



NEW YEAR NEW OPPORTUNITIES

January 2026

Sumter Family YMCA Newsletter



START THE YEAR OFF STRONG GET INTO SOMETHING NEW!

A new year brings fresh energy, renewed goals, and exciting possibilities at the YMCA! As many of us set New Year resolutions focused on health, connection, and personal growth, the Y is here to support every step of the journey. With new programs, expanded opportunities, and welcoming spaces for all ages and abilities, this season is the perfect time to try something new, reconnect with your community, and invest in a healthier version of you! We're excited to start the year together and help you make 2026 your strongest year yet.

Aquatics

- Evening swim lessons are now 8-week sessions starting in January.
- Monthly morning swim lessons are offered to infants and toddlers 6 months – 3 years old.
- Masters swim will begin in January. This is a year round swim program, like swim team, for adults 18+. There is a registration fee of \$50 and a monthly fee based on membership status.
- Swim the Caribbean Challenge will take place all year. See page 2 for more information about this challenge.

Childcare

- KNO happens once a month, on a Friday, allowing children the unique experience of staying late at the Y, while parents get a night out. Registration is open for January through May.
- Birthday Parties will have new themes starting in 2026, with the introduction of art themed parties.

Healthy Living

- Blood Pressure Self-Monitoring class starts January 9.
- Enhance Fitness class starts January 9.
- Silver Sneakers is now called Golden Sneakers and will remain on the Group Exercise Schedule.
- Youth Physical Education will begin in January and offered to members only. This 90-minute, weekly course offered to youth 8-12 and 13-16. Registration is open online and in-house. Contact Chris Blackwell for additional information.

Celebrate with us

Happy birthday to:

Doug C.	Dione C.
Jose D.	Mike D.
Olivia B.	Tyiona J.
Tina R.	Nicole M.
Deonte F.	Aiden B.
Ryanne L.	Kirk L.

Happy Work Anniversary to:

27 years	Mike D.
15 years	Emily S.
13 years	Xavier H.
9 years	Brittany M.
8 years	Kayce B.
	Rebecca V.
7 years	Katie G.
4 years	Bill G.
	Lyndsi W.
3 years	Rebekah D.
	Cathy M.
	Jeff T.
2 years	Sam M.
1 year	Savannah C.
	Joan H.
	Caron P.
	Ursula W.

Welcome to the team:

Loretta B.	Arlette G.
David H.	Tyiona J.
Sylvester J.	Kirk L.
Jadia L.	Peyton M.
Gayle S.	Ashleigh S.
John B.	Akiya W.

Instagram
YMCA360 app
YMCAof Sumter app
www.ymcasumter.org

READY TO WELCOME SENIORS

We are excited to announce the upcoming opening of our Senior Community Center, a welcoming space designed to bring people together through games, learning opportunities, clubs, and meaningful connections. This new center allows us to serve even more individuals in Sumter by fostering community, purpose, and engagement in every season of life. We look forward to creating a place where friendships grow, talents are shared, and everyone feels a true sense of belonging.

Among the programs we offer, seniors will enjoy:

- Games
- Trivia
- Bingo
- Book Club
- Social Activities
- Bible Study
- Crafts
- Lunch & Learns

Register for access to all these activities and more at the member service desk or online at www.ymcasumter.org.

This does not include member access to the main YMCA or its programs. For more information, please contact Cathy Mason (803) 774-2507 or Cmason@ymcasumter.org

"Nobody can go back and start a new beginning, but anyone can start today and make a new ending."

MARIA ROBINSON



SWIM THE CARIBBEAN

Log your miles, track your location, and earn prizes along the way.

We will have a new island destination every quarter.

Dive into a tropical adventure right from the pool. Participants will log their swimming distances each week as they travel island-to-island across the Caribbean Sea. Each milestone represents a new destination, complete with fun facts and themed motivation. The goal is to complete the full island chain within the challenge period while building endurance, confidence, and community. All swimming styles and skill levels are welcome. Earn bragging rights, unlock rewards, and discover the Caribbean one lap at a time!

Anyone is welcome: Lap Swimmers, Water Walkers, Swim Team members, Masters Swimmers, and those new to the water.

Members only: \$15 monthly

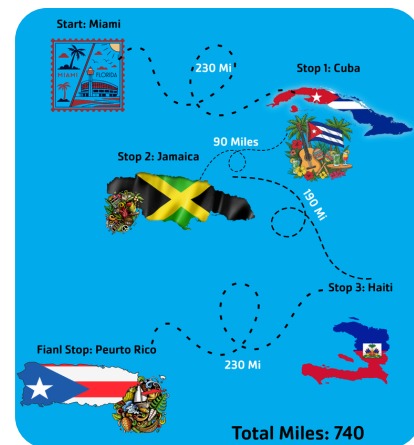
Registration is available online and in-house

Earn prizes for meeting your goals every quarter.

Win bigger prizes by making it to each island.

Grand Prize: Drawn from all finishers in December 2026.

Contact Destiny Williams with questions at dwilliams@ymcasumter.com



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