

Morgan Murphy

From: YMCA of the Treasure Coast <engagesupport@daxkoengage.com>
Sent: Friday, January 7, 2022 11:45 AM
To: Morgan Murphy
Subject: What's New at the Y?

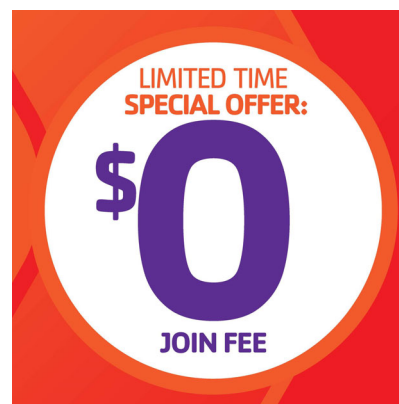
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Find Your Passion. Find Your Y.

At the Y, you'll find more than just a place to work out. With opportunities to connect with new people, develop new skills and explore new interests, you might just discover a new passion, too!

Make 2022 your best year ever with \$0 sign up fee and no contract!* When you join the Y, you join more than a gym. You become part of a community committed to transforming lives – mind, body and spirit.



JOIN TODAY!

**Offer valid through 1/31/22.*

Personal Training Specials



Half-Hour Training Packages

- Six 30-minute sessions: \$200 (reg. \$225)
- Twelve 30-minute sessions: \$360 (reg \$400)

Hour Training Packages

- Six 1-hour sessions: \$340 (reg. \$360)
- Twelve 1-hour sessions: \$600 (reg. \$650)

Buddy Training Packages

- Six 30-minute sessions: \$325 (reg. \$350)
- Twelve 30-minute sessions: \$585 (reg \$625)
- Six 1-hour sessions: \$530 (reg. \$550)
- Twelve 1-hour sessions: \$950 (reg. \$1,000)

**Special pricing valid through 1/31/22*

Let us help match you with the right trainer!

Stop by the Front Desk or contact:

Tressa Everett

(772) 286-4444 ext 238

teverett@ymcatreasurecoast.org



EVENTS

Celebrity Chef



Tickets include Celebrity Chef Hibachi Show with the Chef of your choice, choice of entrée (chicken, steak, vegetable, or shrimp dinner) and 2 drink tickets!

All this fun supports the YMCA of the Treasure Coast's 2022 Annual Campaign for healthy living, youth development and social responsibility for children, families, adults and seniors in our community. Last year the Annual Campaign raised over \$300,000 to support scholarships for those who couldn't otherwise attend our programs.

Questions?

Contact: kotto@ymcatreasurecoast.org

[CLICK HERE TO REGISTER FOR FEBRUARY 7th](#)

[CLICK HERE TO REGISTER FOR FEBRUARY 8th](#)

Youth in Government Program



Since 1936, YMCA Youth In Government, or "YIG" for short, has given students around the country the opportunity to serve as part of a youth-run, youth-led model government process.

The Florida YMCA Youth In Government program was founded in 1957, and for more than 62 years our delegates have been actively engaged with the issues that impact their families, schools, YMCAs, and communities.

YMCA of the Treasure Coast actively hosts YIG Programs in all 3 Martin County High School Sites (Martin, South Fork and Jensen) as well as 4 Middle School Sites (Hidden Oaks, Murray, Stuart and Anderson). Each of these programs run from September-April. They are led by YMCA YIG Advisors at each site, all reporting to the YMCA YIG Program Director. Students pay a one-time \$50 registration fee to participate at their school and then opt to participate in YIG trips for Fall District Conference and/or State Assembly. Additional assembly and travel fees apply in order to participate.

Please consider sponsoring a Youth In Government Teacher or help send a student to the Fall Conference.

[SPONSOR A YOUTH IN GOVERNMENT TEACHER](#)

SEND A STUDENT TO CONFERENCE

For more information please visit our website:
www.ymcatreasurecoast.org/youth-government

Parent's Night Out

Children ages 4-14 have fun while you enjoy a Friday night out! Children will swim, play sports & games, create arts & crafts and more!

The program includes a pizza and fresh fruit dinner. Bring your child's swimsuit, PJs & sleeping bag.

Online registration required.



FRIDAY NIGHTS:

1/21/22

2/11/22

3/11/22

4/15/22

6:30pm - 10:00pm

CLICK HERE TO REGISTER



35th Anniversary
Easter House

RAISING FUNDS FOR THE YMCA OF THE TREASURE COAST



Happy New Year! To celebrate we are giving away 50 FREE Easter House tickets to one lucky winner on January 15, 2022. That is 50 extra chances to win a new home or up to \$250,000 cash!

Simply complete an Easter House ticket purchase online between January 1st - 14th and you will automatically be entered into our 50 ticket giveaway drawing (no promo code required).

Our ticket giveaway winner will be announced on our [@OfficialYMCAEasterHouse Facebook page](#) on January 15th.

ENTER TO WIN 50 FREE TICKETS



The mission of Women in Philanthropy (WIP) is to use the values and life experiences of diverse women across generations to promote and collectively create healthier and more sustainable lives and communities. Women in Philanthropy inspire and cultivate a woman's philanthropic spirit.

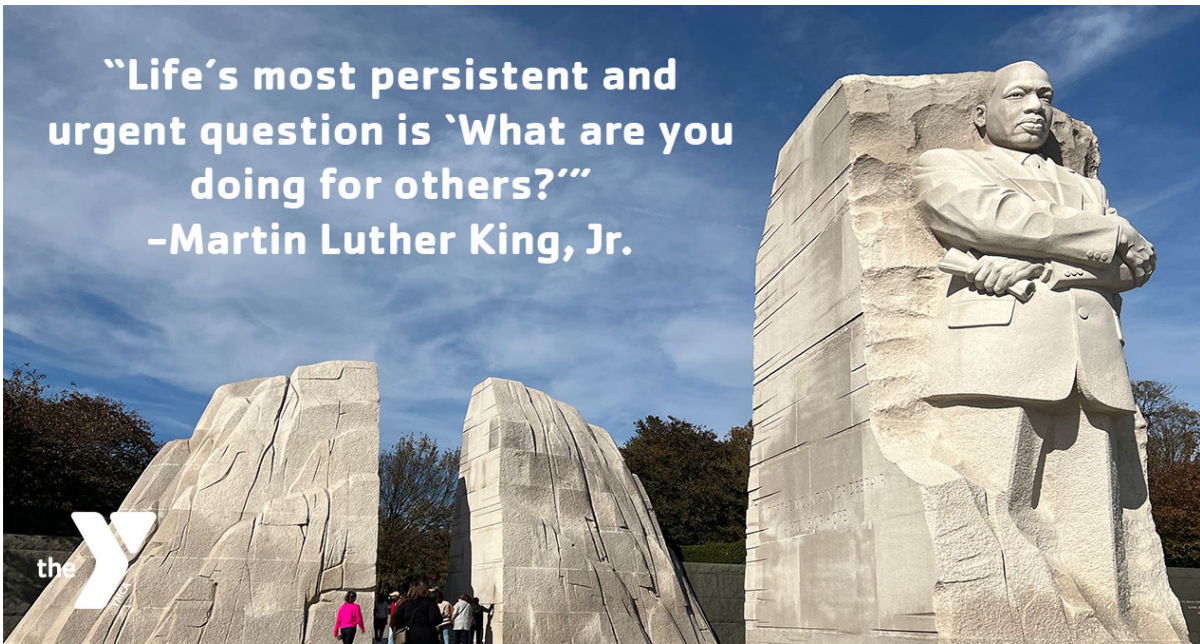
WIP is planning a Women's Health Summit on Brain Health: Mood, Metabolism & Cognition for updates please click the link below.

FOLLOW WIP ON FACEBOOK



Martin Luther King Day of Service

**“Life’s most persistent and urgent question is ‘What are you doing for others?’”
–Martin Luther King, Jr.**



The New Year often brings feelings of positive improvement and change – a time to focus on living a better life and providing support for those around us. As we make our way through the month of January, it’s important to remember Dr. Martin Luther King, Jr., a pioneer in the world of positive improvement and change, with the celebration of the MLK Day of Service on Monday, January 17.

Dr. King once said, “Life’s most persistent and urgent question is, ‘What are you doing for others,’” and for nearly 30 years the MLK Day of Service has encouraged individuals to volunteer their time in service to their communities. Here at the YMCA we’re encouraging everyone to use this day as a call to action to get involved to better our community in 2022.

Volunteering, regardless if the opportunity is big or small, can make a major impact on those around you and helps keep our communities and personal relationships strong. With our community still recovering following the effects of COVID-19, volunteer work is needed now, more than ever. The Y is currently seeking volunteers to assist with planting, mulching and exterior window cleaning.

RSVP TO VOLUNTEER AT THE Y ON MLK Day



SPOTLIGHT

New Board Chair - Darren Steele



Please welcome our new Board Chair, the Honorable Darren Steele!

Darren has been a member of the YMCA of the Treasure Coast for over 15 years and has served on our Board of Directors for the past 2 years as Vice Chair and a member of the Governance committee.

Steele serves as a Judge for the 19th Circuit Court in Martin County and is an adjunct professor at Indian River State College teaching courses in criminal justice and paralegal studies.

Darren is married with two children who have grown up with the YMCA Sports programs.

VIEW OUR 2022 BOARD OF DIRECTORS

LEARN MORE ABOUT VOLUNTEERING AT THE Y

Connect with the YMCA of the Treasure Coast on:



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

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