

Morgan Murphy

From: YMCA of the Treasure Coast <engagesupport@daxkoengage.com>
Sent: Friday, September 30, 2022 3:09 PM
To: Morgan Murphy
Subject: National Family Health Month



Family Health Month

October is **National Family Health Month**, celebrate by spending some quality time with your family whether it's at home, outside, or at the Y. We have programs and classes to fit for the entire family.

Added benefits of a Family Membership include:

- Free [Child Watch](#) for ages 6 weeks - 7 years
- Free Tween Center with WiFi for ages 8-14
- Ages 11-12 are able to use cardio equipment with parent supervision
- Ages 11-13 can attend group exercise class and use weight machines with adult supervision
- Children ages 8-14 may use the pool and gymnasium if a parent is on-site at the Y.
- Kiddie pool with fountains
- Preferred Rates for Youth Programming including: [Sports](#), [Swimming Lessons](#), [Swim Club](#), [Summer Camp](#), [After School Care](#), [School's Out Camp](#), [Parent's Morning Out](#) and [Parent's Night Out](#).

Serving families has always been at the heart of the Y. We are dedicated to building healthy, confident and secure families.

To learn more about how the YMCA can help your family get healthier together, visit our website.

Become a part of the Y Family!



PAY THE DAY
\$0 JOIN FEE



The sooner you join,
the more you save!

Do you know someone who would love the Y? Or maybe you're thinking of rejoining yourself? This month joining the Y is more affordable than ever with our "Pay the Day" offer!

Join on October 1st and pay **just \$1** membership fee for the entire month of October and we'll also waive your join fee!

Come in on October 2nd, pay \$2; October 3rd, \$3. **The sooner you join, the more you save!** But paying even \$20 on the 20th means you still save! Either way don't delay, join today!

PAY THE DAY \$0 JOIN FEE



Join Today!

Personal Training Sale

October 1st - October 31st



Register for Personal Training

30 Minute Sessions

- Six 30-minute sessions: \$200 (reg. \$225)
- Twelve 30-minute sessions: \$360 (reg. \$400)

One Hour Sessions

- Six 1-hour sessions: \$340 (reg. \$360)
- Twelve 1-hour sessions: \$600 (reg. \$650)

30 Minute Buddy Sessions

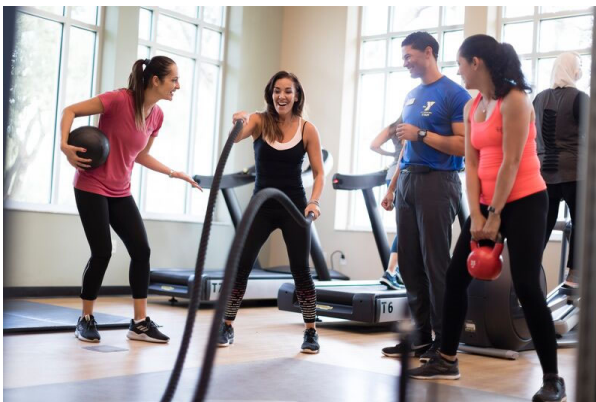
- Six 30-minute sessions: \$325 (reg. \$350)
- Twelve 30-minute sessions: \$585 (reg. \$625)

One Hour Buddy Sessions

- Six 1-hour sessions: \$530 (reg. \$550)
- Twelve 1-hour sessions: \$950 (reg. \$1,000)

Fall Fitness Scramble

October 15th - November 15th



Join a team of 10 and earn points for every workout! At the end of the 4 week challenge the team with the most points wins! Each member on the winning team will receive a **\$25 Amazon gift card!** You will be assigned to a team of 4 with a team leader who will be responsible for connecting the team via email or text messages.

[Click Here to Register](#)

\$10 for members
Free for Employees

20 min Pilates class = 10 pts
30 minute class = 15 pts
45 minute class = 25 pts
60 minute class = 30 pts

20 minute cardio = 5 pts
30 minute cardio = 10 pts
45 minute cardio = 15 pts
60 minute cardio = 20 pts

20 minute strength = 10 pts
30 minute strength = 15 pts
45 minute strength = 20 pts
60 minute strength = 30 pts

Winter Youth Sports



Registration for [Winter Youth Sports](#) is now open for Basketball, Flag Football and Soccer.

This season begins with **all-new, freshly-renovated fields!** Practices start the week of December 12th with games beginning on January 7th. Last game of the season will be on February 18th. Questions, contact [Fred Longar](#).

[Register Here](#)

Fall Swim Lessons



[Click Here to Register](#)

Saturday Sessions

Saturdays only for 6 weeks

- October 15th - November 19th

\$72 members / \$90 Non-Members

Private Lessons

(4) 30-Minute Lessons

\$95 Members, \$125 Non-Members

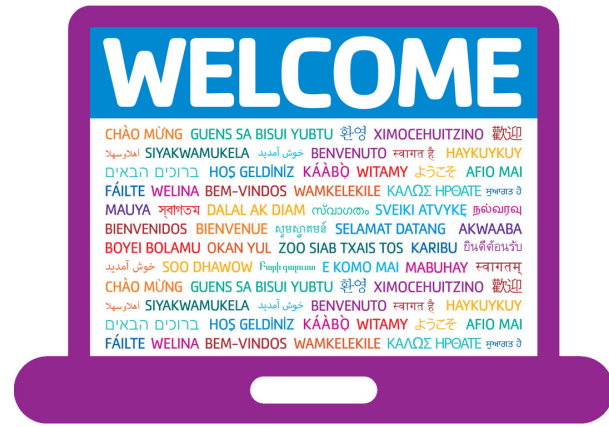
For scheduling inquiries, please email or call our Aquatics Director, Seth Gill at sgill@ymcatreasurecoast.org or 772-286-4444 ext 258.

Global Diversity Awareness Month

Global Diversity Awareness Month reminds us of the potential of diversity, and celebrates everyone that makes up our communities. But it is more than that. This month is also a call to recognize the interconnectivity of it all.

By prioritizing diversity and inclusion, we seek to ensure that all segments of society have access to the YMCA and feel welcome and fully engaged as participants, members, staff and volunteers.

In an effort to show our inclusivity we have made our website multilingual with an option to "Select Language" Powered by Google Translate!



[Visit Our Website](#)

Early Literacy Program



We are honored to announce that both our Stuart and Indiantown preschools were selected to participate in this year's Early Learning Coalition Literacy Coaching Program funded by the Children's Services Council of Martin County!

This program provides early childhood classrooms with Literary Coaches that promote collaborative learning environments and are certified Teachstone CLASS observers to promote language-building interactions between teachers and students to help prepare children for success in Kindergarten and beyond.

[Learn More](#)



EVENTS

Lunch & Learn - October 24th



Marcelo Guimaraes will be giving a presentation on **Group Tours of Iceland and Norway - What You Will Experience** on Monday, October 24th at 11:30am in the Wicina Center (at our Stuart Main Branch). Lunch will be provided.

This event is FREE but only open to members.

Space Is Limited - Please RSVP

Parent's Night Out Is Back in PSL!

Now offered at both our Stuart and Port St. Lucie branches

We provide a safe and healthy childcare setting so that you can enjoy a night out worry-free!

Each Parent's Night Out is themed, and children will have the opportunity to play games, create arts & crafts, enjoy a movie, and more. The program even includes a fresh fruit and pizza dinner. **Advanced registration required.**

When: 2nd Friday of each month now - May 2022 at 6:00pm - 10:00pm

Where: 1700 SE Monterey Road, Stuart & 1301 SW Bayshore Blvd, Port St. Lucie

Ages: 4 - 14 years old who are potty-trained

Cost: \$24 members / \$32 non-members, siblings each save \$5

Minimum enrollment of 10 required for program to operate.

Program Dates & Themes:

10/14/22 (Pre-Halloween Bash)
11/11/22 (Veteran's Day)
12/9/22 (Winter Holiday Party)
1/13/23 (2nd Semester Kick-Off)
2/10/23 (Valentine's Day)
3/10/23 (Spring Break Kick-off)
4/14/23 (Spring Holiday Party)
5/12/23 (Summer Kick-off)



Register for Stuart Branch

Register for Port St. Lucie

Halloween Costume Parade



Come join us on Monday, October 31st for our annual Halloween Parade with our preschoolers at **10am in our Stuart** branch and **3pm at our Indiantown** branch!

Feel free to wear your Halloween costume and bring healthy treats to distribute to the children as they parade through the halls.

The Amazing Race

Support Martin County's local businesses by joining the YMCA of the Treasure Coast in: "The Amazing Race: Martin County Edition"!

Gather your team of 4 in this family-friendly event to compete for the 1st Place title. Solve clues or face challenges to get to your next location and to the finish line the quickest. Get your first clue at the YMCA of the Treasure Coast at noon!

Want to be one of these businesses? Contact events@ymcatreasurecoast.org!



Saturday, November 5, 2022
12:00pm - 6:00pm

Starting Location:
YMCA of the Treasure Coast
1700 SE Monterey Road
Stuart, FL 34996

[Click Here to Register](#)

Secret Garden Soiree

Come join us for a Magical Evening of Dinner and Dancing at our 2nd Annual Secret Garden Soiree to help raise funds for the [YMCA Indiantown Pool Renovation Project](#).



Saturday, March 25, 2023
6:00pm - 10:00pm

Rockin H Ranch
4181 SW Boatramp Ave
Palm City, FL

Early Bird Tickets On Sale Now!
\$150 per person
(\$175 after December 31st)

Cocktail Attire
Plated Dinner
Open Bar
Music
Raffles
Live Auction
and More!

This event will sell out!

[Click Here to Purchase Tickets](#)

The Giving Pump



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 is the leading cause of death for children in Florida, especially those from underserved populations like Indiantown. Please help us give Indiantown a safe place to learn to swim and have fun for the summer!

Fill up at The Giving Pump #7/8 at the Shell Gas Station in Indiantown at 15363 SW Warfield Blvd now through October 31st and 1¢ Per Gallon will be donated to the [YMCA Indiantown Pool Renovation Project](#).



SPOTLIGHT

Tressa Everett

Promoted to Wellness Director



Please help us congratulate Tressa Everett on her recent promotion!

Tressa came to the YMCA in 2012 first as a member who lost approximately 100lbs using diet and exercise. She quickly fell in love with the entire atmosphere that the YMCA provides members. So she went on to get her Group Exercise and Personal Training Certifications from AFAA/NASM. And now she specializes in total body wellness in women and teens.

She teaches weight training, group exercise classes such as Boot Camp, Water Fitness, Indoor Cycling, Kickboxing and most recently received her certification in Sunrise Yoga.

After starting at the Y as a Group Exercise Instructor in 2016 and a Personal Trainer in 2018, Tressa was promoted to Wellness Coordinator in 2021 and has recently been promoted again to Wellness Director! Thank you Tressa for all your hard work!

Interested in Joining Our Team?

Connect with us on:



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](#)