



DOG DAYS OF SUMMER AUGUST



LOOKING FORWARD TO FALL

As the school year begins, we're kicking off a fresh season of fall programming built for the whole family. From youth activities and sports to wellness classes and community events, the Y is ready to keep everyone moving, learning, and connecting. It's a perfect time to jump into something new and make this fall your family's most active and memorable yet.

Recreational Gymnastics is available for children ages 3 through adults. Classes run all school year long.

Group Swim Lessons are available for children ages 6 months old through adults. Classes are available all year long in the evenings.

Parent's Morning Out is open to children ages 6 weeks to 4 years, this program provides a trusted space for little ones to learn, explore, and connect—while parents enjoy the flexibility to run errands, attend appointments, or take some well-deserved time for themselves.

Paint and Sip Event: Unleash your creativity with a glass of sparkling apple cider in hand. Saturday, August 15 10:00 am – 12:00 pm for ages 13 and up. This event will be hosted at the Senior Center. Cost is \$45 per person.

Leaders Club: In addition to teaching teens leadership through service, Leaders Clubs advisors introduce teens to all the work the Y does to strengthen the community, and inspire and prepare teens to become future Y leaders. Annual registration fee \$50. Contact Jodi West for more information at jwest@ymcasumter.com.

Five Part Nutrition Seminar Series: Learn how small changes in your diet can make a big difference in managing your overall well-being. Discover healthy foods, learn how to balance nutrients for better health, and take charge of your well-being with simple, sustainable habits. There is no cost for this series.

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, September 18. Children 6 weeks to 13 years old are welcome. Cost per child: \$35 members, \$52.50 potential members

Schedules are available at the member service desk and the information kiosk in the main hallway. Registration is open online or in-house for most of these programs, and so much more

Celebrate with us

Happy birthday to you!

Briayna B.	Alia B.
Jenni E.	Tammy G.
Christine M.	Michael R.
Kelly S.	Jiaya S.
Jodi W.	William W.

Welcome to the team!

Astrid D.	Amy J.
Anthony S.	

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

SENIOR PROM

Put on your dancing shoes and your finest outfit for an unforgettable afternoon at the YMCA Senior Center. created just for Older adults to celebrate friendship, laughter, music, and cherished memories that make every season of life shine.

Cost: \$25 per person

When: Saturday, October 24

Where: YMCA Senior Center

Contact Cathy Mason at 803-774-2507 for more information.

"We cannot solve our problems with the same thinking we used when we created them".

Albert Einstein



PAINT & SIP PARTIES

Make a reservation for you and your friends, family or co-workers. Our Paint & Sip Parties are perfect for all ages and all occasions! Choose the theme you'd like to paint, and we'll guide everyone step-by-step to create their own masterpiece. Complimentary Cider is served during every party, making your painting experience even more enjoyable.

Events are held at the YMCA Senior Center. For availability and more information please contact Cathy Mason at cmason@ymcasumter.com or 803-774-2507

Cost: \$25 per person with a minimum of 10 participants.



FACILITY RENTALS

Looking for a place to host your birthday party or club meeting? Why not choose the Y. We have several locations and sites to fit almost any need. Contact us for availability and pricing.

SUMTER FAMILY YMCA - MAIN BRANCH

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|-------------------|-------------------------|---------------------|-----------------------|
| ▼ Conference Room | ▼ Community Health Room | ▼ Multipurpose Room | ▼ Group Exercise Room |
| ▼ Upper Gym | ▼ Lower Gym | ▼ Y-Zone | ▼ Lap Pool |
| ▼ Warm Water Pool | ▼ Splash Pad | ▼ Yoga promotions | ▼ Product showcases |

SENIOR CENTER

- ▼ Multipurpose Room ▼ Classroom Room ▼ Kitchen

CAMP MAC BOYKIN

- ▼ Cabins, fields and lake

GYMNASTICS CENTER

Contact Jennifer Londergan at 803-773-1404 or jlondergan@ymcasumter.com

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