



## JULY at the Y!

### PAINT & SIP NIGHT

Friday, July 10

7:00 – 9:00 pm

Participants ages 16+ are invited to the Senior Center for a night of creativity! Join us for a step-by-step painting session with all painting supplies provided. One complimentary glass of apple cider of your choice will be enjoyed while you create a masterpiece to take home. No experience needed.

**Cost:** \$45 per person

Registration is open online and available in-house through July 10.

### CAKE DECORATING FOR BEGINNERS SERIES

July 18 – August 8

Saturdays 11:00 am – 1:00 pm

Join us for a fun and creative cake decorating class designed for beginners! Learn the basics of cake decorating while creating your own beautiful cake. No Experience needed—just bring your creativity and have fun!

**Cost:** \$100 per person

Registration is open online and available in-house through July 17.

### BANANA SPLIT CLINIC

July 28 – 30

Tuesday, Wednesday, Thursday 9:00 am – 12:00 pm

Join us for a fun flexibility clinic designed to help athletes improve their splits, bridges, and overall flexibility through targeted drills, proper technique, and safe progressions. Open to everyone ages 5 – 12.

**Cost:** \$70 Y members, \$105 potential members

Register at online, gymnastics, or the membership desk by July 27.

### END OF SUMMER POOL PARTY AND BBQ

Saturday, July 25 4:00 – 7:00 pm

Make a splash for our community's youth at the YMCA End of Summer Pool Party and BBQ Fundraiser! Gather your family and friends for an evening poolside send-off to summer, packed with delicious food, swimming, and fun. Every dollar raised directly impacts our youth programs. Proceeds from the pool passes will go toward the YMCA Swim Team, while money raised from food and drink sales will go to support our Venture Crew 1952 and their high-adventure leadership trips. Together, we are ensuring our local youth have the tools to build confidence in the water and resilience in the great outdoors.

**Pool Pass:** \$10 Y member family, \$15 potential member family

**Pre-order BBQ plates:** \$15 per person

## Celebrate with us

### Happy birthday to you!

Nichole B.

Austin D.

Tyviona J.

Tawanda M.

Nene S.

Ava V.

Jonah W.

Brii D.

Crystine H.

Jennifer L.

Kameron R.

Jeff T.

Emily V.

### Welcome to the team!

Annika A.

Isaac B.

Astrid D.

Lucky M.

Jessica S.

Jonathan T.

Janice B.

Alexandra C.

Tiffany H.

Tailynn M.

Wesson T.

Donald W.



## We are closed July 4th.

### 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

## AFTERSCHOOL REGISTRATION IS OPEN

The Sumter Family YMCA's Afterschool Program provides a safe, engaging place for children to learn, play, and grow each afternoon. Students receive homework support, a healthy snack, and plenty of time for creative activities and active play. Weekly rates start at an affordable cost, with financial assistance available to ensure every family has access to quality care. Space fills quickly each year, so now is the perfect time to secure your child's spot. Register today and give your child an afternoon experience that builds confidence, friendships, and fun.

**Monthly cost:** \$275 Y members, \$412.50 potential members

**Liberty STEAM Charter Schools:** \$330, includes Friday early dismissal

We offer sibling discounts and scholarships for this program.

When "I" is replaced with "We",  
even illness becomes wellness.

Malcolm X



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## ADULT AND PEDIATRIC CPR & AED CERTIFICATION

The goal of the class is to train participants on how to respond to and prepare for emergencies. This is an OSHA compliant blended simulated learning course. Upon successful completion of this course, participants will be certified for two years by the American Red Cross.

Choose **one** date and register online or in-house

**Sunday, July 26** 1:30 - 3:30 pm

**Tuesday, July 28** 6:00 - 8:00 pm

**Sunday, August 23** 1:30 - 3:30 pm

**Tuesday, August 25** 6:00 - 8:00 pm

**Cost:** \$75



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## FILL A NEED, FILL YOUR HEART AS A VOLUNTEER

Social connection is at the heart of everything we do at the YMCA Senior Center. For many of our members, walking through our doors is more than just arriving for an activity — it's a chance to be part of a community, share a conversation, and feel a sense of belonging. A warm greeting, a familiar smile, or a simple "good to see you" can make a meaningful difference in someone's day, especially for older adults who may experience isolation. That welcoming atmosphere doesn't happen by accident; it's built through intentional, caring interactions.

That's where volunteer greeters come in. Serving as the first friendly face our members encounter, greeters help set a positive tone from the moment someone arrives. Volunteers assist with check-ins, offer guidance about daily programs, and help new visitors feel comfortable navigating the Senior Center. It's a small commitment with a big impact — a chance to support social connection, brighten someone's day, and strengthen the sense of community that makes the Senior Center such a special place.



Contact Cathy Mason at [cmason@ymcasumter.com](mailto:cmason@ymcasumter.com) or 803-774-2507

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