

Morgan Murphy

From: YMCA of the Treasure Coast <engagesupport@daxkoengage.com>
Sent: Friday, June 3, 2022 12:46 PM
To: Morgan Murphy
Subject: Strengthening Communities for 178 Years!



Strengthening Communities for 178 Years!

On June 6, the YMCA marks 178 years as a nonprofit dedicated to strengthening communities through programs and services designed to foster youth development, healthy living and social responsibility. Here are five past notable events and achievements that demonstrate the Y's commitment to the communities it serves:

- 1. American Institutions:** Celebrations such as Father's Day, and organizations like the Peace Corps, all have their roots at the YMCA.
- 2. Summer Camp:** The oldest known summer camp, Camp Dudley, first opened in 1885 and countless numbers of boys and girls have since learned the skills and wonders of camping through the Y, developing critical skills and making memories along the way.
- 3. Innovating & Inventing:** From James Naismith's invention of basketball to instructors creating racquetball and what would eventually become volleyball, the Y has a rich tradition in activities that are played by millions of people around the globe. One Y staffer, Robert J. Roberts, is credited with inventing the term "body building."
- 4. A Nobel Peace Prizewinner:** YMCA leader John R. Mott was awarded the Nobel Peace Prize in 1946 for the Y's groundbreaking role in raising global awareness and support and for the organization's humanitarian efforts.
- 5. Furthering Education:** The Y is credited with spearheading the first public libraries, night school for adult education and English as a Second Language (ESL) courses.

The Y Today

Today, the Y is the leading nonprofit committed to strengthening individuals and communities across the country. With over 2,600 locations, the Y serves 11 million people annually, improving the health and well-being of people of all ages and inspiring action in and across communities.

A lot has changed since George Williams and 11 other young men gathered in London in 1844, but the heart of the Y's work remains the same. We're one of the oldest nonprofits in the

United States and rely on members and donors to continue our work. Thank you for your continued support!

SUMMER MEMBERSHIP SPECIAL



3 MONTH MEMBERSHIP WITH NO JOIN FEE

ACCOUNT WILL AUTOMATICALLY TERMINATE AFTER 3 MONTHS

ADULT: \$99 FAMILY: \$199

Looking for a way to keep active, healthy and cool this summer? The Y has you covered-come check us out to see all the great things we have to offer!

Join the Y now until July 5th and save \$68 on a 3-month Adult Membership or \$97 on a 3-month Family Membership!

JOIN TODAY!

STUDENT MEMBERSHIP

| FITNESS CENTER | FIT ZONE | BASKETBALL GYM | POOL |
|---|---|--|---|
|  |  |  |  |

FULL ACCESS \$19 PER MONTH

Our new Student Membership rate gives High School and College Students (ages 14-22) all the fitness, basketball, and swimming they can handle for only \$19 per month with no join fee! Must show valid Student ID to qualify.

JOIN TODAY!

FREE 8th Grade Memberships

We offer a free YMCA membership to all students in grade eight. The goal of this initiative is to inspire young people to discover their passions, develop healthy lifestyles and develop the tools they need to avoid risky behaviors so they can better succeed in school and in life.

To join, come into the Y with a parent or guardian to fill out the forms and provide consent. During sign-up, bring valid third or fourth-quarter report card from grade seven. Membership begins when the paperwork is done and the fitness center orientation is complete!

FIT ZONE

FUNCTIONAL INTEGRATED TRAINING

Come build your endurance, strength, agility and athleticism with our [5-week FIT Zone Challenge](#) in our NEW [Functional Integrated Training \(FIT\) Zone](#)! Classes will be taught by trainers Seth & Tressa. A heart-rate monitor is recommended. Limited spaces available.



5-Week Challenge

June 13th - July 15th

4 Days a Week for 30 Minutes

7:00am, 12:00pm, 5:30pm

Members: \$199, Non-Members: \$249

Register for 5-Week FIT Zone Challenge



Experience our new FIT Zone in a small group atmosphere with one of our personal trainers **every Friday from noon to 1pm.**

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

Registration Required

Child Watch

FREE for family membership;
\$3 for adult only membership.



**Monday to Saturday
8:00am – 11:30am**

**Monday to Thursday
4:00pm – 7:00pm**

More Info

Summer Swim Lessons

Weekday Sessions

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

- June 6 - June 16
- June 27 - July 8 (no lesson July 4)
- July 18 - July 28

\$96 Members / \$120 Non-Members

Saturday Sessions

Saturdays only for 6 weeks

- July 9 - August 13



The Children's Service Council of Martin County's S.P.L.A.S.H. program provides **free swimming lessons** for economically disadvantaged Martin County children between the ages of 6 months and 17 years of age.

\$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 or 772-286-4444 ext 258.

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](#)



EVENTS

Give Back Night @ Mondo Bar & Grill

Wednesday, June 15
3:00 - 9:00pm

Come show your support for the YMCA at Mondo Bar & Grill (950 SE Indian Street, Stuart) while enjoying some wood-fired pizza and so much more!

[RSVP on Facebook](#)



Give Back Night @ Culver's



Wednesday, June 29th
5:00pm - 9:00pm

Come join us at Culver's in Port St. Lucie (10770 SW Tradition Pkwy) for a delicious ButterBurger, Wisconsin cheese curds and a scoop of fresh frozen custard, all while supporting your local YMCA at the same time!

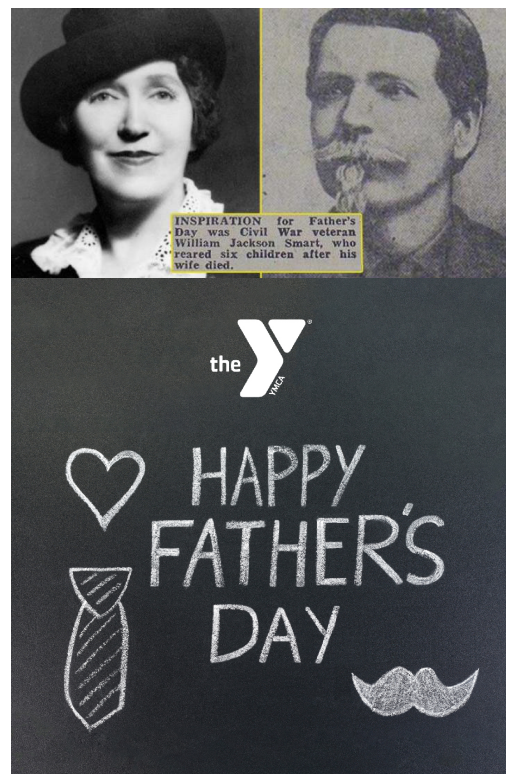
[Share on Facebook](#)

Father's Day Founded at the Y

Did you know that Father's Day started at the Y? Over 110 years ago, Sonora Louis Smart Dodd, a young woman raised by her single father wanted to celebrate fatherhood. After securing support from ministers in Spokane, Washington, her idea came to fruition with the first Father's Day celebration at the Spokane YMCA on June 19, 1910.

Many years passed before the day became a national holiday, but today we use the day to honor the fathers and father figures in our lives. Happy Father's Day to all the dads and dad figures at our YMCA! Thank you for all you do to keep families and our community healthy and strong.

[See Our Dads!](#)



FREE Veterans Golf Skills Clinic



**Mondays June 6th - July 11th
4:00pm - 5:00pm**

**Sailfish Sands Golf Course
2000 SE St. Lucie Blvd
Stuart, FL 34996**

Golf fundamentals for all skill levels
Golf Equipment provided

FREE for all YMCA Veterans

[Click Here to Register](#)

THE Y WELCOMES ALL!
**HAPPY
PRIDE MONTH**



At the Y, Pride Month is an opportunity to live up to our mission of providing a safe, welcoming community for all. The Y is made up of people of all ages and from every walk of life working side by side to strengthen communities. Together we work to ensure that everyone, regardless of ability, age, cultural background, ethnicity, faith, gender, gender identity, ideology, income, national origin, race, or sexual orientation has the opportunity to reach their full potential with dignity. Our core values are caring, honesty, respect, and responsibility – they guide everything we do.



SPOTLIGHT

Marissa McAuliffe

New Aquatics Coordinator



Marissa has worked at the YMCA of the Treasure Coast for over 3 years in many roles! She first started her career with us in Child Watch, then she became a Swim Instructor, a Teacher in our preschool, a Lifeguard and both a Summer Camp and Afterschool Counselor!

She loves how friendly everyone is at the YMCA and how much they care for each other. She enjoys getting to know everyone and loves all the different opportunities the Y provides for families and employees!

Marissa is originally from Long Island and has a degree in Education from the University of Florida. She is also a certified Firefighter Paramedic.

She was a long-distance open-water swimmer and is now a Tri-athlete. She has competed in Swim Around Key West twice (12.5 mile swim) and won in her age group both times. She has also completed in 3 Ironman competitions, and qualified/raced in the half Ironman 70.3 World Championships.

Marissa specializes in adult swimming, she wants to make everyone a more efficient and better swimmer and wants everyone to love swimming/working out as much as she does!

Maddie is the dog that is always with her, she is a 3 year old, very friendly Maltipoo, so if you see her around the Y, feel free to say hi!

For swim lessons or triathlon training inquiries, please call Marissa at 772-286-4444 ext 294 or email mmcauliffe@ymcatreasurecoast.org



Personalized Training Plans & Coaching with Marissa McAuliffe

\$100/month: Consultation and tailored training plans to prep you for race day!

\$150/month: All of the above + Adult Swim Club, coach accountability & adjustments

Other ways to enhance your Tri-Training:

- Personal Training Add-ons for side-by-side coaching, starting at \$40
- Adult Swim Club (Tues/Thurs, 8-9am) \$36/month
- Private Stroke Lessons to fine tune your swim, 4 lessons for \$95

- [Stroke Clinics \(once a month, Saturdays 8-9:30am\) \\$30 each](#)
- [Fit Zone 5-Week Challenge to increase strength & speed, \\$199](#)

Connect with us on:



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

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