

CONNECTING COMMUNITIES

YMCA OF SOUTHWEST FLORIDA

APRIL 2025



EMBRACING SPRING: MOVEMENT, MEMORIES & COMMUNITY AT THE Y

Dear YMCA Family,

Spring at the Y is all about movement—whether it's kids making memories at Spring Break Camp, young athletes stepping up for Travel Basketball tryouts or families coming together for the SKY Academy Venice Color Run, healthy minds and bodies remain at the core of our mission. From launching another season of youth sports to wrapping up the Find Your Y Challenge, there is something for everyone at the Y.

This season has also been filled with incredible moments at our special events, where our community came together to celebrate, support and make a difference. The Black Tie Gala was a truly special evening as we honored the life and legacy of Jeannette Hanchey Flokstra. Followed by the tremendous success of our WHY Cook! Event, that allowed guests to participate in an interactive four-course dinner where they prepared their own meals while trying new culinary experiences and fostering a sense of community.

No matter how you engage with the Y, know that you are part of something bigger. Every workout, every act of kindness and every moment of connection adds to the impact we create together. Thank you for being a part of this journey—we're excited for all that's ahead!

Sincerely,

Gene T. Jones
President and CEO
YMCA of Southwest Florida



YOUTH DEVELOPMENT

YMCA OF SOUTHWEST FLORIDA

APRIL 2025

HEALTHY LIVING

YMCA OF SOUTHWEST FLORIDA

APRIL 2025

SOCIAL RESPONSIBILITY

YMCA OF SOUTHWEST FLORIDA

APRIL 2025

YOUTH DEVELOPMENT

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

HEALTHY LIVING

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

SOCIAL RESPONSIBILITY

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

BUILDING MEMORIES & FRIENDSHIPS AT SPRING BREAK CAMP



Spring Break Camp at the YMCA is a time for adventure, learning and fun! This year, hundreds of children joined us for a week filled with exciting activities, from STEM challenges and arts & crafts to outdoor sports and team-building games. With the support of our dedicated staff, campers made new friends, discovered new passions and enjoyed a safe, enriching experience while school was out.



TRAVEL BASKETBALL: GEARING UP FOR A NEW SEASON

Tryouts are underway for our YMCA Travel Basketball League and we're excited to see the energy and dedication from young athletes looking to take their game to the next level. This program is about more than just competition—it teaches teamwork, discipline and leadership both on and off the court. We can't wait to see our teams in action this season and watch them grow!

SKY ACADEMY VENICE COLOR RUN: A SUCCESSFUL CELEBRATION OF WELLNESS



The SKY Academy Venice Color Run was a blast!

Students came together for a vibrant, fun-filled event promoting health and wellness. As participants made their way through the course, they were showered in bright colors, creating unforgettable memories along the way. Thanks to everyone who participated and supported this event—your involvement helps ensure that youth programs at SKY Academy continue to provide opportunities for all students to thrive.

HEALTHY LIVING

YMCA OF SOUTHWEST FLORIDA APRIL 2025

FIND YOUR Y CHALLENGE: A COMMUNITY OF MOTIVATION AND SUCCESS



We just wrapped up our Find Your Y Challenge, and what an incredible journey it has been! 180 participants took on the challenge of completing 21 workouts in six weeks, pushing themselves to new limits and prioritizing their health in a powerful way.

180 participants took the Find Your Y Challenge

For those who joined us, congratulations on your achievement! Whether you swam laps, took group fitness classes or hit the gym, every effort brought you closer to your wellness goals. And for those looking to jumpstart their fitness journey, remember—the Y is always here to support you on the path to a healthier, happier life!

PEDALING FOR PARKINSON'S AT THE Y



CHECK OUT THIS IMPACT VIDEO

At the YMCA, our Pedaling for Parkinson's program is designed to improve mobility, reduce symptoms, and enhance overall well-being for those living with Parkinson's. Through guided stationary cycling sessions, participants experience the benefits of movement in a supportive and encouraging environment.

This evidence-based program isn't just about exercise—it's about community, connection, and improving quality of life.

DID YOU KNOW

Did you know that regular cycling can help slow the progression of Parkinson's disease?

HEALTHY KIDS DAY

Healthy Kids Day is just around the corner and we can't wait to celebrate with our YMCA families. This free annual event is a fun-filled day designed to inspire kids and families to stay active, eat well and build healthy habits for life. With interactive games, fitness challenges, sports activities and nutrition education, Healthy Kids Day is the perfect opportunity to kick-start a summer of wellness. We hope to see you on April 26th at a YMCA of Southwest Florida location near you! [CLICK HERE FOR MORE INFORMATION.](#)

the **Y** YMCA

HEALTHY KIDS DAY

PEANUTS

YMCA OF SOUTHWEST FLORIDA

APRIL 26, 2025

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