

Morgan Murphy

From: YMCA of the Treasure Coast <engagesupport@daxkoengage.com>
Sent: Friday, June 2, 2023 3:37 PM
To: Morgan Murphy
Subject: Summer Happenings at the YMCA



National Cancer Survivors Month

There are currently 16.9 million cancer survivors in the United States. Despite the challenges of short-term and long-term effects of treatment, cancer survivors are resilient. The YMCA of the Treasure Coast celebrates survivors during National Cancer Survivor Month and we want to let individuals who have been touched by cancer know that we are here to help you regain your strength and confidence.

Preschool Sports Are Back!

Preschool Sports are for children ages **3-5 years old**. This is ideal for children who have not had any formal exposure to organized sport practice in the past. These sessions are practice-only formats designed for sport introduction basics.

Our preschool sports sessions run for just 4 weeks, Thursdays each week 5:30 - 6:30pm each week and are just \$30/month for members! Non-Members are welcome to register for just \$50/month.



We offer **Basketball Sessions** and **Soccer Sessions** in a skill-building practice format. Pre-registration is required. [Registration for July Basketball session ends June 30th.](#) Soccer will begin in August!

Parent Participation is encouraged and Childwatch is available for siblings who are not participating. Come join the fun!

[Register for Preschool Sports](#)

Flag Football

Functional Training & Conditioning

This all new approach to Youth Sports will combine Sport-Specific training for Flag Football with a Sports Conditioning component to enhance athlete's strength, speed and agility. A 4-week training program designed to enhance off-season workout or supplement current workout. Broken down by age division, this series will be age appropriate, so it's also a great way to get younger athletes back into the sports mode without a full season commitment.

Also Available:

- Flag Football Clinic
- Sports Training & Conditioning

Registration for all three programs ends Monday, July 3rd

[Register Now!](#)



Pickleball Suspended for Summer



For the health, safety and comfort of our participants, weekday Pickleball has been suspending for the summer beginning June 3rd. Sundays 8am – Noon Full Gym (4 courts) are still available as well as our Beginners Clinic from 11am – 12pm every Sunday. Regular Pickleball hours will resume August 16th. Thank you for your understanding.

Pilates Reformer Testimonial



In 2021 Belle MacIver was involved in an automobile accident which resulted in two spinal surgeries. While undergoing rehabilitation, her surgeon recommended that she include Pilates in addition to standard physical therapy protocols.

Her physical therapist suggested the Stuart YMCA as we have extensive exercise programs including Pilates.

Do you have a back pain?

Reformer Pilates exercises help reduce and prevent back pain while improving posture and balance. They strengthen the core muscles that provide support for the back, teach proper body alignment and provide gentle stretches to relax tight back muscles.

[Schedule Appointment](#)

After speaking with Pilates instructor, Jan Field-Bryne, they decided that individual classes would be the best approach as she was in the early stages of rehabilitation.

After a few months Jan and Belle felt that she had made remarkable improvement and is now transitioning into group classes. She feels that Pilates has played a major role in her recovery and her ability to resume life as she once knew it.

[Do you have a Y-story? Click here to give us a testimonial!](#)

Safety Around Water

71% of the World is Water and Children Are 100% Curious.

Teaching children how to be safe around water is not a luxury; it is a necessity. The YMCA's **Safety Around Water** program is implemented into each of our swim lessons and can help you make sure you and your child learn essential water safety skills, which can open up a world of possibilities for them to satisfy their curiosity safely.



[Learn More](#)

[Register Your Child for Swim Lessons This Summer!](#)

[How to Apply for FREE or Discounted Swim Lessons](#)



EVENTS

Give Back Night @ Culver's



Come support the Y and enjoy a delicious ButterBurger, Wisconsin cheese curds and a scoop of fresh frozen custard with us on Thursday, **June 29th** between 4pm to 8pm at Culver's in Stuart (2501 S Kanner Hwy) and Jensen Beach (4151 NW Federal Hwy).

[View Flyer](#)

[RSVP & Share on Facebook - Stuart](#)

[RSVP & Share on Facebook - Jensen](#)

Give Back Night @ Roadhouse



Come support the Y, enjoy hand-cut steaks and fall-off-the-bone ribs with us on **Tuesday, June 27th** between 4pm - 10pm at 210 NW Peacock Blvd in Port St. Lucie.

Mention the YMCA and 10% of your total food purchases will be donated to the us!

[RSVP & Share on Facebook](#)

Father's Day Invented at the Y

Happy Father's Day to all the dads and dad figures in our Y family! Thank you for all you do to keep our families and our community healthy and strong!

Did you know that Father's Day started at the Y? Over 110 years ago, a young woman raised by her single father wanted to celebrate fatherhood. The first Father's Day celebration was held at the Spokane YMCA on June 19, 1910.



National Refugee Day



World Refugee Day, designated on June 20th by the United Nations, is recognized globally to celebrate the strength and courage of people who have been forced to flee their home country to escape conflict and persecution. At the Y, we welcome our local refugee neighbors. In fact we have a student in our Preschool who is a Ukrainian Refugee.

Lev's mother, Yuliia, says that the YMCA has been so welcoming and has really made their transition a lot smoother. "It was important to us that Lev feels comfortable, because we have a big language barrier. Lev speaks Russian and Ukrainian, and it has been very hard for him to learn English, so having everyone be so helpful and kind has made adapting easier. The teachers have gone out of their way to make Lev feel welcomed, like Miss. Irina (who speaks Ukrainian) and Miss. Elizabeth. It is reassuring to know I am leaving Lev in safe hands in a new country. The YMCA has showed us so much support and graciousness through this rough time in our lives, I appreciated them and cannot thank them enough. You never know how much of a difference you can make by doing a simple act of kindness. The YMCA has brightened our days and made us feel like we really belong here, which is very meaningful to me and my family. We love the culture that the YMCA has created, because we want to grow our son up in a positive environment where he has the opportunity to grow with amazing influences surrounding him, teaching him to be caring, honest, responsible, independent, giving and respectful."

Has the Y impacted your life? [Click here to give us your story!](#)



Welcome to Our Team



Taylor has been a local in the community for roughly 30 years now. She has been involved with the YMCA since she was a toddler, varying across multiple locations including St. Lucie County, Stuart and YMCA Sports World. She is a single mother to a beautiful little girl that has also been a part of the Y community since 2016. Taylor's daughter attended the YMCA Teddy Bear Academy starting at 6 weeks old and she graduated from the VPK program in May of 2022.

In 2010, Taylor graduated from Jensen Beach High School and went on to start her administrative career gaining various experiences within different atmospheres. Not only has Taylor attended the Y as a child, but she became a part of the team back in 2019. After taking some personal time, she has eagerly rejoined the team in hopes of helping the continuous growth of the YMCA as the new Executive Assistant to the CEO.

Taylor's drive and motivation is fueled not only by her daughter, but also by helping others to the best of her ability. She always goes above and beyond for others around her and continuously remains with a smile on her face. We are excited to see what changes Taylor will bring to the Y!

Congratulations on Promotion

Congratulations, Tressa Everett, for being promoted to the Stuart Branch Executive Director!

She first came to the YMCA as a member. She quickly fell in love with the entire atmosphere the YMCA provides members. She went on to get her Group Exercise and Personal Training Certifications from AFAA/NASM and become a YMCA Personal Trainer. In 2021, she was



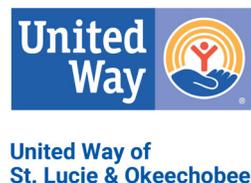
promoted to Wellness Coordinator
then Wellness Director in 2022.

Apply to Become Part of our Team!

Connect with us on:



Proudly Supported By:



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

You received this because you are subscribed to emails from the YMCA of the Treasure Coast.

[Manage Email Preferences](#)