

## Morgan Murphy

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**From:** YMCA of the Treasure Coast <engagesupport@daxkoengage.com>  
**Sent:** Friday, August 5, 2022 10:01 AM  
**To:** Morgan Murphy  
**Subject:** It's Back to School!



## Back-to-School Month

At the YMCA Preschool, we believe the values and skills learned early on are vital building blocks for quality of life and future success. If you would like to help our **preschool students learn, grow and thrive this school year**, please click the link below to purchase school supplies from our Amazon Wishlist!

[Amazon Wishlist](#)

You can also help by going to **Smile.Amazon.com** and choosing the YMCA of the Treasure Coast as your selected charitable organization! AmazonSmile will then donate 0.5% of all your future Amazon purchases at no extra cost to you!

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## Afterschool Care Begins August 10th

Afterschool at the Y keeps the summer fun going all year-round with swimming, academic enrichment and homework help from certified elementary teachers, arts and crafts, and so much more combine to ensure a safe, healthy, and high impact experience for your child.



**Reserve Your Spot Today!**

At the Stuart Branch, the program runs from school dismissal until 6:00 p.m. and until 5:30pm at the Indiantown Branch on all Martin County School District school days, including early release days. Transportation is included from JD Parker, Felix Williams, Jensen Beach, Pinewood, Seawind, and Port Salerno Elementary schools to the Stuart Branch and Warfield, Hope Rural, and Perkins Head Start Elementary schools for the Indiantown Branch.

At our St. Lucie locations, we offer both before and after school care. The program runs from 7:00am to school starts and from school dismissal until 6:00pm. Transportation is provided from our Bayshore Program Center to Blue Zone Schools and Bayshore Elementary and back. Our program is also offered at F.K. Sweet, Weatherbee, Village Green, and C.A.S.T. Elementary Schools with no transportation necessary.



Over the past 18 years, CharLea has taken just about every group exercise class that our YMCA has to offer! She loves the variety of classes and all the

instructors! "I think the Y has the best instructors, they are all fun and the music is always great!"

CharLea can't go a day without coming to the Y, "I take a group exercise class every day, it's just how I have to start my day".

She joined our Y when her oldest son, Scott, was very young and has stayed with us because the Y is so family-oriented. "I know everybody, and everyone knows us and it's like a big family!" Both her sons have grown up at the Y and have participated in our Youth Soccer and Homeschool P.E. programs as well as swim lessons.

CharLea and her 15-year-old son, Luke, both participated in our new 5-week Fit Zone Challenge 4 days a week with trainer Seth and Kathy's Level Up classes every Friday. Luke learned a lot and **lost 20 pounds in those 5 short weeks!** Luke now plans to continue his fitness journey throughout the school year with more [group exercise classes](#) and [personal training](#) sessions!

# LEVEL UP

If you feel like your weight loss or fitness journey has plateaued, try our Level Up classes in our NEW Fit Zone!

**Every Tuesday**

**[Seth 7:00-7:45am](#)**

**Every Friday**

**[Lori 8:00-8:45am](#)**

**[Kathy 12-12:45pm](#)**

Pay \$50 a month or a \$15 drop-in fee

Registration Required

Or purchase a class pass at our front desk for \$100 for 8 Level Up classes.

**CLASS PASS**



**YMCA OF THE TREASURE COAST 772-286-4444**  
Download our App 'YMCA Treasure Coast' for Class Schedules

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## Personal Training Special

### 1 Week Flash Sale!

Purchase a Personal Training package between **August 15th - 21st** to receive the following discounts:

- Six 30-minute sessions: \$200 (reg. \$225)
- Twelve 30-minute sessions: \$360 (reg. \$400)
- Six 1-hour sessions: \$340 (reg. \$360)
- Twelve 1-hour sessions: \$600 (reg. \$650)
- Six 30-minute buddy sessions: \$325 (reg. \$350)
- Twelve 30-minute buddy sessions: \$585 (reg. \$625)
- Six 1-hour buddy sessions: \$530 (reg. \$550)
- Twelve 1-hour buddy sessions: \$950 (reg. \$1,000)

Stop by our front desk or contact Tressa Everett at 772-286-444 ext 238 or [teverett@ymcatreasurecoast.org](mailto:teverett@ymcatreasurecoast.org).

**Find the Right Trainer for You**

## Rockin' The Riverwalk



In partnership with the City of Stuart, the YMCA is offering **FREE Pound Fitness classes** with instructor Renee Pino on the Riverwalk Stage in Downtown Stuart **every Monday** from August 8th - September 26th (*except for Labor Day*) **6:15pm - 7:15pm**.

Bring your own mat or towel and arrive early to reserve your Ripstix.

For more info call 772-288-5340

**RSVP & Share on Facebook**

## Body Combat Is Back!



The empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Taekwondo, Tai Chi and Muay Thai.

Class will be offered  
July 21st – October 20th  
**Thursdays 5:30pm-6:15pm in  
Aerobics Room with Jina.**



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## Spin Classes Are Back Upstairs

All spin classes will be back upstairs in our newly-renovated spin room beginning **August 15th** including:

- [Group Cycle](#)
- [Group Cycle Express](#)
- [Les Mills Sprint](#)
- [Strength & Cycle](#)

And more classes coming soon!



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## FREE Meditation and Tai Chi Classes

We are now offering Meditation and Tai Chi classes that are open to the public!



**Meditation will be offered every 1st and 3rd Sunday of the month 3pm - 4:30pm in the Wicina Center.**

This meditation group explores meditation techniques designed to calm the mind, open the heart, and awaken wisdom. The Stuart Terger Meditation Community is based on the "Joy of Living" teachings of Yongey Mingyur Rinpoche.

**Tai Chi will be led by volunteer, Bob G. on Sundays at 2pm in our Aerobics Room.**

Tai Chi is a gentle way to improve strength, flexibility, co-ordination and balance while helping to reduce stress and anxiety. It has also been proven to improve cardiovascular fitness, lower blood pressure, prevent falls and help people who have arthritis.

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## Summer Swim Lessons

### Weekday Sessions

Mon, Tues, Wed, Thurs Classes  
For 2 weeks (8 classes):

- August 8th - August 18th
- August 22nd - September 1st
- September 5th - September 15th

\$96 Members / \$120 Non-Members

### Saturday Sessions

Saturdays only for 6 weeks

- August 27th - October 1st
- October 15th - November 19th

\$72 members / \$90 Non-Members

### Private Lessons

(4) 30-Minute Lessons

\$95 Members, \$125 Non-Members

For scheduling inquiries, please email or call our Aquatics Director, Seth Gill at [sgill@ymcatreasurecoast.org](mailto:sgill@ymcatreasurecoast.org) or 772-286-4444 ext 258.



**Free swimming lessons** for economically disadvantaged Martin County children between the ages of 6 months and 17 years of age.

To qualify, Parent or Guardian must supply proof of residency in Martin County and income verification (i.e. proof of SNAP, Medicaid or free or reduced cost lunch eligibility.) A Parent or guardian must also attend a water safety class to ensure children stay safe. Register at our front desk.

[Click Here to Register](#)

[Class Dates & Times](#)

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## Lifeguard Certification Class

**Jeff Ellis and Associates**  
**Pool Lifeguard Certification**  
(Lifeguard, CPR, AED, First Aid, Oxygen  
Administration, & BBP)

Saturday & Sunday, August 13th-14th  
8:00am - 6:00pm

Participants must attend both sessions

\*Incoming Staff: \$0  
Members: \$240  
Non-Members: \$270

**Pre-registration Required**

\*Want to become a Lifeguard? [Apply Now!](#)



A promotional banner for Fall Youth Sports. It features a young woman in a white and blue basketball jersey holding a basketball. The background is orange with a white YMCA logo and the text "the Y YMCA". Below the logo, the words "FALL YOUTH SPORTS" are written in large, bold, orange letters. At the bottom, a white button with orange text says "REGISTER TODAY!".

Registration for Fall Youth Sports  
closes on August 22nd.

Season begins with practices the week  
of September 6th with games  
beginning on September 17th. Last  
game of the season will be on October  
29th.

Note: We are only offer Basketball this  
season. Soccer and Flag Football will  
return this winter once the field  
renovation is finished! Thank you for  
your patience!

**Click Here to Register**

## Archery Lessons for All Ages!

Join Erika White, USA Archery Level 2 Instructor, for Archery lessons at any age or any level:

**Wednesdays for 6 weeks  
August 31st – October 5th**

- BEGINNERS (ages 7+): 6-7pm
- INT/ADV (Ages 10+): 7-8pm

Equipment provided at no extra cost.



**Pre-registration Required**

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## Co-ed Volleyball Open Gym



Beginning August 17th, Volleyball will be available for ages 17+ Monday nights 7-9pm in the gymnasium.

Free for Members, \$5 drop-in fee for non-members.

Did you know that Volleyball was invented at a YMCA? [Click here to learn more.](#)



## EVENTS

### Give Back Night @ Tijuana Flats

**Wednesday, August 24th  
5:00pm - 8:00pm**



Come enjoy the best Tex-Mex and show your support for the YMCA at Tijuana Flats (1990 SE Federal Hwy, Stuart)!

Mention **Spirit Night** at the register or input promo code **SPNT175** when placing online/delivery/curbside orders on their website or app and 20% of your purchase will benefit the YMCA of the Treasure Coast!



**RSVP & Share on Facebook**

## The Amazing Race is Open for Business!



**Would you like 300+ prospective customers to come to your local business this fall?** We are looking for 10 Martin County and 10 St. Lucie County businesses to be stops in our annual Amazing Race events this November, and we want our members to be first pick. Race participants travel through Martin County by solving clues at each destination and the first team to the finish line wins!

If you are interested please contact [events@ymcatreasurecoast.org](mailto:events@ymcatreasurecoast.org) today!

# The Giving Pump



Drowning is the leading cause of death for children in Florida, especially those from underserved populations like Indiantown. Please help us give the children of Indiantown a safe place to learn to swim and have fun for the summer!

**Fill up for a good cause at the Shell Gas Station pump #7 and 8 at 15363 SW Warfield Blvd, Indiantown August 1st through October 31st.**

1¢ Per Gallon will be donated to the [YMCA Indiantown Pool Renovation Project](#)



## SPOTLIGHT

**Gwendolyn Ware-Kelly**

New Executive Branch Director  
for Indiantown and St. Lucie



Gwendolyn comes to us with over 24 years of experience in childcare! After attending Palm Beach State College for Sociology she worked with infants to school-aged children at a private daycare for a year. She then went on to Palm Beach County Head Start for over 14 years, working her way up from teacher's assistant to lead teacher to head teacher and finally mid-level supervisor. In 2013, Gwendolyn joined Community Partners of South Florida as a Child Development Specialist at two sites for a year then after being trained and certified she became a Parent Coach able to facilitate the Positive Parenting Program. We are very excited to have Gwendolyn join our team and we look forward to the difference she will make!

**Interested in Joining Our Team?**

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Connect with us on:



YMCA of the Treasure Coast | 1700 SE Monterey Road Stuart, FL 34996

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