

# FEBRUARY

## ACTIVITIES & NEWS



YMCA OF SUMTER

510 Miller Road, Sumter

February 2025

[ymcasumter.org](http://ymcasumter.org)

CONNECTING PEOPLE TO LIFE-CHANGING OPPORTUNITIES

## BLACK HISTORY MONTH

February is Black History Month, a time to remember and celebrate the Black leaders who have helped move the Y – and America – forward in our collective journey to advance inclusion and equity for all. All month long we will share both the history of Black leaders within the YMCA, as well as highlights from past or present Black figures within our local community who have meaningfully contributed to our Y.



Biographies of Black historical figures will be displayed throughout the Y to honor their legacies and share their immense impact on society, particularly in the context of the YMCA's mission to promote social responsibility, inclusion, and community development. These figures, and others, have had a direct influence on the YMCA, whether through their leadership, activism, or innovative work in education, sports, and wellness. By displaying their stories, we strive to encourage the values of respect, unity, and equality that are core to the YMCA's work today. These displays can serve as daily reminders of the impact that Black leaders have had within the YMCA movement and beyond, inspiring current and future generations to continue advocating for social justice and inclusivity.

## Noteworthy

### Happy Birthday to:

Antonio H.  
Donna W.  
Kayce B.  
Katherine G.  
Kim S.  
Lisa G.  
Mary T.  
Sue B.  
Wyatt C.

Welcome our newest team members to the Y:

Caron P.  
Emily V.  
Jason L.  
Roshawn M.  
Savannah C.  
Thomas C.  
Ursula W.

**Stay connected** with us on social media, mobile app and our webpage

[Facebook](#)  
[YMCA360](#)  
[www.ymcasumter.org](http://www.ymcasumter.org)

## ENJOY THIS ISSUE?

Feel free to share this newsletter with anyone who you think may enjoy it.

## QUESTIONS, COMMENTS, IDEAS?

Contact us at [info@ymcasumter.org](mailto:info@ymcasumter.org)

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

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# HEART HEALTH MONTH

February is American Heart Month and the Sumter Family YMCA urges our community members to make their health a priority by getting a blood pressure screening. Blood pressure guidelines from American Heart Association indicate that nearly half of all Americans have high blood pressure. High blood pressure is often referred to as “The Silent Killer” because there are typically no warning signs or symptoms.

While high blood pressure and heart disease are serious conditions, the good news is a healthy heart is an achievable goal through lifestyle changes such as regularly monitoring your own blood pressure, lowering sodium intake, eating healthier, and getting more physical activity. Get help by taking part in one or more of the following activities:

1. Visit your doctor for routine blood pressure checks
2. Take advantage of the blood pressure station in the main hallway
3. Register for the Y’s blood pressure self-monitoring program
4. Visit the Y for regular exercise



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## PROGRAMS, ACTIVITIES AND REGISTRATIONS AVAILABLE IN FEBURARY

We offer programs for individuals starting at 6 weeks old. Stay active and engaged with these, and other programs year-round. Find additional information on our website, information kiosk, or by contacting the member engagement team.

- Swim lessons are available year-round for individuals starting at six months old. Our March/April swim lessons registration starts Monday, February 3
- Active Adult programming ranges from Pickleball, crafts, Lunch & Learn, social events and more. A monthly calendar is available throughout the facility.
- Youth Spring Soccer opens for registration Monday, February 3. This program is for children ages 3 - 8 years old. This program is made possible with the generosity of volunteers. If interested, visit our website to complete a volunteer application.
- Gymnastics recreation classes are offered all year for individuals ages 3 years old through adults. Registration is available online and at the gymnastics center at 220 Pine Street.
- Personal trainers are available to offer support and guidance for all fitness levels and abilities. Submit your interest online or with the member engagement team to be assigned to a trainer. Sessions then can be purchased for 30-minute or one hour sessions.