

STAY CONNECTED

LEARN, GROW, THRIVE

SUMMER MEMBER NEWSLETTER



YMCA OF CALLAWAY COUNTY

1715 WOOD STREET

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YMCAOFCALLAWAY.ORG

HEALTHY LIVING



YOU CAN'T SPELL COMMUNITY WITHOUT THE Y

The YMCA is a designated space where relationships are fostered so it isn't hard to understand why participation in our Silversneakers group exercise class has increased so tremendously in the last few years. Silversneakers focuses on muscular strength and range of movement for daily living skills. This group of members has grown into a thoughtful, helpful **COMMUNITY**. At the Y, you get more than just a workout partner.

TIPS FOR A HEALTHY SUMMER



EAT A
HEALTHY DIET

GET ACTIVE



KEEP COOL IN
EXTREME HEAT

WEAR SUNSCREEN &
INSECT REPELLENT



STAY HYDRATED
WATER, WATER, WATER

ACCORDING TO CDC



SOCIAL RESPONSIBILITY

ENVIRONMENTAL SUMMER

Summer Camp 2019 is taking on **COMPOSTING!**

Compost is a decayed organic material used as a plant fertilizer and soil conditioner. The focus for this initiative is for the campers to understand what can and cannot be recycled or composted and what waste must go to the landfill which will hopefully encourage the kids to be less wasteful in their every day lives. Each day the campers will be responsible for separating their trash and by the end of Summer we will have **COMPOST!** A special thank you to Brittany Eaton for building the compost bins and educating the kids.



NOTE FROM YOUR CEO

After a long, cold, snowy winter, summer has finally arrived!! With the arrival of warmer temps, also means Summer Camp is in full swing at the YMCA. We are extremely excited for camp this summer as we have a thrilling array of activities for the campers to participate in. There will definitely be more kids in the facility, therefore if you see anything unsafe or questionable, report it to a staff member right away. And I am sorry about the noise and chaos, but it's the Y! And it's kind of fun to watch.

This Summer, hit the Stinson Creek trail for a bike ride, visit the City Pool during family swim, catch a movie, have a friendly competition at Fulton Bowling Center or go fishing together! According to the New York Post, American families get just 37 minutes of quality time together per day. That's extremely low, so carve out time each day or week to do something together as a family.

Hope everyone has a safe, FUN summer.

-Sara McDaniel



YOUTH DEVELOPMENT

JUST ADD WATER

Swimming is a lifetime sport, and kids on swim teams, regardless of their level, exercise every day. They're learning a skill that can save their own life or that of someone they love. Even though constantly overcoming facility obstacles, YMCA of Callaway County has a successful competitive swim team. This year, in addition to the many individual placements, the team finished 3rd Overall at the Heartland Area West Regional Swim Meet (included teams from all over MO), 2nd at the St. Charles Great Gobbler Games (included teams mostly from STL) and 3rd Place Heartland Area Championships 8 & U Boys (included finalists teams from MO & So. Ill.). The goal of the YMCA is to spread the love of swimming into the entire county, to encourage students that may not be involved in other sports to try this beneficial activity, and provide a platform for the advanced swimmer to face great competition.

In an effort to provide more swimming opportunities, we have begun discussion around a county-wide swim club for high school students that will compete with other high school swim teams. This swim club would be led by the YMCA of Callaway County with participation from all Callaway County school districts. These student athletes would practice, compete, and represent Callaway County as well as receive recognition from their individual schools as an athlete representing their high school.

We look forward to the positive impacts of making swim teams a priority in Callaway County!



STAY TUNED

PROGRAMS:

SUMMER

- TACKLE FOOTBALL
- REC CHEERLEADING
- GIRLS' BASKETBALL
- FALL 3V3 SOCCER

FALL

- TUMBLING
- SMALL FRY BASKETBALL

EVENTS:

- JULY, COMMUNITY POOL PARTY
- SEPTEMBER, TEEN DANCE
- SEPTEMBER, FALL FESTIVAL
- SEPTEMBER, Y-FIT LAUNCH



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