event is the oldest road race in the Arizona and proceeds benefit military families and provide members of the Armed Forces with YMCA membership subsidies. With a Half Marathon, 10K, Family 5K and Stroller Dash, there is something for everyone! To find out more, visit <http://yracephoenix.com/>.



Celebrate the Weekend at the Y's Super Saturday Events

Are you looking for something fun to do with your family over the weekend? Look no further than your local YMCA! We're making Saturdays super this fall with fun family events featuring interactive activities, new fitness classes, free child care and much, much more. We're hosting these events at many of our branches to celebrate you and thank you for being a part of the Y family. We want you to feel appreciated and valued and these events are just one of the many ways that we are adding benefits to your membership. These events are free for our members and we encourage you to come out and enjoy Saturdays on us, as you spend quality time with your family and get healthy together!

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Teens Encouraged to Sign Up for the Y's Youth and Government Program

Is your teen is looking to be more involved in their community and gain a broader perspective in state, national and international politics and policy? Would your teen like to interact with other like-minded individuals and broaden their leadership, communication and critical thinking skills? The YMCA's Youth and Government program could be a good option for them. The program is open to those in grades 6-12, and teens are taught the principles of a democratic society and are given leadership roles in the models of judicial, legislative and executive branches of local, state and national government. Youth and Government participants meet in groups throughout the year to discuss and debate issues that affect citizens of their state and to propose legislation. The program culminates with teens serving as delegates at their state conference, debating bills on the floor of the legislature. To find out more, visit <https://valleymca.org/get-involved/community-programs/youth/youth-government/> or contact Brooke Baumer at brooke.baumer@vosymca.org.

Leaders Club at the Desert Foothills Y

Starting September 15th, 5:00pm-6:00pm

Are you interested in becoming a leader in your Y and community? Check out Leaders' Club, a program designed to help teens gain a healthy spirit, mind and body through physical fitness, volunteerism and team building.

Free to Teens in the Desert Foothills Community

Contact: Lexi Olivera alexia.olivera@vosymca.org

Winter Sports at the Y

Registration Open Oct 1st

YMCA youth sports offers several programs to help keep your kids active throughout the year. We offer leagues and programs for the player new to the sport - wanting to learn the basics, along with leagues and programs for the players looking to take their game to

the highest level of competition. The YMCA has something for everyone!

How To Register:

- OVER THE PHONE AT 602-404-YMCA
- ONLINE AT www.VALLEYYMCA.ORG/DESERTFOOTHILLS
- In person at the Desert Foothills Family YMCA

[Click here to see Winter Sports 2016](#)



Guide to Fall Family Fun at the Y

Our guide to your fall family fun is in! Click below to view all the great programs and activities going on at your Y this fall.



Employee Spotlight:



Member Spotlight:

Tina and Mitch Defer

Coaches Tina and Mitch Defer have been coaching for five years at the Glendale/Peoria YMCA. The couple loves helping young athletes grow in their abilities, and after 20 seasons spent coaching recreational and competitive teams, they have been able to make a difference in the lives of countless young people.

Their specialty is coaching volleyball, and they are currently leading three separate competitive teams at different talent levels. They are very good at what they do, and youth athletes look forward to being a part of the Defers' teams every season. In fact, there are about 25 to 30 players who request them as their coaches regularly, and this level of involvement is just an example of the type of enthusiasm and excitement that they instill in their team members.

There is no better confidence builder than working hard to achieve a goal, and when youth take part in a team effort, it can help build their self-esteem in many ways. While physical activity and sports can positively affect aspects of personal development among young people, studies suggest that the quality of coaching plays a key role in maximizing these effects. Coaches like the Defers are dedicated to nurturing the potential of each one of the young athletes on their teams by creating a supportive environment where they can thrive. They make sure that their team participants experience that sense of achievement that comes from playing the game to the best of their abilities, and the Defers focus on building their confidence while making them more aware of the unique talents that only they possess.

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Meredith Metzger

Meredith Metzger spent 30 years raising Quarter Horses and competing in equestrian events, but her injuries caught up to her, and she had to quit riding. Having to retire from doing something she loved was challenging, but it also led her to re-shift her focus to working in an office, spending time with her grandchildren and raising goats.

After years spent nurturing others, Meredith often neglected taking care of herself. And sitting in front of a computer all day, unless she was running back and forth between her two offices, was not allowing her to stay in shape the way she wanted to. Even though she passed by the YMCA every day on her way to work for 32 years, she had never gone in to see what the organization offered. In May 2016, she decided that it was time to get into shape and she went in to the Mesa branch. It was then that she decided to take the plunge and become a member of her local Y.

Meredith is happy with her decision to join the Y, as it has allowed her to reach her health goals and lead a more active life. She credits the staff at the Mesa YMCA with motivating her to get into action, and with helping her maintain her fitness prowess.

"Everyone is so very nice there and they are willing to work with you no matter what your ability is, or lack thereof," Meredith says. "I think that most surprising thing about the Y is that there are all age groups there and we all want the same thing - to stay fit. I am so pleased with my progress at the Y that I tell everyone how wonderful the training is and how individualized the training can be."

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