

CONNECTING OUR COMMUNITIES

YMCA OF SOUTHWEST FLORIDA

JULY 2022



INDEPENDENCE DAY

Individuals from across our organization celebrated Independence Day earlier this month. Children participated in red, white and blue activities and members engaged in patriotic events at the branches.



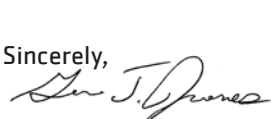
A MESSAGE FROM THE PRESIDENT AND CEO

Dear Friends,

I have many fond summer memories; I can remember the friendships gained, the personal growth experienced and the fun that will never be forgotten. It is amazing how each year I can remember wonderful memories as vividly as when they happened for the first time. Those incredible times have a place in my mind and those moments molded me into the person I am today.

This summer is no different. It is always an extraordinary feeling to see summer unfold at the Y. From the adventures of summer camp to children learning to swim to seniors finding new interests, the Y has something for everyone.

While summer will end as quickly as it started, school will begin and fall soon will follow, the memories made through laughter, camaraderie and accomplishments will forever be woven into the tapestry of our minds. Years from now children, parents and adults will think back to their summers at the Y affectionately as they remember "their moments". To be part of notable moments for so many individuals is a true gift and I want to thank everyone for making your YMCA memories at YMCA of Southwest Florida. It is a true honor to watch you create memories that will last a lifetime.

Sincerely,

 Gene T. Jones
 President and CEO
 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 JULY 2022

EARLY LEARNING ENHANCEMENTS



This fall, our YMCA will be expanding its early learning programming to include enhancements such as swimming, art, language and physical education. These programs will reap many benefits for children at an early age. By providing children access to water safety programming, they will develop life-saving skills that reduce the potential for drowning. The addition of language to the curriculum will benefit children as research studies have shown that children who learned a second language at a young age demonstrate cognitive advantages, such as increased problem-solving skills and creativity; it will also better support our Spanish speaking children. Physical education and nutrition education will help shape the health and well-being of children for the rest of their lives by teaching healthy habits early. And art continues to show its importance as children develop fine motor skills, cognitive development and math and language skills.

**Programming availability may vary by location*

[CLICK HERE](#) for more information about our Early Learning Academies and offerings.

SUMMER CAMP TOURS

Leaders and volunteers from our organization participated in summer camp tours across our region from Lakewood Ranch to Ester. Two days were spent visiting summer camp sites and seeing firsthand the incredible summer our campers are having as they make memories they will cherish for a lifetime. Attendees witnessed children engage in camp songs, activities, performances, art projects and more. A special thank you to those who attended and our incredible youth development team for continuing to enhance the summer camp experience.

YMCA of Southwest Florida believes that there should be a camp for every child, age, gender and interest and through increased offerings and specialty programs. This will be the best summer yet.

BEFORE AND AFTER SCHOOL ENRICHMENT

Before and After School Enrichment (BASE) provides high-quality childcare for families during out of school time. BASE focuses on nurturing a child's development by providing a safe and healthy place to learn foundational skills. Kids will develop healthy, trusting relationships and build self-reliance through the Y values of caring, honesty, respect and responsibility. While in our care, children participate in academic enrichment, homework assistance, engaging indoor activities and structured outdoor activities. They also receive a nutritious snack.

School is around the corner and if you have not registered your child for Before and After School Enrichment, there is still time to enroll by [CLICKING HERE](#).

Register Today!



HEALTHY LIVING

YMCA OF SOUTHWEST FLORIDA JULY 2022

YOUTH SPORTS HIGHLIGHT

Youth Basketball at YMCA of Southwest Florida focuses on the fundamentals of the game. The basketball youth sports program has been developed to teach and encourage teamwork and good sportsmanship. All players will make new friends and participate in weekly practices and games to learn and use their new skills. Players will learn basketball fundamentals like how to dribble, pass and shoot. Each week, they will play games and test their new basketball skills. Players will work within a team, navigate challenges and work on agility.









The YMCA offers sports all year at branches and off-site locations. YMCA youth sports provide opportunities for camaraderie, building skills and character development. We aim to keep kids moving and focused on their health and well-being. [CLICK HERE](#) for more information on youth sports.



DID YOU KNOW... YMCA OF SOUTHWEST FLORIDA OFFERS YMCA SERVICES TO EMPLOYEES THROUGH WORKPLACE WELLNESS?

At the Y, strengthening the foundation of our communities is our cause. The Y offers many Community Health Programs focused on providing evidence-based support to individuals, families and whole communities.

IN A TYPICAL AMERICAN COMMUNITY OR WORKPLACE...

 Families get only 37 minutes of family time daily	 80% of individuals do not exercise enough	 Children ages 1-4 have the highest drowning rate	 24% of individuals have high blood pressure
 60% of individuals are overweight and sedentary	 50% of individuals have high cholesterol	 27% of individuals have cardiovascular disease	 Obesity affects 20% of children ages 2-19

- YMCA SERVICES**
- Exclusive Fitness Classes and Small Group Personal Training, Virtual and On-Site
 - Exclusive YMCA's Weight Loss Program, Virtual and On-Site
 - Lunch & Learns, Virtual and On-Site
 - Stress Reduction & Mindfulness Workshops, Virtual and On-Site
 - Group Swim Lessons and Kid's Night Out events
 - Management of on-site Pools, Community Centers and Fitness Centers
 - Workplace/Community Retreats at YMCA Camp Estero
 - Workplace/Community Retreats Englewood YMCA Alpine Tower
- BENEFITS**
- Increased Productivity
 - Stress Relief
 - Improved Time Management
 - Improved Memory Retention
 - Decreased Anxiety
 - Improved Health Outcomes
 - Safe & Accessible programs for all
 - More opportunities for community socializing and team
- For more information visit our [WORKPLACE AND COMMUNITY WELLNESS](#) page.

SOCIAL RESPONSIBILITY

YMCA OF SOUTHWEST FLORIDA JULY 2022

ADVANCING OUR MISSION

YMCA of Southwest Florida is bringing youth development programs to five new locations. This school year, the Y will begin offering after school enrichment in Desoto County and at Cooper Street Recreation Center.

DESOTO COUNTY

In August, YMCA of Southwest Florida will bring its youth development programs to four locations in Desoto County. YMCA after school programs will be offered at West Elementary, Nocatee Elementary, Memorial Elementary and Desoto Middle School.

As part of YMCA of Southwest Florida's Strategic Plan, our Y seeks opportunities to work with partners to expand programs to better serve the needs of youth. Desoto County has been identified by our Board of Directors and we are working with the county and the City of Arcadia to continue to develop plans to further serve their youth. Our partnership with the Desoto County School System is the first step in advancing the YMCA mission in Desoto County.

Stay tuned for more upcoming YMCA programs in Desoto County.

COOPER STREET RECREATION CENTER

YMCA of Southwest Florida and Cooper Street Recreation Center (New Operation Cooper Street, Inc.) are excited to announce their new partnership to increase youth development services for the surrounding community. Both organizations will offer youth programs at the Cooper Street Recreation Center that promote academic success and address educational disparities.

In July, YMCA of Southwest Florida will begin its Before and After School Enrichment program at Cooper Street Recreation Center. The Y will provide care through Summer Camp and Out of School Days. Voluntary Pre-Kindergarten (VPK) services will also be offered in the future. Cooper Street Recreation Center will keep offering mentoring, career readiness and outreach programs to middle and high school students.

YMCA OF SOUTHWEST FLORIDA EARNS MULTI-YEAR COMMUNITY INVESTMENT FUNDING FROM UNITED WAY SUNCOAST

YMCA of Southwest Florida's role as a United Way Suncoast strategic community partner moves into a new era this month with the launch of a multi-year funding commitment from the nonprofit leader.

United Way Suncoast kicked off its new fiscal year on July 1 by initiating the distribution of a three-year grant that will deliver \$112,500 to YMCA of Southwest Florida. Funds will support our Nurturing the Potential of Every Child initiative in Desoto County. Nurturing the Potential of Every Child focuses on helping children reach their full potential by providing access to nurturing environments, enriching academic experiences & support systems that reduce barriers & strengthen cognitive, physical & social-emotional development. YMCA Youth Development programs provide families high-quality, affordable resources for childcare while providing educational services that help build the foundational skills needed to succeed.

Programs offered through Nurturing the Potential of Every Child are Summer Camp, Before and After School Enrichment and YREADS.

