

Morgan Murphy

From: YMCA of the Treasure Coast <engagesupport@daxkoengage.com>
Sent: Friday, September 29, 2023 2:00 PM
To: Morgan Murphy
Subject: October Newsletter - Achieve Whole Family Health at the Y!



Family Health Month

October is **National Family Health Month**, and the YMCA is dedicated to supporting all families as they work to create healthier lifestyles for themselves and all of their loved ones. Check out these [five easy ways you can create a healthier household](#) today!

Serving families has always been at the heart of the Y and we have programs and classes to fit the entire family!

Add 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.

Become A Part of the Y Family Today!



PAY THE DAY
ALL OCTOBER LONG!

JOIN FEE	JOIN FEE	JOIN FEE
\$1	\$2	\$3
OCTOBER 1	OCTOBER 2	OCTOBER 3

**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 join fee! Come in on October 2nd, pay \$2; October 3rd, \$3...and so! **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!

[Join Today!](#)

Personal Training Sale

October 1st - October 31st



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)

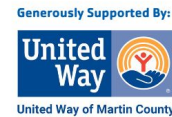
Register for Personal Training

FREE Youth Sports

for Residents of East Stuart & Indiantown



Thanks to the generous support of the United Way of Martin County, the YMCA is able to offer **FREE YOUTH SPORTS** to residents of East Stuart and Indiantown!



A maximum of 12 players from Indiantown and 12 players from East Stuart can enroll in their choice of either Basketball, Flag Football or Soccer each season (Winter 2023-2024, Spring 2024, Summer 2024). A new registration is required for each season.

This program is only available to income-qualified residents of Indiantown and East Stuart and will include round-trip transportation and snacks/meals for players on practice days (weekdays afterschool) and on game days (Saturdays). Practice days will be announced approximately one week before each season begins.

On practice days, the van will leave Indiantown YMCA at 3:30pm and return by 7:30pm. East Stuart participants will be picked up at the 10th Street Recreation Center at 4:45pm and returned by 6:30pm. On game days, the van will leave Indiantown at 8am and return by 3pm. East Stuart participants will be picked up at the 10th Street Recreation Center at 8:55am and returned by 2pm. Times may be adjusted as required in any given season. Youth will be under the supervisor of trained YMCA staff at all times while participating in this program.

Once registration is complete and eligibility is verified, you will be contacted with additional information, including coach's contact info, practice days, etc.

[Click Here to Register](#)

Registration closed when full or November 30th, whichever comes first.

Swim Challenge

Join us in our swim around Key West (at the Y)!



Age: All ages welcome!

Session: Oct 23rd- Nov 29th

Where: YMCA of the Treasure Coast
Pool in Stuart

Registration Fee: \$40

Prize: T-shirt for entering & invite to Key West themed evening on pool deck with recognition from our Y for completing the 12.5 miles before November 29th!

Starting on **October 23rd** you can compete in our swim around Key West here at the Y!

All participants will receive a T-shirt, and whoever swims 12.5 miles - or 22,000 yards - between October 23rd to November 29th will be invited to the pool deck for a Key West themed evening on December 1st starting at 5:30pm with sandwiches and key lime pie, where they will also receive recognition from the Y for their accomplishment!

Participants can log their yardage on our challenge tracking chart which will be located in the lifeguard office and recorded by the guards- just stop by the office and let them know how much you swam.

Registration closed October 13th.
Contact Aquatics Director, Kyla at: kschelling@ymcatreasurecoast.org

[Click Here Register Here](#)



EVENTS

Celebrity Chef

Fun was had by all at our annual Celebrity Chef event this year! A big thank you to all of our celebrity chefs for helping us to **raise over \$22,000 towards YMCA community scholarships!**

- Rick Wilson, Owner of The Gafford Restaurant
- Angela Hoffman, Vice-President of the Stuart Martin Chamber
- Stephen Leighton, Chief of Staff for Congressman Brian Mast
- Casey Caplan, Real Estate Agent at RE/MAX of Stuart
- Shaun Williams, Chief lending officer at Marine Bank
- Steve Doherty, Managing Partner at Gambale Insurance Group
- Jaclyn Uhl, Domesticated Goddess & Fearless Philanthropist
- Josh Ferraro, Partner at Lesser, Lesser, Landy & Smith, PLLC
- Kat Wentworth, YMCA Personal Trainer
- Rachel Schroth, Owner of Snyder Marketing Solutions & Events

- with Pete Morello, owner of The UPS Store, as our emcee!



[View More Photos Here](#)

YMCA of the Treasure Coast Presents



Join us for the Amazing Race: Martin County Edition on **Saturday, November 18th** beginning at the YMCA at noon and ending with an after party at 4pm.

This is a family friendly event with teams of 4 competing to win the First Place title.

It involves solving clues or facing challenges at each location to get you to your next location and to the finish line the quickest.

Register Your Team Today!

Give Back Night @ PDQ

Come support the YMCA and enjoy delicious Fresh Chicken on Friday, **October 13th between 4pm to 8pm** at PDQ (2331 SE Federal Hwy, Stuart). When you dine-in or drive-thru please mention the YMCA and a portion of your order will be donated to us! For online orders (order.eatPDQ.com) please use code "SFE" at checkout.



RSVP on Facebook

Halloween Costume Parade



Come join us on Tuesday, 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.



SPOTLIGHT

Welcome to Our Team



Please welcome our newest Personal Trainer, Chris Bayless! Chris comes with extensive experience training elite athletes and well-rounded knowledge and implementation of various aspects of personal training.

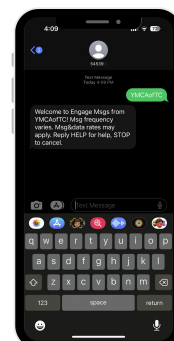
Chris has a Bachelor's degree in Exercise Science and Nutrition with certifications in USA Track & Field Level 2 Coach, USA Triathlon Coach, Johnny G Spin Instructor, Nutrition Consultant.

He specializes in coaching for running triathlons, sport specific training for ALL athletes, TRX Training, Speed & Agility Training, Water Fitness, and Strength & Conditioning for all ages and genders.

[Register for Personal Training](#)

[Apply to Become Part of our Team!](#)

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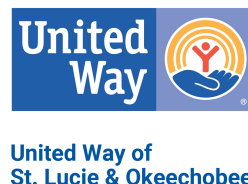
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United Way of Martin County



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