

Morgan Murphy

From: YMCA of the Treasure Coast <engagesupport@daxkoengage.com>
Sent: Friday, May 6, 2022 10:01 AM
To: Morgan Murphy
Subject: Water Safety at the Y



With May being **National Water Safety Month**, now is the time for parents and caregivers to reinforce the importance of water safety and equip their kids with the essential skills to keep them safe in and around water.

As "America's Swim Instructor," the Y teaches more than 1 million children invaluable water safety and swimming skills each year. We know kids are anxious, and excited, to get back into the water this summer, but the risk of drowning is as prevalent as ever.

Here are tips to ensure a safe and enjoyable swimming experience for all.

Essential Water Safety Tips To Know





Our NEW [**Functional Integrated Training \(FIT\) Zone**](#) is now open with multiple workout stations designed for fast-paced group personal training classes that take your cardio workout to the next level!

Come build your endurance, strength, agility and athleticism with our [**5-week FIT Zone Challenge**](#)! Classes will be taught by trainers Seth & Tressa. Heart-rate monitor recommended. Limited spaces available.

5-Week Challenge

June 13th - July 15th

4 Days a Week

30 Minutes

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

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



Register for 5-Week FIT Zone Challenge

Child Watch

Child Watch is **FREE** for family membership; \$3 for adult only membership.



Monday to Saturday | 8:00am – 11:30am

Monday to Thursday | 4:00pm – 7:00pm

Click Here for More Details

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

- May 7 - June 11
- July 9 - August 13

\$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 294



Click Here to Register

Free Swim Lessons

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.

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.



[Class Dates & Times](#)

Save a Life. Become a WATER WATCHER.



The Y is committed to raising awareness around the preventable tragedy that is youth drowning. Swim lessons are an essential part of keeping kids safe in and around the water, but there's no substitution for parental or adult supervision. Often times when everyone is watching the kids; that means no one is watching the kids. There should always be someone designated to watch the kids, especially when they're around water.

Pick up a Water Watcher tag at our front desk, and pledge to be a Water Watcher. This means, making sure all kids are being 'watched' while in or around the water.

WE'RE HIRING!

Summer Camp Open-Interviews

Monday - Friday 9am-4pm

Stuart Branch
1700 SE Monterey Road
Stuart, FL 34996

Bayshore Branch
1301 SW Bayshore Blvd.
Port St. Lucie, FL 34983

Indiantown Branch
16451 SW Farm Road
Indiantown, FL 34956

We are hiring for the following positions:

- **Lifeguards** at Stuart Branch
- **Summer Camp Counselors** in Stuart, Port St. Lucie, Ft. Pierce and Indiantown

APPLY TODAY!

Mandatory Paid Training Days
Tuesday, May 31st 8am - 6pm (Stuart Branch)
Friday, June 1st 8am - 8pm (Bayshore Branch)

Additional Training for Lifeguards
May 13th, 14th, 15th (Stuart Branch)

Donations for Summer Camp

The following items are needed:

- cardboard paper towel and toilet paper tubes (all branches)
- cardboard or plastic fruit containers - 1 quart or smaller (Stuart branch)
- flat bed sheets - any size/color (all branches)
- small, flat stones: 2"-3" diameter, for painting (Stuart branch)
- wooden blocks - various sizes/shapes, for making stamps (Stuart branch)

A donation box will be set up at the front desk at every branch.



Youth Summer Sports Registration

Registration closes May 31st! Season begins with practices the week of June 13th, games beginning on June 25th. Last game of the season will be August 6th.



Register for Soccer

Register for Basketball

TAKE YOUR RACE GAME TO THE NEXT LEVEL!



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

Indiantown Pool Renovation Project



The pool at our YMCA Indiantown branch is in dire need of a major renovation. It has been the only public pool in Indiantown for the past 20 years where children and adults can learn to swim, so it is a vital part of the Indiantown community and we need your help to bring it back to life!



Drowning poses a considerable risk for youth and adults, especially those from underserved populations like Indiantown. Please help us pave the way for the children of Indiantown by purchasing a brick engraved with your name to be installed at the YMCA Indiantown Pool once renovated.

4x8 Engraved Brick

8x8 Engraved Brick



EVENTS

Give Back Night @ Chuck E. Cheese

Friday, May 13th
3:00 - 9:00pm

There has never been an easier (or more fun) way to support the Y! Join us at Chuck E. Cheese (2400 NW Federal Hwy, Stuart) for pizza, music, and game, games, and more games!

RSVP on Facebook



Give Back Day @ Berry Fresh Cafe



Saturday, May 28th
7:00am - 2:00pm

Come join us for breakfast, brunch or lunch at Berry Fresh Café in Port St. Lucie (1718 St Lucie W Blvd) and enjoy fresh, healthy, delectable made-from-scratch foods while helping to support your YMCA.

Share on Facebook

Lunch & Learn - May 23th

Join us Monday, May 23rd for a discussion on **Strength Training** presented by YMCA Personal Trainers, Lori Kenney and Dick Kenney.

We will meet at 11:30am in the Basketball Gymnasium (at our Stuart Main Branch). Lunch will be provided.

This event is FREE to both members and non-members, so don't forget to bring a friend.

PLEASE RSVP





Happy Mother's Day!

Happy Mother's Day to all the moms and mom figures in our Y family! Thank you for all you do to keep families and our community healthy and strong.

[See Our Moms!](#)

Class 2022

Congratulations, graduates! Our team at the YMCA is so proud and inspired by what you've accomplished thus far. We can't wait to see what you'll do next!

[See Our Graduates!](#)



SPOTLIGHT

Youth In Government

Congratulations to the winners of our 7th Annual Constitution Academic Competition!

Students from Jensen Beach, Martin County and South Fork High Schools debated the U.S. Supreme Court case *Miller v. Alabama*. The case addressed the constitutionality of enacting life sentences without parole for juveniles convicted of capital crimes.

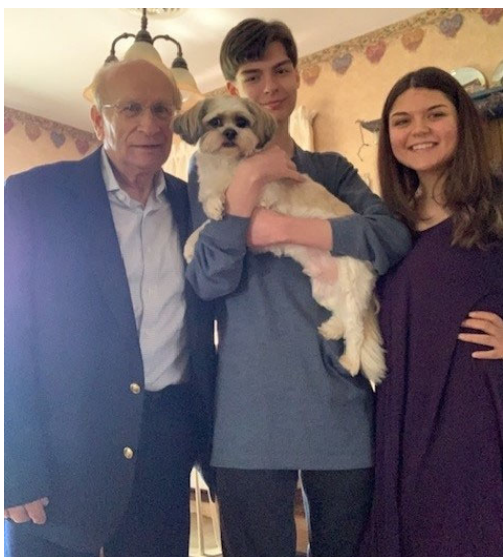


[Learn More About Our YIG Program](#)



35th Anniversary Easter House

RAISING FUNDS FOR THE YMCA OF THE TREASURE COAST



This year's Easter House winner, Richard Kefauver, has been buying tickets since he first moved to Stuart in 2004. He has since then relocated to Maryland where he has been raising his two grandchildren on his own after the tragic loss of his daughter. Richard would have loved to move back to Florida, but he decided to take the alternative cash prize to support his family! His granddaughter is a freshman in college studying Early Childhood Education while working at a childhood development center with preschool-aged children. And his grandson is an honors student that has been accepted into the Barbara Ingram School for gifted art students in high school. We wish them all the best!

Seth Gill

New Aquatics Director & Personal Trainer



Seth comes to us from upstate New York and he has been affiliated with the YMCA for his whole career. From his experience as an Aquatics Director in New York he hopes to further the Aquatics department here. Seth is also a personal trainer here, and is very passionate about fitness. Seth has been personal training for about 6 years with his own online personal training business as well as in-person training for multiple YMCA's. Seth loves what the Y stands for, and its members, "It feels like a big family here everyone is so friendly. I love it, and can see myself with the Y for my whole career."

JOIN OUR TEAM

Connect with us on:



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

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