

Morgan Murphy

From: YMCA of the Treasure Coast <engagesupport@daxkoengage.com>
Sent: Friday, March 3, 2023 11:31 AM
To: Morgan Murphy
Subject: Spring into Summer at the Y!



National Nutrition Month

March is National Nutrition Month, click the link below for some creative ways to promote healthy eating habits with your family.

[Healthy Eating Tips for the Entire Family](#)



WELLNESS

Zumba is Back!



Zumba Toning

For those who want to party while also toning and sculpting to define those muscles. Using Zumba® Toning Sticks (or light weights) helps you focus on specific muscles groups, so you (and your muscles) stay engaged!

Wednesdays 10am-10:45am
(Gymnasium Side A)

Zumba Gold

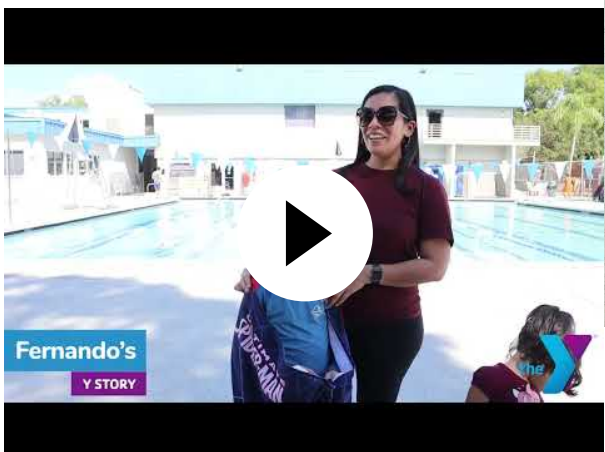
Perfect for active older adults looking for a modified Zumba® class using easy-to-follow choreography, class will focus on range of motion, coordination, cardio, muscular conditioning and flexibility.

Thursdays 10:15am-11am
(Gymnasium Side B)

[Click Here to More Group Exercise Classes](#)

Swim Lesson Testimonial

After almost drowning at the beach, Fernando has been terrified of the water. When he first came to lessons he would only stand at the wall gripping the edge with white knuckles and crying. Seeing how upset he was, Ms. Karen took it upon herself to work one-on-one with Fernando and his little sister. Within an hour Ms. Karen had him floating by himself! His mother, Nidia says he is doing much better now and they are looking forward to more private lessons.



[Click Here for Swim Lessons](#)

To schedule private lessons please email or call our Aquatics Director, Seth Gill at sgill@ymcatreasurecoast.org or 772-286-4444 ext 294.

Free Swim Lessons

Not sure you can afford swim lessons? Every year the YMCA of the Treasure Coast gives about 1,000 free swim lessons in our community through our Spring Break, Summer Camp and Preschool programs as well as through our partnerships with other organizations and our YMCA scholarship fund. Click the link below to learn how you can apply for free or discounted swim lessons.



[How To Apply for Free Swim Lessons](#)



MEMBERS ONLY

VIP SUMMER CAMP REGISTRATION

MARCH 1ST - 15TH, 2022

Secure your camp spaces before they are gone and pay \$0 supply fee!

Family Memberships Save \$300 Per Child, Per Summer!*

*Save \$30 per week on all Stuart branch camps.

REGISTER ONLINE!

NEW Youth Volleyball League

This league will be run by former collegiate athlete and volleyball coach, Whitney Bailey. There will be two divisions available: 8-10 years old and 11-14 years old and the season will be March 23rd through May 5th.

Registration ends on March 19th

[Click Here to Register](#)



Did you know that Volleyball was invented at the Y?

William G. Morgan was the inventor of volleyball in 1895 in Springfield Massachusetts. At the time he was the YMCA Physical Education Director and was intrigued by the sport of basketball which was invented at another YMCA less than 10 miles away and less than 4 year earlier. However, his concern with basketball was the physical nature of the game and he felt that it was not as appropriate for elder players or women. So with this demographic in mind William created "Mintonette", a combination of baseball, basketball handball and tennis. The name "volley ball" (two words) was adopted in 1896 when a spectator, Alfred Halstead, observed the volleying nature at the exhibition match at the local YMCA and suggested the name change. In 1952 the name was changed to one word namely Volleyball!



EVENTS

Youth Summit & Parent Cafe

Saturday, March 18, 2023

10:00am - 2:00pm

(Check-in is 9-10am)

YMCA of the Treasure Coast

1700 SE Monterey Road

Stuart, FL

Martin County tweens, teens and parents - we invite you to join us and explore health, wellness and prevention in a fun, interactive way!

Childcare available for 10 & under.

Transportation available from the Indiantown YMCA (16451 SW Farm Rd)

Registration is Required.

Space is limited.

Register Now!

MARTIN COUNTY
YOUTH SUMMIT & PARENT CAFE
SATURDAY, MARCH 18, 2023
10 AM - 2 PM

Martin County tweens, teens and parents - we invite you to join us and explore health, wellness and prevention in a fun, interactive way!

THE ACTIVITIES

TEENS:
Obstacle course
Outdoor games
Glow party

PARENTS:
Career exploration
Cyber safety discussion
Media literacy

...AND MORE!

FREE LUNCH
GIVEAWAYS
GLOW PARTY

REGISTER NOW
Registration is required.
Space is limited.

Scan the code to register or visit
https://bit.ly/youth_summit_march_2023
Questions? Contact Donald Davis, Project Coordinator
772.463.2846

The school/school district is neither endorsing nor sponsoring this event, product or service nor endorsing the views of the sponsoring organization.
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Secret Garden Soiree



Saturday, March 25, 2023

6:00pm - 10:00pm

Rockin H Ranch

4181 SW Boatramp Ave
Palm City, FL

Tickets On Sale Now!

\$175 per person

Cocktail Attire

Plated Dinner

Open Bar

Music

Raffles

Live Auction

and More!

This event will sell out!

Proceeds Benefit:

[The YMCA Indiantown Pool Renovation](#)

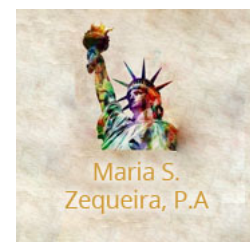
Click Here to Purchase Your Tickets!

Trip to Iceland

We will be auctioning off a 7-night guided tour of Iceland at our Secret Garden Soiree! Travel VIP-style with a local Tour Director to experience some of the most unique gems in Iceland. While you spend 7-nights at high-end hotels with authentic Icelandic dinner experiences and fit-for-a-king breakfasts every day!



Sponsorship Opportunities Available





36th Anniversary Easter House

RAISING FUNDS FOR THE YMCA OF THE TREASURE COAST



Triple Your Chances!

Triple your chances of winning a new home or up to \$250,000 cash! Simply use promo code **TRIPLE1** online by March 6th to buy 15 Easter House tickets, and get 30 FREE!

[Click to Buy 15 + Get 30 FREE](#)

As a bonus, with every Easter House transaction you make in March you will automatically get one entry into our March \$1,250 Monthly Cash Drawing!



SPOTLIGHT

New Zumba Instructor



Linda Mendoza

Linda has always had a love for music and dance; as a child she took piano lessons, tap, ballet, jazz, hula and marched with the town's majorettes.

After raising 3 children and a long administrative career as Assistant to the Deputy Director of Protection Services at Smithsonian Institution and Office Manager for a parish office, Linda discovered Zumba and went on to obtain all the licenses.

After Linda's husband retired from the Washington, DC Metropolitan Police Department they decided to move from Bethany Beach, Delaware to Hobe Sound in August 2022 to be closer to their children and grandchildren in Jensen Beach and Palm Beach Gardens.

Linda is grateful to have found the YMCA of the Treasure Coast to continue to her passion as a Zumba instructor!

[View Class Schedule](#)

Connect with us on:



Proudly Supported By:



United Way of Martin County



United Way of
St. Lucie & Okeechobee



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

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