



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA of the Capital Area Newsletter Y Connection - July 2019

IMPACT OF THE Y

We're making a positive impact in our community one person and one day at a time. We've been busy with Summer Camp, Sports Camp, visits from special guests from LSU Volleyball and Steve Caparotta with WAFB, health fairs, job fairs, wellness challenges, wheelchair tennis and more. [Click here](#) to view photos highlighting the impact of the Y. [Click here](#) to read the President's Newsletter.

FALL SPORTS



It's a great time to get your child in the game! Y Sports help children improve their skills, make new friends and develop a love for sports. Registration for Fall sports begins July 15. Children ages 8-12 can participate in soccer and children ages 5-12 can participate in flag football. In Y sports there are no tryouts and all players have equal playing time in games. [Click here](#) to register online.

WORLD'S LARGEST SWIMMING LESSON

On June 20, the Y participated in the World's Largest Swimming Lessons along with 45 states and 60 countries, to host the world's largest swimming lessons in a 24-hour period. More than 500 children participated in the event at our YMCA locations. The Y offers swim lessons and safety around water to help children and adults learn this life-saving skill. Visit us online at www.ymcabr.org/swim for more information.



DID YOU KNOW?
Swimming lessons can reduce the risk of drowning by 88%.



We are having an amazing summer with our summer campers. Camp has been a wonderful opportunity for children to make new friends, explore new things and have fun! Big thanks to the donors who contribute to our Annual Support Campaign, more than 50% of our campers are able to experience the best summer ever thanks to our scholarship program and thanks to those who make donations! www.ymcabr.org/give

FOURTH OF JULY

The following YMCA locations will be open normal business hours until 12pm on July 4. Additional YMCA locations will be closed.

Open until 12pm:
A. C. Lewis YMCA
Americana YMCA
C. B. Pennington Jr. YMCA
Dow Westside YMCA
Paula G. Manship YMCA



PROGRAMS

[SWIM LESSONS](#)
[SAFETY AROUND WATER](#)
[FLAG FOOTBALL AND SOCCER](#)
[GROUP EXERCISE](#)
[ACTIVE ADULTS](#)
[YOUTH PROGRAMS](#)
[LIVESTRONG AT THE YMCA](#)
[TENNIS](#)
[ADULT SUMMER TENNIS](#)
[BLOOD DRIVE](#)
[WEEKLY ROUND ROBINS](#)
[TRX](#)
[Y LIFT](#)

UPCOMING EVENTS



July 4: Happy Fourth of July! Please reference the holiday schedule above.

July 10: Member Appreciation Day
July 15: [Registration](#) for soccer and flag football.

July 26: Friend Friday, Y Members can bring a guest for free.

[Click here](#) to view Y schedules and news.

Connect with us



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