



INMOTION

— A NEWSLETTER FOR AGE 50 & BETTER —

YMCA OF FLORIDA'S FIRST COAST | www.fcymca.org | 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

World Drowning Prevention Day is July 25th. 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



WILLIAMS FAMILY YMCA | 10415 San Jose Blvd | 904.292.1660 | 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.

Bible Study

Every Friday, 12:30pm - 1:30pm, Healthy Living Center (for summer months)

Come together to read/discuss the Bible in a structured and meaningful way. Open to all denominations.

4th of July Pool Party!

Thursday, July 4th 10am - 11:30am on the Pool Deck!

Bring a dish to share with your AOA friends and celebrate the holiday together!

Game Day

Tuesday, July 16th, 3:00pm - 4:30pm, ESPORTS Room

Enjoy a variety of different games – from chess to cards to board games and more – with your Y friends!

Arts and Crafts

Thursday, July 18th, 3:00pm - 4:30pm, ESPORTS Room

Join us in creating wonderful giveaways for our monthly Birthday and Bingo Party!

Wellness Workshop: Self Defense

Wednesday, July 24th, 1:00pm - 2:30pm, Healthy Living Center (Members, \$20 / Non-Members, \$40)

***Reservations for this event must be made at the Welcome Center.**

Tech 101

Wednesday, July 24th, 2:30pm - 3:30pm, Healthy Living Center

Topic: The Y App and Y360 (for virtual classes and more!)

Book Club

Thursday, July 25th, 1:15pm - 2:15pm, ESPORTS Room

Bingo & Birthdays!

Thursday, July 25th, 3:00pm, Studio A

Fun, prizes, and more!!! If you are celebrating a birthday in July, stop by BINGO and enjoy a sweet treat with your AOA friends and family.

SPECIAL CLASS EVENT for the whole family: URBAN SOUL LINE DANCING

Friday, July 26th, 6:00pm - 7:30pm in the Gymnasium

Our Pool is open and that means...our AQUA FITNESS CLASSES are open!

Mon/Wed/Fri 9:00 - 10:00am; Tue/Thu 8:45am-9:45am

Low impact classes designed to increase flexibility, balance, agility, muscle strength and cardiovascular endurance. Beat the heat and enjoy the fun!

Don't forget your PUNCH!

Pick up your AOA Punchcard at the Welcome Center, each time you visit the Y, get it punched at the Welcome Center.

**More visits=
More chances to WIN!**

PICKLE BALL

Pickle Ball Play

Mon-Wed 2:40pm-4:00pm

Thursday 8am-10:30am

2:40pm-4pm

Friday 1:00pm-4:00pm

Beginner Instruction

Fridays 11:00am-1:00pm

Beginner Play

Fridays 12:00pm-1:00pm

If you would like to be a part of the 50 and Better Volunteer Team, we would love to chat with you! Please email Jenny Engelmeyer at jengelmeyer@fcymca.org for more information!