

Morgan Murphy

From: YMCA of the Treasure Coast <engagesupport@daxkoengage.com>
Sent: Friday, May 5, 2023 2:31 PM
To: Morgan Murphy
Subject: Swim Safe this Summer



National Water Safety Month

May is National Water Safety Month. When the weather starts to heat up, the pools, lakes, oceans, rivers and other bodies of water start calling! While swimming can be a very enjoyable activity this summer, it is important to remind all parents and caregivers of the importance of water safety. The YMCA is sharing these six tips on how children can stay safe in and around the water.

[Water Safety Tips](#)

Save a Life. Become a WATER WATCHER.



[Register for Swim Lessons](#)

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.

National Physical Fitness and Sport Month

May is National Physical Fitness and Sports Month. Children and teens need at least 60 minutes of activity every day and sports can help them get it! Weekly practices and classes build activity into their routine while giving them all 3 types of activity they need – aerobic, muscle strengthening and bone strengthening.

[Sign Up for Youth Sports](#)



[Sign up for our FREE 8th Grade Membership](#)

[Sign up for \\$19 per month Student Membership](#)

Help Us Prevent Summer Learning Loss



Kids from low-income families often start school unprepared. Despite progressing at the same rates during the school year, gaps widen each summer—and students fall farther behind their peers. The academic achievement gap culminates in low high school and college attainment rates, limited job prospects and negative economic impact.

For \$100, you can change a child's life by providing a week of Summer Camp.

Give \$100

For \$500, you can change a child's life by providing a month of Summer Camp.

Give \$500

For \$1,000, you can change a child's life by providing an entire Summer of Camp.

Give \$1,000

The YMCA's Summer Camp program helps elementary and middle school students whose reading and math skills are below grade level. Along with closing the academic achievement gap, these programs provide enrichment opportunities to help kids grow physically and emotionally as well.

At our Summer Camp children entering Kindergarten through 8th grade will experience a Summer of Swimming with Swim Lessons included, educational STEAM and literacy activities, special events and presentations, arts & crafts, games, sports and so much more!

Learn More



EVENTS

Lunch & Learn - Neuropathy



Join us **Monday, May 8th** from 11:30am to 1:30pm for lunch and a seminar about Neuropathy and how to prevent and manage it, presented by Functional Neurologist, Dr. Randy Hansbrough in our Wicina Center at our Stuart Branch.

Please RSVP

Give Back Night @ Blaze Pizza

Enjoy some Fast Fired Pizza and support our cause at Blaze Pizza (2161 SE Federal Highway, Stuart) on **Thursday, May 11th 5-8pm.**

Order in-restaurant, on the Blaze Pizza App or online: blazepizza.com for pickup, curbside or carryout only.

And Blaze Pizza will donate 20% of proceeds from your meal back to the YMCA!



SPOTLIGHT Catsman Foundation



The Samuel M. and Alma Catsman Foundation ("Catsman Foundation") was established in 2015 to continue the charitable legacy of Samuel and Alma Catsman, long-time residents of Palm Beach County. The Catsman Foundation is managed by Glenn and Eileen Dempsey of Stuart, Florida.

The Catsman Foundation makes annual contributions to various national and local charities, including the YMCA of the Treasure Coast. Since its endowment in 2015, the Catsman Foundation has contributed over \$500,000 to the YMCA of the Treasure Coast to help fund various projects, including the renovation of the restrooms, installation of LED lights in the parking lot and building, the resurfacing of the gymnasium floor, the purchase of new pool equipment and the renovation and re-sodding of the athletic fields.

Recently, the Catsman Foundation made an additional \$125,000 financial commitment to the YMCA to fund the completion of the [new pool to be constructed at the YMCA's Indiantown branch](#) and the purchase an LED sign for the Stuart branch.

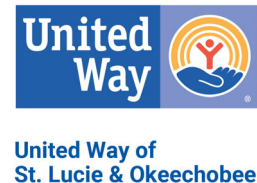
The Catsman Foundation recognizes the important function of the YMCA of the Treasure Coast in our community and is proud to help it achieve its goals.

[Click Here to Learn Ways You Can Give](#)

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