



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

YMCA of the Capital Area Newsletter - Y Connection March 2020

VOTE FOR THE Y!



Empower your community by voting for the YMCA of the Capital Area in Gulf Coast Bank's Community Rewards program. The Y is a local nonprofit with nine locations in the Capital Area, and your local Y helps to ensure that everyone in our community has access to vital community programs and resources that support youth development, healthy living and social responsibility.

From adaptive swim lessons for special needs children to reducing the risk for developing type 2 diabetes, the Y helps to create change. Community members can vote daily from March 2 through March 31 at the link below. Please share the link with family, friends, and colleagues to help the YMCA of the Capital Area earn votes in this online contest. Gulf Coast Bank will reward a total of \$75,000 to the top 10 nonprofits voted on by the community.

[Click here](#) to vote for the Y! *Beginning March 2

WELCOME STACEY



The Y is excited to announce, Stacey Emick Howell has been named VP of Financial Development for the YMCA of the Capital Area. Howell has more than 20 years of fundraising experience, CFRE certified, and has experience with annual campaigns, major gifts, and stakeholder engagement to help donors invest in social impact. Stacey can be reached at showell@ymcabr.org

ANNUAL CAMPAIGN

The YMCA of the Capital Area is launching its annual fundraising campaign on

March 17 to help ensure that everyone in the Capital Area has access to vital community programs and resources that support youth development, healthy living and social responsibility.

Every day, the YMCA of the Capital Area strengthens communities for kids, adults, seniors and families with programs that protect, teach, connect, heal, nourish and encourage. From adaptive swim lessons for special needs children to reducing the risk for developing type 2 diabetes, the Y helps to create change.

“Throughout the Capital Area, more than 26,000 people know and depend on the Y, but we’re so much more than many people realize,” said Christian Engle, President/CEO, YMCA of the Capital Area. “In addition to being the place that more than 6,000 children learn to swim, attend camp, or participate in afterschool programming or where more than 20,000 adults go for their daily workout, we’re also constantly responding to the needs of our community. We’re dedicated to nurturing the potential of every child and teen, improving our community’s health and well-being, and giving back and providing support to our neighbors—all to create a better us.”

Everyone wants to have a longer, full life but not everyone has the opportunities or resources. The Y helps people help themselves and their families. In 2019, the Y provided more than \$1,000,000 in financial assistance opportunities for all to learn, grow and thrive. The Y helps to identify the needs of our community and works to provide local solutions and financial assistance to those in need. Become a CHAMPION in your community by supporting the Y today.

Last year, charitable gifts from YMCA donors made it possible for kids to have a safe place to learn and build confidence after school, adult cancer survivors are able to reclaim their overall health with LIVESTRONG at the YMCA, families strengthen their bonds and the social connectedness needed to ensure inclusive communities are supported and many more programs and services to help individuals reach their full potential.

For more information about the Y’s cause and to donate, please contact Stacey Howell, V. P. of Financial Development, at showell@ymcabr.org, or [click here](#).



GIVE FOR A BETTER US
The Y.™ For a better us.

ANNUAL CAMPAIGN

DONATE

DIABETES ALERT DAY

March 24 is Diabetes Alert Day, and the Y wants everyone to know that one in three Americans are at risk for developing type 2 diabetes, a serious disease that can lead to complications such as kidney disease, blindness and amputations. Diabetes does not have to be permanent; with healthy lifestyle changes, it can be prevented or delayed. The Y offers the Diabetes Prevention Program to help individuals learn and adopt healthy habits that have been proven to reduce the risk of developing type 2 diabetes. [Click here](#) to learn

more.

HEALTHY KIDS DAY

Healthy Kids Day is a free community event to inspire more kids to keep their minds and bodies active all summer long.

Save the date! April 18 from 9am until 1pm.



The graphic features the YMCA logo in the top left. The main text reads "HEALTHY KIDS DAY" in large, bold, purple letters, followed by "SATURDAY APRIL 18" in white text on a purple background. Below this, it says "FREE & Open to the Public!" in purple and white. At the bottom, it is sponsored by "LEVEL HOMES" with a logo. On the right side, there is a photograph of children playing flag football on a grassy field.

SPRING SPORTS



Children in the YMCA youth sports program develop more than skills, they develop character. YMCA sports programs give children the opportunity to participate in a fun, non-competitive environment. During the season children will learn and develop skills as well as teamwork, confidence, sportsmanship, respect and honesty. Register soon, registration ends March 2.

Spring sports will include soccer and baseball for children ages 3 - 12 and volleyball for children ages 9-17.

[Click here](#) for more information.

**BEST
SUMMER
EVER®**



BEST SUMMER EVER

YMCA summer camp offers children and teens a chance to stay active and engaged this summer, while making new memories and friendships to last a lifetime! Campers' days will be filled with field trips, sports, swimming, arts and crafts and so much more. Registration begins soon! [Click here](#) for more information.

PROGRAMS

[Tennis Round Robins](#)
[Foundations of Tai Chi](#)
[Swimming Lessons](#)
[Swim Team](#)
[Group Exercise Classes](#)
[LIVESTRONG at the YMCA](#)
[ACT Prep Course](#)
[Parent's Night Out](#)
[Family Prom](#)
[Enhance Fitness](#)

UPCOMING EVENTS

March 2 – Read across America Day

March 9 – [Basketball Camp](#)
Registration Begins

March 17 – Member Appreciation Day, St. Patrick's Day, Annual Campaign Kickoff Day

March 24 – Diabetes Alert Day

March 27 – Friend Friday, Y Members can bring a guest for free.



Connect with us



Donate Today!

YMCA of the Capital Area | ymcabr.org