

Morgan Murphy

From: YMCA of the Treasure Coast <engagesupport@daxkoengage.com>
Sent: Friday, September 2, 2022 10:47 AM
To: Morgan Murphy
Subject: Belonging Begins With Us!



Welcoming Week

We know communities are stronger and more cohesive when people from all backgrounds have the opportunity to get to know one another and work side by side to advance the common good. Created by YMCA of the USA's national partner, Welcoming America, Welcoming Week (September 9-18) is a national celebration that brings together newcomer immigrants and U.S.-born residents at community-based events to promote cross-cultural understanding and raise awareness of the benefits of welcoming everyone!

In recognition of Welcoming Week, we invite all our members from all different backgrounds to share a recipe of a dish representative of their cultural heritage that we will then share for all to see!

[Click Here to Share Your Recipe](#)

Business Owners Social



Are you a business owner and a member of the Y? Then this event is for you! Join us for our first business owner's social and connect with other members of our Y family. This casual event will be held at the Y with light snacks and beverages provided. Don't miss this opportunity to network with us on Thursday, September 8th at 5:30pm! If you have any questions, please [email us](#).

[Click Here to RSVP](#)

Youth in Government

Founded in 1957, Florida YMCA Youth In Government (YMCA YIG) is a youth-run, youth-led program focused on developing leadership and life skills through active civic engagement and community service. The program is available in most Martin County Schools.

Grades: 6th - 12th

When: Tuesdays 5:30-6:30pm starting August 23, 2022 through May 30, 2023

Where: YMCA of the Treasure Coast, 1700 SE Monterey Rd, Stuart

Contact: Kendall Palmer – palmerk1@martinschools.org

In our middle school program, Jr. YIG, participants may attend the Junior Assembly. Assembly delegates take on the role of state senators and representatives as they guide their own ideas through the model legislative process. High school students act in the role of mentor, teaching middle school delegates all that they need to know!

Our high school program, Sr. YIG, is a yearlong extracurricular experience. More than 600 high school students travel to Tallahassee annually to serve as senators, representatives, attorneys, justices, executive agency heads, legislative affairs directors, and legislative whips within our model government simulation.

Middle School Registration

High School Registration

What a \$60 Membership to the Y's Treasure Coast YIG includes:

- A 2022/2023 School Year Member of the largest YIG Delegation
- YMCA Student Membership with access to Fitness Center, Pool, Gym and Fit Zone through May '23
- Weekly YIG Meetings and Trainings at the YMCA of the Treasure Coast
- Monthly Delegation support
- State Assembly Prep (Assembly fees not included)

For additional program info please visit: FloridaYMCAs.org or ymcatreasurecoast.org/youth-government



Poetry Baker first joined our YIG program in middle school after her civics teacher, who was the Program Director at the time, told her about how she would be able to work on court cases and even go to Tallahassee to the Supreme Court and the State Capital to argue these cases. YIG has introduced Poetry to a lot of her now long time friends and has given her the opportunity to travel all over the state of Florida and tour the state capital on two different occasions as well as the Supreme Court. Our YIG program has helped boost her confidence and taught her a lot about how our court system and government makes decisions and how it is supposed to be run since YIG is a model government and not based on how our real government is managed. Poetry is looking forward to all that our YIG program has to offer again this year!

School's Out Camp

When school is out, camp is in! All of our School-age Childcare sites offer School's Out Camps on most School Holidays, Teacher Planning Days, Winter Break and Spring Break. Campers enjoy arts & crafts, sports, academic enrichment and more! Hours, prices, and activities vary by location, and current Afterschool students receive priority registration.



[Click Here for Details and Registration](#)



WELLNESS

September is Buddy Month



This is your chance to show all your friends everything you love about the Y! Bring a new workout buddy with you any day in the month of September and they will receive a FREE Buddy Pass to come back with you all month long with full access to try our Wellness Center, Fit Zone, exercise classes, pool and more! The best part is you can bring as many guests as you want! Just visit our front desk with your friends to get your free passes today!

Homeschool P.E.

Homeschool P.E. returns September 6th, classes will be held on Tuesdays 11:30am - 12:30pm for ages 4 and up.

Classes are free to members with no pre-registration required. Non-members are charged a \$10 drop-in fee per class or \$25 per month pre-paid at our front desk.

Questions? Contact [Wellness Director](#).



Fall Prevention Awareness



Every 11 seconds an older adult is seen in an emergency department for a fall-related injury. The National Council on Aging deemed September 18-24 as Falls Prevention Week and is advising seniors to find a good balance and exercise program to help build strength, balance and flexibility and prevent falls.

Tai Chi is a gentle way to improve strength, flexibility, co-ordination and balance while helping to reduce stress and anxiety. It has also been proven to improve cardiovascular fitness, lower blood pressure, prevent falls and help people who have arthritis.

We offer **FREE Tai Chi classes** (open to the public) every Sunday at 2pm in our Aerobics room.

New Pilates Reformer Classes

Pilates focuses on core work which strengthens the back and shapes the abdominals while providing maximum flexibility. Additionally, Pilates Reformer is an excellent supplement for rehabilitation and can increase your performance in any sport at any age.

Please welcome our newest Pilates instructors: Kathleen Rogers, Erin Odwazny, Ana Narvaez, and Angela Umezu!

These ladies have completed certification and will be adding new classes to the schedule! We are so excited for this "hidden gem" of our YMCA to grow and reach all levels of fitness. Thank you to Jan Field-Byrne and Connie Freedman, our master instructors, for making this possible!



New classes will include "Beginner Pulse Pilates", "Intermediate Pulse Pilates" using Ring and energy pulsating movements, and "Piloga".

[Click Here to schedule your FREE Trial Session!](#)

Fall Swim Lessons

Weekday Sessions

Mon, Tues, Wed, Thurs Classes
For 2 weeks (8 classes):

- September 5th - September 15th

\$96 Members / \$120 Non-Members

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.



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](#)

[Click Here to Register](#)

Winter Youth Sports



Registration for [Winter Youth Sports](#) opens early this year on **September 26th** 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](#).

Functional Sports Training Clinic

This 4-week training session will provide sports-specific fundamental training along with high-level conditioning for the perfect training combo to help your athlete train in the off-season or supplement their current workout.

Sports Conditioning will be taught by Certified Trainer, Seth Gill, B.S. and ISSA in Strength and Conditioning

Ages: 9-14 years old
Cost: \$99



Flongar@ymcatreasurecoast.org
Sgill@ymcatreasurecoast.org

2 Days a Week

October 3rd-27th

Flag Football Training: **Mondays 6-7pm**

Conditioning Training: **Thursdays 6-7pm**

[Register Here](#)

Martial Arts



Taekwondo

Taekwondo is a great martial arts activity for ages 6 and up that emphasizes kicks, spinning kicks, and punches using a combination of speed and balance. **Classes run on Mondays, Tuesdays, Wednesdays and Thursdays 6:00pm – 7:00pm**

[Register for Taekwondo](#)



Mixed Martial Arts

FREE TRYOUTS SEPTEMBER 6TH & 8TH

MMA beginner classes are for ages 6 and up. Classes will be held 2 days a week on Tuesday and Thursday from 7pm to 8pm in the First Grade Center located on the far side of the gym.

[Register for MMA](#)



EVENTS

Lunch & Learn - September 19th



Tegan Bissell RD, LDN, CDCES, a registered and licensed Dietician with a Certification in Diabetes will be giving a presentation on **General Eating Habits and a New Look at Food** on Monday, September 19th 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!

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 swim, play sports & games, create arts & crafts, enjoy a movie, and more. The program even includes a fresh fruit and pizza dinner.

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

Where: 1700 SE Monterey Road, Stuart

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:

9/9/22 (Back-to-School)

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)



[Click Here to Register](#)

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

Meet Our Childcare Team



Afterschool Coordinator

Nijae Willis grew up in our After School Program, she went through the program, was a volunteer for the program, then a counselor, manager and now we are proud to say that she is our After School Program Coordinator! She hopes to be able to make a positive impact on all the people she meets and can't wait to see what our After School program will become! We look forward to the difference she will make!

Nijae also recently graduated from South Fork High School in May 2022 and is currently attending IRSC for a degree in Clinical Psychology and Hospitality Management.

In her free time she loves traveling, trying new foods, watching movies and hanging out with her friends and family.



Childcare Services Director

Samantha Cullinan was recently promoted to Childcare Services Director at our Stuart branch! In addition to the Preschool, she now leads our Afterschool, School's Out Camp, Summer Camp and Childwatch teams!

Please help us congratulate her on this well-deserved new position!

Samantha earned a Bachelor's degree in Child and Family Development from San Diego State University where she served as a mentor to the entire child development undergraduate class. She went on to earn a Master's degree in Education from Grand Canyon University and now has over 10 years of preschool and elementary school teaching experience with a strong special education and classroom management background. She has collaborated with various professionals and stakeholders to ensure that all children have the right to an education, and that they receive the proper instruction to achieve success in the classroom setting.

Before joining our team, Samantha worked as a Site Coordinator for 21st Century Community Learning Centers and the YMCA after school program in Oregon for a year where she led a team of instructors, coaches, volunteers, and helped implement a strong curriculum for children.

Samantha has a strong passion for teaching and education. She holds the belief that all children are capable of learning and are entitled to an education where they can grow physically, cognitively, socially, and emotionally.

Furthermore, she believes in creating and maintaining a school environment where all children feel safe, secure, and respected.

Samantha has 3 children of her own and enjoys reading, going to the beach, traveling and coaching archery in her spare time!



Associate Executive Director of Grants and Childcare Compliance

Robert Griggs has worked at the Y since 2016 ensuring that we offer the safest and highest quality childcare programs on the Treasure Coast. He also serves as the association's Grant Writer, an area he carries great strength in and will be focusing more on in his new role! We look forward to the increased impact his new position will have!

He holds a Master's degree in Education Law, a Bachelor's degree in Exceptional Student Education, and has earned 18 post-graduate credit-hours in Educational Neuroscience, with a concentration in Brain-based Leadership. He has spent the past twenty plus years supporting diverse learning communities, developing training workshops and curriculums, advocating for the rights of all students to receive a high-quality education, and operating preschools, summer camps and afterschool programs.

Interested in Joining Our Team?

Connect with us on:



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

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