



# MOMS & MUMS

## May

Sumter Family YMCA Newsletter



## IT MAY BE TIME TO TRY SOMETHING NEW!

### FIRST FRIDAY FAMILY FUN NIGHT!

Friday, May 1: 6:00 pm – 8:00 pm

The YMCA gymnastics center will open its doors to members of all ages to tumble, roll, and test their balance. Pietas Coalition will be there to present a traveling art piece and lead a discussion about family safety. Kona Ice will be available for purchase in the parking lot.

### TRYATHLON

Saturday, May 2: 9:00 am

Join us for our Indoor TRY–Athlon Sprint: a fun, beginner-friendly event designed for all fitness levels! Your registration includes a race t-shirt! Challenge yourself. Come TRY it!

Race Format: 500-yard swim, 10-mile indoor cycle, and 1-mile run

Modifications available: Water walking, recumbent bike, and treadmill

### MOM'S DAY OUT

Saturday, May 9: 9:00 am – 4:00 pm

Kids ages 5-12 will enjoy a Mother's Day themed craft, swim instruction in our warm pool, lunch (provided), and an afternoon of organized swim games and play. While your children are having a safe, active, and fun-filled swim adventure, parents can take the day to relax or enjoy some well-deserved self-care.

Register online or at the member service desk by May 7

First Child: \$50 members, \$75 potential members

Sibling discount applied for additional children



## Celebrate with us

### Happy birthday to

Derek B.	Tatiana C.
Yani E.	Arlette G.
Xavier H.	Marc H.
Faith K.	Nina L.
Brittany M.	Olivia O.
Krystina R.	Mark T.

### Welcome to the team

Briayna B.	Amy C.
Tatiana C.	Tamia G.
Tawanda M.	Matthew R.
Lucretia R.	Remington T.
Ava V.	

The Y will close at 2:00 pm  
Monday, May 25 for  
Memorial Day.



### Explore and share

Facebook  
Instagram  
YMCA360 app  
YMCAof Sumter app  
[www.ymcasumter.org](http://www.ymcasumter.org)

Contact us  
803-773-1404  
[info@ymcasumter.org](mailto:info@ymcasumter.org)

CONNECTING PEOPLE TO LIFE-CHANGING OPPORTUNITIES

# WATER SAFETY MONTH

Checking your phone may seem like a quick task, but it can quickly become a distraction, and distractions around the water can have major consequences. That's why families should always assign a Water Watcher, an adult who maintains visual contact with all children playing in or near the water.

**Remember: Phones Down, Eyes Up™, at the pool, lakefront, or ocean.**

Visit [PhonesDownEyesUp.org](https://PhonesDownEyesUp.org) to take the pledge and learn more about the layers of protection you can put in place to help keep kids safe around water, this summer and all year long.

From oceans to lakes to streams to swimming pools, water is everywhere: 71% of the Earth's surface is covered in it! And while water can be an irresistible place for kids to explore, play and enjoy splashy fun, it can be risky for those who haven't yet developed their water smarts. America's most trusted swim instructor, the YMCA helps kids (and adults) of all ages, abilities and backgrounds develop skills they need to become strong, confident swimmers.

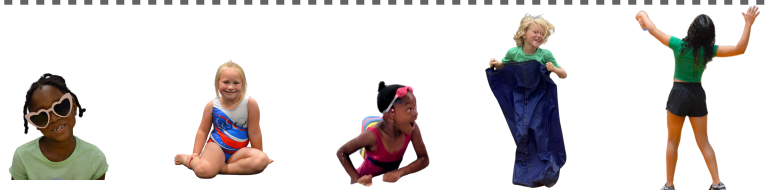
The Y offers year-round swim lessons for groups and private lessons. Information on our current lessons are available on the kiosk in the main hallway, at member services, and on our website. Classes fill quickly this time of year. Don't hesitate to get water ready!

"Nothing is impossible. The word itself says I'm possible!"  
C.S. Lewis



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## SUMMER IS ALMOST HERE



Have you made plans for your child this summer? Time is limited, and so is the space in our summer camps. Here is a brief rundown of our camps. Register online before these camps fill! Camp fees include breakfast, lunch and afternoon snack.

- **Fun Factory:** Our traditional indoor camp is specialized to keep the camper's brain stimulated over the summer break to help prevent learning loss. We will engage the kids in various energizing, independent physical activities. All campers must be potty-trained. Fun Factory fees also include weekly field trips. Ages 3 (must be potty trained) - 8 years old
- **Camp Mac Boykin:** Campers will experience classic outdoor adventure at Camp Mac Boykin, nestled on 55 beautiful acres of woods, water, and open space. The camp features a ropes course, cabins, ball field, and a natural swimming area with water based activities that encourage exploration and fun. This traditional outdoor camp focuses on building friendships, learning new skills, and enjoying rugged summer fun in the great outdoors. Ages 7 - 13 years old and C.I.T. program for 14-16 year old teens
- **Gym and Swim:** Campers will have a flipping good time at Gymnastics Camp, where experienced coaches focus on proper shapes, safe equipment use, and skill development. Each day, campers rotate through all four events and age-appropriate drills. Campers are transported to the Y for lunch and to prepare for Swim Camp. Swim Camp builds water-safety skills, technique, confidence, and a love for the water in a structured, supportive environment. Campers begin with a brief swim assessment. Each day includes 45 minutes of instruction focused on safety, foundational skills, and stroke development. The afternoon wraps up with snack break and structured free swim with games. Ages 7 - 12 years old

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