



Harvest Health, Happiness & Community This Fall

October 2025

Sumter Family YMCA Newsletter



FILLING OUR BASKETBALL COURTS

Our Biddy Basketball program has brought out the excitement, determination, and smiles in our youngest athletes. From their first dribble to cheering on teammates, these little players are learning the fundamentals of the game while building confidence, friendships, and a love for sports. It's a season full of challenges, laughter, and unforgettable moments, and we are so proud of their progress.

None of this would be possible without our amazing volunteer coaches, who generously give their time, energy, and encouragement each week. Their dedication goes beyond teaching basketball skills—they're mentoring, motivating, and creating a safe, welcoming environment where our youngest athletes can thrive. Our next season for players ages 5–9 is just around the corner, and we are looking for more coaches to join this rewarding experience. If you love working with kids, want to make a difference, and enjoy the game of basketball, now is the perfect time to get involved!

Registration is open for 9+ boys and 10+ girls.



CONNECTING PEOPLE TO LIFE-CHANGING OPPORTUNITIES

Celebrate with us

Happy birthday to:

Robert A.	Eleana B.
Anthony B.	Missy C.
Becky D.	Cindy D.
Tim "Boo" G.	William L.
Addy L.	Merrell L.
Mal R.	Jonah S.
Terry W.	Destiny W.

Happy Work Anniversary to:

19 years	Donna W.
16 years	Missy C.
13 years	Joan M.
11 years	Fannie G.
4 years	Jodi W.
2 years	Olivia B.
1 year	Tatiana H.
	Ciara M.

Welcome to the team:

Terrence B.	Cheryl G.
Railford H.	Merrell L.
Nonticha N.	Michael R.
Jada T.	Mark T.
Ethan W.	Jonah W.

Instagram
YMCA360 app
YMCA of Sumter app
www.ymcasumter.org

TURKEY TROT AND GOBBLER DASH

Thursday, November 27, 2025 @ 9 AM

Start Thanksgiving off the right way with a run or walk. Bring your family, friends and your pets as we celebrate health and blessings for the 43nd year! The Gobbler Dash Fun Run for kids is back this year with t-shirts and medals for the kids!

Turkey Trot: Certified 5K course, finish line and chip timers by Strictly Running

Gobbler Dash: City trail for kids ages 6 to 9, supervised by Y Staff

Register at the YMCA or on our website

Packet Pick-up: Wednesday, November 26 @ the Y

T-shirts available first while supplies last for both races

Race Day Registration: Begins 8 AM

Race: Begins 9 AM

Volunteers are needed to make this event a success. For more information, contact Denise Lewis at 803-773-1404.

"It's not whether you get knocked down, it's whether you get up"

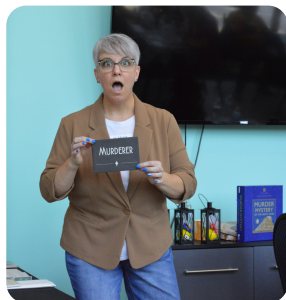
VINCE LOMBARDI



YMCA Turkey Trot

Spotlight on September

The YMCA is buzzing with energy this season! From dozens of engaging Older Adult activities to swim lessons for all ages, and a wide variety of fitness classes that keep everyone moving, there's something for everyone. Our members are making the most of every opportunity to learn, grow, and connect—whether it's splashing in the pool, finding strength in a group class, or enjoying social and educational programs designed to inspire. The Y truly is a place where all ages come together to stay active, healthy, and connected to their community. Here are a few photos from programs, classes and events last month.



Mission: To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.