



THE Filling October With Opportunity PLACE

JOIN, CONNECT, AND EXPLORE!

October at the Y is all about connection, energy, and creating memories together. As cooler days arrive and fall is in full swing, our programs are bringing people of all ages together in meaningful ways. From young athletes building confidence and teamwork on the basketball court, to parents enjoying a well-deserved evening out, to seniors celebrating friendship and fun at our highly anticipated Senior Prom, there is something special happening throughout our Y community this month.

Whether you're cheering from the sidelines, trying something new, reconnecting with friends, or making memories with family, the Y is here to support every stage of life. October is a reminder that the Y is more than a place to work out or participate in programs. It's a place where relationships grow, confidence builds, and our community comes together to thrive.

Church League Basketball introduces players to the fundamentals of basketball, teamwork, good sportsmanship, and allows them to meet new friends in a Christian environment. Teams will practice one day a week, depending on the coach's availability. Registration is open for all three seasons.

Season A - Co-ed 5-6, boys 7-8, girls 7-9 starts October 19.

Season B - Boys 9-10, girls 10-13, boys 11-13 starts January 4.

Parent's Night Out: At the YMCA's PNO, your little ones will be busy making friends, playing games, and having a blast. Dinner is included too! The first session is Friday, October 16. Children 6 weeks to 13 years old are welcome. Cost per child: \$35 members, \$52.50 potential members

Seasons of Gold Senior Prom: Get ready to dance the night away at our Senior Prom. The first floor will be buzzing with energy as the DJ keeps the music going, while upstairs offers the perfect place to relax and enjoy the evening with finger foods and punch in the kitchen, cozy tables in the classroom for conversation and snacking, and a festive photo booth in the library to capture your best prom-night moments. It's a celebration made for fun, friends, and unforgettable memories.

Purchase your ticket online or at the member service desk by October 20.

Tickets are \$25 per person.

Celebrate with us

Happy birthday to you!

Jeanette A.
Missy C.
Tim G.
Ivy K.
Merrell L.
Jonah S.
Destiny W.

Dalton A.
Cindy D.
David H.
Addy L.
Mal R.
Terry W.

Welcome to the team!

Jeanette A.
Emily J.

Rebecca C.
Breanda L.

Noteworthy

Member Code of Conduct and Age Guidelines are available on the Membership page of our website. Contact us if you have any concerns, comments or suggestions.

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www.ymcasumter.org

Contact us
803-773-1404
info@ymcasumter.org

CONNECTING PEOPLE TO LIFE-CHANGING OPPORTUNITIES

HOMESCHOOL P.E.

We are excited to kick off the school year with homeschool programming. With the partnership of several departments, we will offer a variety of activities for children enrolled in the YMCA Coop.

"Connecting increases your influence in every situation."
John C. Maxwell

The YMCA **Youth Swim & Fit** program provides a fun, safe, and active environment where children can build confidence, develop healthy habits, and learn new skills through swimming and physical activity.

Participants will enjoy a combination of swimming instruction, water safety, gym activities, games, and nutrition designed to promote physical development, teamwork, and self-confidence. Activities are age-appropriate and adaptable to different skill levels, allowing every child to participate, learn, and have fun.

The Youth **Archery & Fishing** Program is designed to introduce young people to the outdoors while teaching valuable skills, building confidence, and encouraging positive character development. Through hands-on instruction and supervised activities, youth will learn the fundamentals of archery and fishing in a safe, supportive, and engaging environment.

Participants will receive instruction in archery safety, equipment handling, proper shooting techniques, target practice, fishing safety, casting, bait and tackle, and basic fish identification. The program will also emphasize patience, focus, responsibility, teamwork, sportsmanship, and respect for nature.

Swim & Fit

3-month session

Cost per session

Members: \$100

Potential Members: \$150



Archery and Fishing

6-week sessions

cost per session

Members: \$60

Potential Members: \$90



TURKEY TROT 5K AND GOBBLER DASH

Start your Thanksgiving with a traditional Turkey Trot a 5K run in Historic Sumter for families, beginners, or competitive runners. Turkey Trot is an event that focuses on families, healthy living, fun, and a sense of community for all ages and abilities.

Youth ages 5-9 can take part in our Gobbler Dash fun run that is a little less than 1 mile on Shot Pouch Trail located on the right side of the Y parking lot. Children are supervised by YMCA staff and taken to the course right after the Turkey Trot starts. Participants receive a t-shirt and participation medal.

Check in begins at 8:30am at the youth center desk and will remain supervised until the parents pick up their child from the youth center, no later than 10:30am. The overall winner will be recognized with a trophy during the Turkey Trot awards.

Rain or shine. No refunds. T-shirts will be available first come, first serve at packet pick up on Wednesday, November 25 in the Community Health Room 1:00 pm – 7:00 pm.

Regular registration is open through Sunday, November 22. Late registration adds \$10 and opens on Monday, November 23. Register online or at the member service desk.

Turkey Trot: \$30 Gobbler Dash: \$25



YMCA Turkey Trot

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