

# THIS IS YOUR Y



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**MONTGOMERY COUNTY  
FAMILY YMCA**

101 E. Cherry St., Red Oak, IA 51566

July 2023

[www.mcmymca.com](http://www.mcmymca.com)

## "WHERE THE COMMUNITY COMES TOGETHER"

**The YMCA will be CLOSED on Tuesday,  
July 4th, 2023 for Independence Day.**

### VOLUNTEER OPPORTUNITIES

Our volunteers are the soul of the Y; without their selflessness we couldn't do the work we do every day to help kids, families and communities thrive. By bringing people together from all walks of life around a shared purpose to do good, the Y is creating a stronger, more cohesive community. Together, we're building a better us.



#### July Can/Bottle Month

Donations can be made at the new DROPPETT building at 210 S. Broadway. Go to [www.droppett.com](http://www.droppett.com) to create an account to participate and be registered online to receive your can/bottle refunds.

#### County Fair Bingo

Friday, July 21st at the Gold Fair Building.  
Give out prizes and call bingo numbers. Shifts 1 p.m. - 4 p.m., 12:45 p.m. - 2:15 p.m., and 2:15 p.m. - 4 p.m. are available.

#### YMCA Annual Maintenance Clean Week

August 14th - 20th

If anyone would like to help with yard work, cleaning inside, painting, etc., anytime during 8 a.m. - 4 p.m.

#### YMCA Golf Tournament

Thursday, August 31st 10:30 a.m. - 1 p.m. at the Red Oak Country Club. The YMCA needs betting hole volunteers, help with set-up, registration, and take-down starting at 10:30 a.m. It's fun and all volunteers are treated to a meal.

For more information, please call Program Director Matt Davis at 712-623-2161 or e-mail him at [mattd@mcmymca.com](mailto:mattd@mcmymca.com).

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### YOUR YMCA STAFF EXECUTIVE DIRECTOR

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**\*If you have questions or  
wish to receive this  
newsletter via e-mail,  
please e-mail  
[astewart@mcmymca.com](mailto:astewart@mcmymca.com)**

Are you interested in finding out more about the national YMCA movement?

Visit the Y-USA website  
<http://www.ymca.net>  
to learn more.

### STAY & PLAY

This program has been designed to bring tourism into Red Oak and to "Stay & Play" in Red Oak. For only \$99+ applicable taxes, (double occupancy) you will enjoy:

One (1) Night stay at the Red Coach Inn Voucher for your choice of indoor tennis, 18 holes of golf, or three tickets to a live production at the Wilson Performing Arts Center, and Red Oak Retail Coupon Book with over \$100 in Savings!

Visit [www.redcoachredoak.com](http://www.redcoachredoak.com) or call 1-800-544-6002 for details & reservations! \*\*Advance reservations required. Blackout dates and other restrictions may apply.\*\*

For more great places to visit while you're in town, go to [www.redoakiowa.com](http://www.redoakiowa.com).



**RED COACH**  
Inn & Suites

1200 Senate Ave. Red Oak, IA

712-623-4864

[www.redcoachredoak.com](http://www.redcoachredoak.com)

Like us on Facebook & Twitter

### JR. HIGH FITNESS

Let us teach your 6th - 8th grade kids how to safely and properly use the weight room so they can work out with you!

Contact Executive Director  
Carrie Shalters at  
712-623-2161 or  
[cshalters@mcymca.com](mailto:cshalters@mcymca.com)  
for more details.



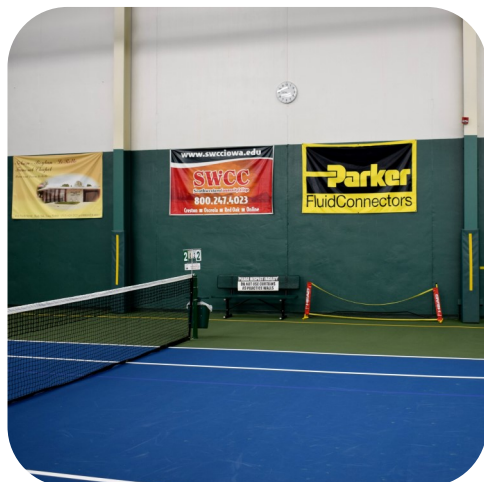
## ADVERTISE AT THE Y!

Have your business be seen by the over 2,500 members and guests that use the YMCA each year. Your customized vinyl or cloth banner will showcase your business in an exciting and active environment by having it displayed around the YMCA's indoor running/walking track, indoor pool, or Carder Tennis Center.

Show Montgomery County that your business or organization promotes Youth Development, Healthy Living and Social Responsibility.

**Vinyl 2'x4' Banner**  
**Year 1: \$175**  
**Year 2 - 4: \$125**  
**Year 5 & Up: \$100**

**Cloth 2'x6' Banner**  
**(1'x1' area at bottom**  
**under our core values**  
**of Respect, Honesty,**  
**Responsibility &**  
**Caring)**  
**Year 1 & Up: \$75**



## PROGRAM SPOTLIGHT YOUTH TENNIS

Teaching for the past 4 years, Instructor Micayla Taylor, has enjoyed imparting the skills she learned as a Red Oak High School varsity player and as an assistant instructor under Rudy Kinard.



Top Left Advanced NJTL, Top Right NJTL 6th Grade & Up, Bottom Left Tiny Tots Tennis, Bottom Middle NJTL 1st - 3rd Grade & Bottom Right NJTL 4th - 5th Grade





## HEALTHY KIDS DAY

Thank you to the Nishna Valley Family YMCA for the use of the bounce houses, the Red Oak City Pool for letting us use the pool for the coin dive, Red Oak Hy-Vee, Red Oak Fareway, Daniel & Gerry Lundgren, Gloria Thompson, Jody Hossle, John & Deb Blomstedt, Lowell & Jan Burnison, Michelle Hartfield, Nick & Nancy Zimmer, and Robin Connolly for the food donations. Lastly, thank you to the Red Oak Fire Department, Red Oak Police Department, Iowa State University Extension and Outreach Office, and to all the volunteers who came out on a Saturday to help make the Healthy Kids Day an exciting (and healthy) experience for the community.



## FATHER'S DAY RAFFLE WINNER

The winner of the Father's Day drawing on June 16th was Jim Terry.

The gift was provided by United Farmer's Cooperative located at 203 West Oak Street in Red Oak and the Montgomery County Family YMCA.



## YMCA OF THE ROCKIES WINNER

The Montgomery County Family YMCA sponsored a drawing for a 2-night stay in a lodge room at either YMCA Snow Mountain Ranch or Estes Park Center in Colorado from June 30th, 2023 - May 1st, 2024 with blackout dates subject to availability.

The winning name that was drawn on Friday, June 23rd, was

All proceeds went towards the YMCA's Annual Campaign with monetary donations going towards helping with membership and program financial assistance and which allows us to provide new and exciting things like 24-hour access.



Picture placeholder



## JULY SCHEDULE

### Monday-Friday

5 am - 8 pm

### Saturday

7:30 am - Noon

### Sunday

2 - 5 pm

### POOL

### Monday-Thursday

5:30-7 am, 9 am-1 pm & 4-7 pm

### Friday

5:30-7 am, 9 am-1pm & 4-5:30 pm

### Saturday

9 - 11 am

### Sunday Closed

## JULY ACTIVITIES

Independence Day Closed

July 4th

Summer Camp Day Trips

July 11th & 27th

Red Cross Swim Lessons

Tuesdays & Thursdays

July 11th - August 3rd

Lifeguard Training

July 14th - 16th

## COMING IN AUGUST

Summer Camp Day Trip

FREE Adventure Day at Viking Lake

August 8th

Clean Week Closed

August 14th - 20th

Y Benefit Golf Tournament

August 17th

24-Hour Y Access

August 21st

## ALL Y FITNESS CLASSES FREE FOR MEMBERS!

Aqua Boot Camp  
Lifestyle Splash \* Aquacise  
Yoga \* Chair Yoga  
Strength Train Together  
Strength & Balance  
Pilates

## COURAGE LEAGUE

Sundays in June kids and their families met to play baseball. Thank you to all the volunteers who made the program possible! Jeff & Deb Blomstedt; Jeff, Ann & Landon Gigstad; Max, Ronnie, and Chloe DeVries; Bryton Bergren; Hunter Gilleland; Carter Bruce; Dawson Bond; and Kim Robinson.



The Y Would Like To Thank Our Newsletter Sponsors!

