



FIRST FRIDAY REPORT



A Monthly Update for Friends of
THE YMCA OF METROPOLITAN DALLAS

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JULY 2018

Dear YMCA Friends,

Here are a few highlights of what's happening through your YMCA:

Youth Development IMAGINE SCIENCE Dallas is one of three national pilot sites where locally Boys and Girls Clubs of Greater Dallas, Girls Inc. of Metropolitan Dallas, Texas A&M Agrilife extension 4-H, and our YMCA are jointly engaging under-represented youth in grades 4–8 in STEM (science, technology, engineering and math) learning through a free summer camp program geared to middle school students. At IMAGINE SCIENCE, summer campers participate in hands-on activities like creating codes and growing food; all while building their critical thinking, problem solving and social skills along with boosting their confidence and interest in STEM. At the end of each session students participate in a celebration with family and friends to show off their projects and what they have learned. For more information, visit: imaginesci.org/dallas



Healthy Living The word “K’aana” is derived from the Alabama Coushatta Indian language and means “health and wellness”. It stands for kids achieving activity & nutrition awareness. Kamp K’aana introduces children, ages 10-14, to the tools they need to learn and love a healthy lifestyle, while offering the fun of an overnight summer camp experience! This two-week program is held at the YMCA’s Camp Grady Spruce, and caters to children who are above a healthy weight. Camp Grady Spruce is located on Possum Kingdom Lake and offers campers lake swimming, arts & crafts, archery, BBs, rock climbing, canoeing, tubing, hiking, sail boating, and so much more outdoor fun! Each day campers receive three meals and snacks in a meal plan designed by dietitians. Meals are delicious, balanced and nutritious with an emphasis on high fiber and whole grains rather than sugar and fat. Campers are equipped with the tools they need to conquer their weight management issues while at the same time offering an incredible experience that increases self-confidence and builds self-esteem. Contact Tracey Burns at tburns@ymcadallas.org to learn more.

Social Responsibility Many times children are left unsupervised in apartment communities around swimming pools, and research shows that there is a high population of immigrant families in Dallas living in these complexes with children who do not know how to swim. Using the apartment community pools, our staff actively engage and teach these children to swim at NO COST. Safety in and around water is an important issue for all our children, but a disproportionate number of minority children drown each year. At the Y, we believe that safe swimming saves lives and that all children should be equipped with the skills to help them safely enjoy the water. Our Safety Around Water program is one of the many ways we help to make time in and around the water both fun and safe. For additional information on this terrific program, contact Jen Pewitt at jpewitt@ymcadallas.org



Have you considered including the Y in your will? The Heritage Club is a great way to ensure the Y remains successful for many years to come. For more information, contact Charlie Myer at 469-276-8456 or cmyer@ymcadallas.org

Thank you for your continued support.

In spirit, mind, and body.

Sincerely,

A handwritten signature in black ink, appearing to read "Curt Hazelbaker".

Curt Hazelbaker
President and Chief Executive Officer

