

We build strong kids, strong families, strong communities.

City of Le Mars YMCA

June 2010

3rd Annual Le Mars Sprint Triathlon - September 11

The race starts with a 300 yard swim in the Le Mars Outdoor Pool. Some participants ask how many laps is 300 yards? Six laps. Others ask, is the pool heated? Yes! Next the triathletes pedal 15 miles out and back on blacktop. The race finishes with a 5k run through residential Le Mars, thirsty runners can stop at any of the water stations along the route.

Individuals and teams of 2-3 people can compete in the Sprint Triathlon. What Angela Loutsch, Aquatic Director, loves best about the Le Mars Sprint Triathlon is the variety of people who participate in this fun event.

All participants will receive a t-shirt, lunch and chip timing by All Sport Central. Top winners in each age division, overall top 3 males, overall top 3 females and overall top team will receive prizes.



SWIM 300 yards



BIKE 15 miles

RUN 5k



Need a team?

Do you need help finding teammates? The Le Mars YMCA will help match you with others who wish to participate in the Le Mars Sprint Triathlon as a team. Stop by the YMCA front desk and complete a quick form to be entered in our teammate finder. You can pick which event you want to complete for the team - swimming, biking or running. And let us know if you are a serious athlete hoping to place or just out to have fun. We will help find the right teammates for you.

SUX Tri Club

Join Today

- ✓ No fee to join
- ✓ Receive the weekly Tri Nudge newsletter emailed directly to you
- ✓ Participate in optional workouts led by qualified swimmers, bikers and runners
- ✓ Get tips to become a better triathlete
- ✓ Meet others that share similar interests as you

Contact Angela or Joyce at the Le Mars YMCA to join the SUX Tri Club.



News from the Le Mars Outdoor Pool

Make a Splash this Summer at the Outdoor Pool

Waterproof your children this summer with **swim lessons** at the Outdoor Pool. Classes are available for toddlers, preschoolers and children ages six and up. Three sessions of group swim lessons will be offered this summer, plus private and semi-private swim lessons will be offered throughout the summer. New this year are evening group swim lessons.

Is your child ready to take swimming to the next level? Join the Le Mars Stringrays Swim Team. **Swim team** participants practice four times per week and compete in-up to 4 meets during the summer.

Mix up your exercise routine this summer with water fitness classes. **Water fitness** is excellent exercise and is easy on your joints. Morning, noon and evening water fitness classes are available.

Get a great workout that is easy on your joints with **lap swimming**. Choose the most convenient time for you to swim laps with morning, noon or evening lap swim.

Enjoy swimming with family and friends this summer during **open swim**.

Triathlon Training Tips

Rest Days - Always leave a minimum of 1-2 days of no training each week. Your body will thank you and will prevent injuries.

Swim Lessons - If you are new to swimming, swim lessons will be incredibly beneficial to you.

Strength Training - Weights are very important and most often

overlooked for triathlon training. We need to keep our bones, tendons and joints strong. Strength training 2 times each week is a great injury prevention.

Cool Downs - A post run cool down eliminates lactic acid, brings your heart rate to normal and prevents muscle cramps. Walk for at least 5-10 minutes, the more the better.

Do a light, gentle stretch session after your walk. Later that day do a more intensive stretching.

Transitions - Bike to run will be the most difficult transition. To train for the bike to run transition run 5-10 minutes after your bike ride.

Source:
www.beginnertriathlete.com

Mark Your Calendars

Tumbling for Tots	June 16 - July 21
Youth Danceline & Cheer	June 16 - July 21
3-on-3 Basketball Tournament	June 18
USTA Tennis Lessons, Session 2	June 21 - July 1
Soccer Camp	June 21 - 25
Apple Tree Camp, Session 1	June 21 - July 2
USTA Tennis Lessons, Session 3	July 5 - 15
Apple Tree Camp, Session 2	July 12 - 23
Day Camp (1st - 3rd Grade)	July 12 - 16
USTA Tennis Lessons, Session 4	July 19 - 29
Day Camp (4th - 6th Grade)	July 19 - 23
Girls Volleyball Camp (3rd - 8th)	August 9 - 11
Le Mars Sprint Triathlon	September 11



S U M M E R C A M P S

Soccer Camp (4 - 14 Year Olds)

The city of Le Mars YMCA is delighted to invite Goal Kick Soccer Camps to host our 2010 summer camp for the seventh time. Goal Kick Soccer Camps bring qualified coaches to train and develop our children. This camp will focus on basic fundamentals of soccer through a variety of fun games and drills.

Location: West Floyd Soccer Complex

Days: Monday, June 21 - Friday, June 25

Times: 4-6 Year Olds 9:00-10:00am
7-10 Year Olds 9:00-11:00am
11-14 Year Olds 9:00-11:00am

Deadline: June 14

Fee: 4-6 Year Olds
Members \$35.00
Non Members \$50.00

7-14 Year Olds
Members \$55.00
Non Members \$70.00

Girls Volleyball Camp (3rd - 8th Grade)

The 2010 Volleyball Camp will be instructed by volleyball players from Northwestern College. This camp will concentrate on instructing your child the basic fundamentals, skills, teamwork & knowledge of volleyball.

Location: Main Gym

Deadline: August 4

Days: Mon. August 9 - Wed. August 11

Times: 3rd-5th Grade 9:00-11:00am
6th-8th Grade 11:00am-1:00pm

Fee: Members \$35.00
Non Members \$50.00

Apple Tree Day Camp (4 - 6 Year Olds)

Children 4-6 years of age are encouraged to join the fun at this 3 hour a day camp. Each day will consist of songs, crafts, games, physical activities, story time, and a snack. The teacher for this exciting camp will once again be Alison Bickford who is a licensed teacher.

Location: YMCA Meeting Room

Days/Times: Monday-Friday 9am-noon

Two sessions of Apple Tree Camp are available this summer. Each session is two weeks of action-packed fun. Children can sign up for both weeks, or the first week only or second week only of a session. Don't miss the fun, sign up today at the YMCA.

Session 1: June 21 - July 2

Session 2: July 12 - July 23

Day Camp at the Municipal Park (1st - 6th Grade)

Children entering grades 1st - 6th are encouraged to join in the fun at this day long camp at the Municipal Park. The children will be participating in daily crafts, archery, fishing, canoeing, physical activities and games, and swimming at the Le Mars Outdoor Pool in the afternoons. Snacks will be provided by camp, campers need to bring their own sack lunch.

Location: Le Mars Municipal Park

Days/Times: Monday-Friday 8am-5pm

Session 1:

1st-3rd Grade: July 12 - 16

Deadline: July 5

Session 2:

4th-6th Grade: July 19 - 23

Deadline: July 12

 City of Le Mars YMCA

241 12th Street SE
Le Mars, IA 51031

Phone: 712-546-6655
Fax: 712-546-6852
eMail:

Executive Director

Todd Lancaster - toddl@lemarsymca.org

Senior Program Director

Mark Jacobson - markj@lemarsymca.org

Aquatic Director

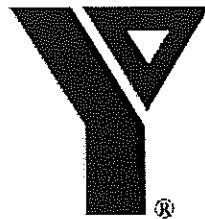
Angela Loutsch - angelal@lemarsymca.org

Administrative Assistants

Joyce Feuerhelm - joycef@lemarsymca.org

Krista Nilles - kristan@lemarsymca.org

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