



# INMOTION

— A NEWSLETTER FOR AGE 50 & BETTER —

YMCA OF FLORIDA'S FIRST COAST | [www.fcymca.org](http://www.fcymca.org) | [myhealth@fcymca.org](mailto:myhealth@fcymca.org) | July 2024

## CAREGIVERS: KEEP CHILDREN SAFE

Anyone can drown. No one should. Drowning can happen nearly anywhere with standing water. But, as a grandparent, parent, or caregiver, you can't keep children sidelined. You need to equip them with the tools they need to be confident in and around water so they don't lose out on the health benefits of exercise, the opportunities to bond with family and friends and the sense of accomplishment when they learn new skills. The Y encourages grandparents, parents and caregivers to take an active role in child's safety by ensuring they learn how to swim and by practicing these six evidence-based interventions in your household and local community.

Learn more about water safety and swim lessons for children and adults visit [www.fcymca.org](http://www.fcymca.org)

World Drowning Prevention Day is July 25<sup>th</sup>. Drowning is a public health issue.

**ANYONE CAN DROWN. NO ONE SHOULD.**

- Installing barriers controlling access to water
- Providing safe places away from water for pre-school children, with capable childcare
- Teaching swimming, water safety and safe rescue skills
- Training bystanders in safe rescue and resuscitation
- Setting and enforcing safe boating, shipping and ferry regulations
- Improving flood risk management

World Drowning Prevention Day

## CREATING AN INCLUSIVE ENVIRONMENT FOR ALL: DISABILITY PRIDE MONTH

Disability Pride Month is celebrated in July to commemorate the passing of the Americans with Disabilities Act (ADA) in 1990. At the YMCA of Florida's First Coast we're committed to creating a welcoming, inclusive environment in Northeast Florida where everyone has the opportunity to reach their full potential.

the Y logo

**OPPORTUNITIES AND BELONGING FOR ALL**

Celebrating Disability Pride Month

the Y logo

**GRANDPARENTS SPECIAL**

Add your grandkids to your First Coast YMCA membership through August!

**\$30/child**  
\*No limit on number of additional children



**IT'S NEVER  
TOO LATE TO  
FEEL GREAT.**

**MCARTHUR FAMILY YMCA | 1915 Citrona Drive | 904.261.1080 | July 2024**

## **JULY EVENTS AND ACTIVITIES**

**Events are free for members and require reservations (unless otherwise noted). Reservations can be made in our app and online at [fcymca.org](https://fcymca.org).**

### **Board Games**

**Every Wednesday, 1:00-2:00pm, Studio A**

Gather with your friends and join us in the studio for an array of board games. Have any board game requests? Reach out to Suzanne at [SBlake@fcymca.org](mailto:SBlake@fcymca.org) to make your requests or for more information.

### **Fun Fridays!**

**Every Friday, 10:30-11:30am, Gymnasium**

The Y will plan a special weekly FUN events for you and your friends! Do you and your friends have a special request for our NEW Fun Fridays? Let us know! Simply reach out to Suzanne at [SBlakde@fcymca.org](mailto:SBlakde@fcymca.org) to share your feedback!

### **Lunch & Learn**

**Date TBD...stay tuned for more information!**

Join an associate from Florida Eye Specialists for a lunch and learn on important topics on staying healthy as you age.

**DON'T FORGET YOUR  
50 & BETTER  
PUNCH CARDS**

Participate in the monthly **Age 50 & Better Rewards** drawing using your completed punch card, and you could win great prizes!

**Join our First Coast YMCA Facebook Group for members ages 50 and Better!**

**Want to stay in the know about all things First Coast YMCA? Simply join our Facebook Group! Go to: [Facebook.com/groups/50AndBetter](https://Facebook.com/groups/50AndBetter) TODAY!**