



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CONNECTING OUR COMMUNITIES

YMCA OF SOUTHWEST FLORIDA

JANUARY 2022



A MESSAGE FROM THE PRESIDENT AND CEO



Dear Friends,

With the new year comes new beginnings and growth for YMCA of Southwest Florida.

This month, our YMCA officially welcomed both Manatee County branches to our organization, expanding YMCA of Southwest Florida's service area from the Sunshine Skyway Bridge to the Everglades, making YMCA of Southwest Florida's service area the largest in Florida. This expansion increases our service area territory to 5,865 square miles by serving the counties of Manatee, Sarasota, Charlotte, Lee, Hendry and Glades.

Nothing excites me more than when I think about our future and the positive effects the Y makes in the communities we serve and the monumental impact the Y will have for years to come. Our ability to grow our Y and serve more individuals is possible because of YOU.

I cannot wait to see what the future holds for YMCA of Southwest Florida. Together, we are creating healthy families and communities.

Sincerely,

Gene T. Jones
President and CEO
YMCA of Southwest Florida

WELCOME BRADENTON YMCA AND LAKEWOOD RANCH YMCA

As of January 1st, Bradenton YMCA and Lakewood Ranch YMCA have officially joined our association.

Please join me in welcoming our two new branches and Manatee County Family to YMCA of Southwest Florida.

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen for a path to success.



HEALTHY LIVING

Improving the health and well-being through partnerships with health care.



SOCIAL RESPONSIBILITY

Foster a greater sense of engagement to provide support to our neighbors.



YOUTH DEVELOPMENT

YMCA OF SOUTHWEST FLORIDA

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RE-BRANDING OF OUR EARLY LEARNING PROGRAMS



Over the past few years, we have made tremendous gains to ensure that children in our care receive the highest quality early learning education. Our incredible and talented staff continues to help prepare our early learners for kindergarten and beyond. In the past 18 months, our Y has made investments in our curriculum and staff and implemented Tadpoles and Cognitive Toybox, an assessment tool that helps objectively measure children's development.

Our YMCA Early Learning Centers will now be YMCA Early Learning Academies.

YMCA of Southwest Florida is excited to announce the re-branding of our early learning programs. Our YMCA Early Learning Centers will now be YMCA Early Learning Academies. This name change will better reflect the services provided by our YMCA and strategically position and align our program's name with our "Academy" brand. Our commitment remains the same as we continue to focus on academic excellence and nurturing the potential of every child and teen throughout our region.

We look forward to advancing our mission to ensure all children in our communities have access to an early learning education that helps them thrive as they begin their school careers and into the future.

SKY ACADEMY IS NOW ENROLLING

YMCA of Southwest Florida's two A-rated, tuition-free, public charter middle schools – SKY Academy, are now enrolling for the 2022-2023 School Year. With schools in Venice and Englewood, YMCA of Southwest Florida ensures every child has access to an education that promotes students' overall well-being. At SKY Academy, there is a focus on academics, physical activity, mental health and positive character development. Students are provided opportunities to develop a further understanding of self and others. This approach allows students to strengthen and develop their mental, physical, social and emotional health while achieving academic excellence.

For more information, please visit www.skyatthey.com



YOU
DID
IT
MONK

YMCA of Southwest Florida serves
over 2,300 children daily at:

4	27	21	6	2
Early Learning Academies	After School Sites	Summer Camp Locations	YREADS! Sites	Public Charter Middle Schools

SUMMER CAMP REGISTRATION IS OPEN

Summer Camp is near and dear to my heart as I started my career as a YMCA Summer Camp Counselor and quickly developed a passion for youth development. Each year, Summer Camp brings me great joy as I see campers first-hand experience the wonder of camp. This year will be no different; children will have the opportunity to learn new skills, develop meaningful friendships and discover their potential, all while in the care of professional role models and youth development staff.

To register, visit <https://www.ymcaswfl.org/programs/child-care/summer-camps>



Website:
www.ymcaswfl.org



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HEALTHY LIVING

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TRY THE Y!

Join us and invite your family and friends on

JANUARY 29TH

as branches across our association host **TRY the Y!**

Individuals will find the perfect group exercise classes with names you know and trust, like Zumba and Les Mills. Families will take part in family activities, Kids Zone, and strengthen their time together. Everyone will find a community and sense of belonging when they **Find the Y!**

YMCA WEIGHT LOSS COMING TO FORT MYERS YMCA!

Currently, offered at our Venice, Englewood and Punta Gorda branches, YMCA Weight Loss is coming to Fort Myers in February.

This 12-week, 1 hour a week program at the Y provides helpful tips and strategies to incorporate nutrition and physical activity into your lifestyle, while also addressing motivation, obstacles and pitfalls that make losing weight and keeping it off difficult.

If you cannot make it into your local YMCA, no problem, we offer this program through YMCA Virtual.

For more information, visit
www.ymcaswfl.org/programs/wellness/ymcas-weight-loss-program

21 DAY FITNESS CHALLENGE

On February 7th, YMCA of Southwest Florida begins its 21 Day Fitness Challenge.

Visit your local YMCA of Southwest Florida branch 21 times between February 7th and March 19th to create a better **YOU!**

All participants who complete the challenge get a t-shirt and a chance to win a free 1-month membership!

REGISTER TODAY

www.ymcaswfl.org/events/21-day-fitness-challenge-2022



DID YOU KNOW

YMCA of Southwest Florida offers 130 chronic disease prevention and management programs weekly.

From Parkinson's Programs to YMCA Weight Loss to Enhance Fitness and more.

The Y's mission has long focused on helping people live their healthiest lives and reach their full potential in mind, body, and spirit. For more information on chronic disease prevention and management programs, visit
www.ymcaswfl.org/programs/wellness/programs-health



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SOCIAL RESPONSIBILITY

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YREADS!

YMCA of Southwest Florida operates six YREADS! sites, an after school reading remediation and mentoring program, where at-risk and low-income children in kindergarten through fourth-grade develop the reading skills they need to succeed in school. The Y also partners with Suncoast Campaign for Grade Level Reading to increase literacy support for kids in our community to reduce learning loss.

"I don't know what we would have done without YREADS!..."
"It's an amazing program..."

WHY THE Y?

William began YREADS! in the spring after struggling with reading. His classroom teacher alerted his parents that on William's current trajectory, he would most likely be repeating 1st grade. After two months of YREADS!, William's classroom teacher had a conference with William's parents again. William had improved in reading so much as a result of YREADS! that he would not only be advancing to 2nd grade, but he would also be advancing to a higher-level reading group in the next school year. William has continued with YREADS! this year and is now helping his younger brother read at home. "I don't know what we would have done without YREADS!," William's mom said. "It's an amazing program and now we also have so many books at home!"

HOLIDAY TOY AND MEAL DRIVE

A special thank you to all those who participated in our Holiday Toy and Meal Drive. Together, we brought holiday cheer to children and families across Southwest Florida.

We served:

240
Children

126
Families

78
Meals

We also had the opportunity to partner with Tidewell's Blue Butterfly program and served 200 more individuals through a holiday event.

WOMEN WHO CARE

Members of Women Who Care of Charlotte County, an alliance of busy women making a difference by committing a small amount of time & resources four times per year to streamline fundraising for local non-profits, selected the Punta Gorda YMCA as the recipient of the October meeting. Association Board Member, Cara Reynolds was joined by Community Board Members, Kim Amontree and Kelley Frohlich to represent and speak on behalf of YMCA of Southwest Florida.

With 126 women attending the meeting, each donating \$100, a total of \$12,600.00 was awarded to the Punta Gorda YMCA to support Youth Development programs. Thank you to Women Who Care of Charlotte County and our board members for their continued support.



UPCOMING DATES

WHY COOK: March 10th

TROPICAL NIGHTS: April 23rd

THE GIVING CHALLENGE: April 26th-27th (noon to noon)

HARBOR NIGHTS: November 5th



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