

WHAT IS PICKLEBALL?

If you have not yet heard of Pickleball, you will soon. It is fast becoming a popular sport!

What is it?

Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis. The sport is played on a court with the same dimensions as a doubles badminton court. The net is similar to a tennis net, but is mounted two inches lower. The game is played with a hard paddle and a polymer Wiffle Ball.



Who invented the game?

In the summer of 1965, the usual familiar summer whine of "I'm bored" inspired two Dads, Bill Bell and Joel Pritchard, to invent the game. The game quickly caught on as it can be played by all ages, requires very little equipment and cost, and is easy to learn.

What equipment do you need?

The game requires a Pickleball very similar to a Wiffleball. A flat paddle

usually made of wood or graphite is used. Both of these items are still hard to find in stores but can be found online. Finally, a badminton-size court and net are needed.

Who can play?

That is the beauty of the sport; young children who have never played a racquet sport can play. As the sport can be played at any speed, the players set the pace of the game. This also makes it a popular game for older adults who may not be capable of moving around a court quickly.

Where can I play?

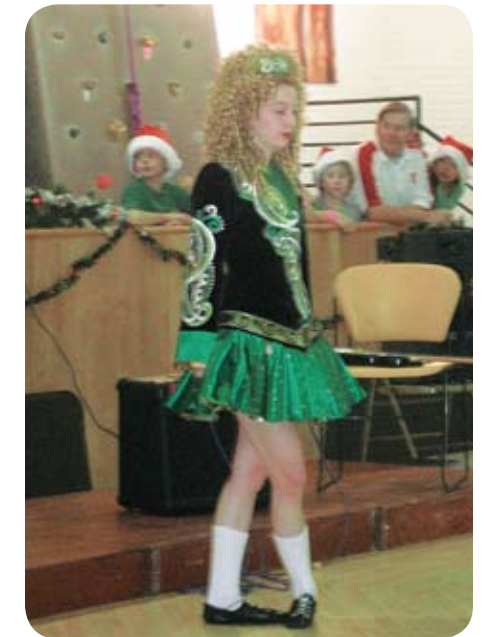
Right here at the Lattof YMCA! Art Michaely, who many of you know through his dedication to the game of racquet ball, will be introducing and instructing the game. If you would like additional information, please stop by the Member Service Desk. Give it a try, you never know it just might be your game!

HOLIDAY VARIETY SHOW

A huge thank you to all the performers who delighted our audience this past December during Lattof's first Annual Variety Show held in the Adventure Center.

The show consisted of singers, Irish dancers, and a magician! We also had solo pieces on the Flute, Violin, Drums, and Guitar.

The show ended with our very own Elves descending from our climbing wall with a very important message that Santa had arrived in our lobby!



NEXT NEWSLETTER

In our next edition of the Newsletter due out in summer, please let us know if you would like to see something featured. You may drop your ideas in our comment box located in the lobby by the Member Service Desk or send me an e-mail at dcarrroll@lattofymca.org

STAYING HEALTHY IN 2012

New Equipment

The Lattof YMCA installed new cardio and strength-training equipment as part of an investment by the YMCA of Metropolitan Chicago in all its fitness centers across Chicagoland.

The Y of Metro Chicago carefully researched the equipment options, and chose machines and training circuits that will provide the broadest positive health benefit to the members who use it.

Specifically, the Lattof Y will receive Cybex strength training equipment that targets all the main muscles of the body - legs, hips, glutes, calves, arms, abdominal and back. Cybex is the leading manufacturer of premium fitness equipment. It is the preferred vendor of the National Hockey League, is used by the United States Marine Corp and has been featured on the reality television show "The Biggest Loser."

Additionally, the Y of Metro Chicago will replace cardio equipment in each center across the network with Life Fitness and



Precor equipment, including treadmills, ellipticals and spin bikes. Precor designs equipment that helps workouts feel smooth and natural. Life Fitness is one of the top-selling fitness equipment manufacturers in the world.

"The YMCA is committed to promoting healthy lifestyles," said David Rodriguez, Executive Director of the Lattof YMCA. "This investment in updated, high-quality equipment will be a great benefit to current and potential

members, allowing us to have a greater impact on the overall health of the communities we serve."

For more information about how you can access the Y's new fitness equipment, as well as its other programs over the holidays and throughout the year, contact Katy Socha, Health and Wellness Director for the Lattof YMCA, at 847.410.5296 or visit us on line at www.lattofymca.org

WINTER SPORTS FOR KIDS!



Youth Sports

Youth sports are the most visible form of physical activity and are the primary source of activity for many children and adolescents. The Y is offering many sports classes to keep kids involved and active during the winter season.

Sports classes include Youth Volleyball, Sports of all Sorts, Floor Hockey, and

Sport and Swim. We also have a Youth Basketball League for kids grades 3-7. We are offering free sport programs for all ages. Don't let the cold weather and snow slow you down. Sign up now!

Contact Eric Woosley for further questions, 847.410.5304 or ewoosley@ymcachicago.org.

Calendar of Events

JANUARY

- 1 Northwestern Basketball Game
- 13 Kids Night Out
- 16 Lazy Man Triathlon
Incentive Program Starts
- 20 Family Open Climb
- 29 Father/Son Sport Adventure

FEBRUARY

- 2 Northwestern Basketball Game
- 10 Kids Night Out
- 12 Mother/Daughter Sport
Adventure
- 17 Family Open Climb

MARCH

- 4 Lacrosse Challenge
- 9 Kids Night Out
- 13 Triathlon Training Starts
- 16 Family Open Climb

Good To Know!

Did you know you can have a yearly towel service! The cost is \$50 for 12 months. This service allows you 2 towels each time you visit.

You may also purchase a towel at each visit. The cost is \$1 per towel.

We also have lockers to rent in both the men's locker room and the women's activity center. The cost is \$50 for 12 months for a kit locker.

If you refer a friend to the Lattof YMCA and they become a member, you as the referring member will receive a free month of dues.

We have basketballs, handballs, racquets and racquet balls available for loan at the Member Service Desk.

We offer free coffee in the lobby area. For these and any other questions, see a Member Service associate.

Adventure Center News



Lots to do This Winter

Winter is a very exciting time in the Adventure Center at the Lattof YMCA. We enjoy hosting Boy and Girl Scout and

other youth groups' overnight events. Children spend an action-packed evening at the Lattof YMCA climbing, swimming, shooting hoops, scrambling through the 'Mazing Kids and waking up in the morning to donuts.

There is a lot to do for the adults as well during the winter. Back for the winter is Couples High Ropes. Taught by a couple, these exhilarating excursions on our adventure course will utilize your problem-solving and critical-thinking skills to successfully work with your partner. This is a four-week mini-session beginning in January. Also, look for adult High Ropes beginning in February.

Whether you are a youth or an adult, there is plenty to do in the Adventure Center. For more information on these classes and all adventure programming check out the Lattof YMCA's Winter Guide, our website or call Sheri at 847.410.5289.



Lattof YMCA

WINTER 2012 NEWSLETTER



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MEET THE LEADERSHIP TEAM

DAVID RODRIGUEZ

David is the Executive Director of the Lattof YMCA. David can be seen throughout the building or in his office located in the hallway just off the lobby. David has an open door policy and constantly makes time to engage with our members and guests. You may also see David participating in a spin class, or a game of racquetball! David is always up for a fitness challenge, so bring it on!

DEE CARROLL

Dee is our Member Relations Director. She can be found just inside the main entrance in the membership office or visiting with members and guests around the building. Dee hails from Ireland. Rumor has it she kissed the Blarney Stone! Dee may be reached at 847-410-5277.

TOM MARCH

Tom is our Aquatic Director and can be found mostly on the pool deck. Tom's office is located just outside the main entrance to the pools across from the Tike Hut. Tom has been instrumental in building an enormously successful aquatics program. Tom may be reached at 847-410-5301.

KATY SOCHA

Katy is our Health and Wellness Director and can be found either in her office located across from the Wellness Center or on a spin bike teaching a class. I know firsthand she teaches an incredibly high energy spin class. Give it a try, it's fun. Katy welcomes all your health and wellness questions. Katy may be reached at 847-410-5296.

DON QUINLAN

Don doesn't need any introduction to most of our members and guests! Don is our Program Specialist. When not outside (his favorite place to be) he is leading our many indoor activities. Don also is a snowboard instructor. On a recent trip with our youth team they took much delight when Don took a slide down the slope! Don may be reached at 847-410-5279.

KELLY GIESE

Kelly is our Building and Property Engineer. He can be found well... too many places to mention! Kelly and his team keep us cool in the summer and warm in the winter. He also, among many other things, keeps our parking lot ploughed during the winter months.

KEEPING A HEALTHY LIFESTYLE

Dear Members,

Going into 2012, re-evaluate what you did in 2011 to better your health. If you didn't do anything at all, let's make the change in 2012.

The Lattof YMCA is here to help you, motivate you, and answer any questions that you may have. Let's make 2012 the year you make the change to living a better lifestyle.

This past year the Lattof YMCA has installed new cardio and strength-training equipment as part of an investment by the YMCA of Metropolitan Chicago in all its wellness centers across the Chicagoland area. Lattof is proud to have a new weight room and cycling studio to impact the overall health of the communities we serve.

We also offer more than 60 FREE group exercise classes, including the latest dance craze, Zumba. Get in and try out a class today. We also are offering specialty programs like Tai Chi, Personal Training, Triathlon Training and TRX training classes. Inquire with fitness department for more information.

Here a few tips to keep you motivated for achieving and keeping a healthy lifestyle:

Set goals:

Start with simple goals and then progress to longer-range goals. Remember to make your goals realistic and achievable. It's easy to get frustrated and give up if your goals are too ambitious.

Make it fun:

Find sports or activities that you enjoy, then vary the routine to keep you on your toes. Remember, exercise doesn't have to be drudgery - and you're more likely to stick with a fitness program if you're having fun.

Make physical activity part of your daily routine:

If it's hard to find time for exercise, don't fall back on excuses. Schedule workouts as you would any other important activity. You can also slip in physical activity throughout the day. Be creative! Take a walk during your child's music lesson, exercise during their swim lesson.

Put it on paper:

Are you hoping to lose weight? Boost your energy? Sleep better? Manage a chronic condition? Write it down! Seeing the benefits of regular exercise on paper may help you stay motivated. Recording your efforts can help you work toward your goals - and remind you that you're making progress.

Join forces with friends, neighbors or others:

You're not in this alone. Invite friends or co-workers to join you when you exercise. Work out with your partner or other loved ones.

Reward yourself:

After each exercise session, take a few minutes to savor the good feelings that exercise gives you. This type of internal reward can help you make a long-term commitment to regular exercise.

Be flexible:

If you're too busy to work out or simply don't feel up to it, take a day or two off. Be gentle with yourself if you need a break. The important thing is to get back on track as soon as you can.



Keep up with all that's happening at the Y! "Like us" for special savings, health tips, and so much more!

