



# 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

**OPPORTUNITIES AND BELONGING FOR ALL**

Celebrating Disability Pride Month

the Y

**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.**

**ST. AUGUSTINE FAMILY YMCA | 500 Pope Road | 904.471.9622 | July 2024**

## **JULY EVENTS AND ACTIVITIES**

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

### **Popcicles in the Lobby**

**Monday, July 8th, 12:00pm - 2:00pm, Front Lobby**

Come and cool off after a hard workout with some popcicles in the Lobby. **\*Reservations not required.\***

### **Sugar Sugar: Cookie Decorating**

**Tuesday, July 9th, 11:45pm - 12:30pm, Studio A**

Join us in Studio A as we put our decorating skills to the test with decorating sugar cookies.

### **BINGO**

**Tuesday, July 16th, 11:45pm - 12:30pm, Studio A**

Have fun calling out your favorite word – BINGO! We will have prizes for winners, fun with friends, and lots of laughs!

### **Pickleball with the Grandkids**

**Tuesday, July 16th, 1:00pm - 3:00pm, Basketball Gym**

Bring your grandkids to enjoy a fun open game of pickleball.

### **Board Games with Friends**

**Thursday, July 18th, 11:40am - 12:30pm, Studio A**

Join us for some board games.

### **Ice Cream Social**

**Tuesday, July 23rd, 11:40am - 12:30pm, Studio A**

Love ice cream? Love socializing with others? Join us in enjoying a sweet treat while socializing with fellow YMCA members.

### **Coffee and Conversation**

**Thursday, July 25th, 9:00am - 11:00am, Front Lobby**

Start out your morning on a good note with some coffee and conversations.

### **Celebrations: Climb A Mountain with Us**

**Tuesday, July 30rd, 11:40am - 12:30pm, Studio A**

Everyone has their own mountains to climb. Join us in celebrating everyone's lifetime accomplishments whether big or small!

### **Don't forget your PUNCH!**

**TEN** punches on your 50 & Better punch card(s) enters you to win monthly prizes!

**Pick up your card at the Welcome Center today!**