



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FIRST FRIDAY REPORT



A Monthly Update for Friends of  
**THE YMCA OF  
METROPOLITAN DALLAS**

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**AUGUST 2018**

## Dear YMCA Friends,

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

**Youth Development** YMCA Summer Learning Academy (SLA) is a new program offered at Roger Q. Mills Elementary School. The SLA is designed to give students the opportunity to stay on grade level while having a great time in a structured environment. Statistics show that a large number of children from low-income environments reach kindergarten unprepared and that they continue to fall behind in school without proper interventions. Early results show students are improving their reading level by an average of ten points. In addition to learning, students are provided a hot breakfast and lunch along with a snack in the afternoon and many of them are joined by their siblings who otherwise may go hungry at meal time. Our intent is to offer SLAs at more sites next summer and beyond.



**Healthy Living** Summer is here and now is the time to explore the many benefits of swimming, while keeping safety top of mind. In Y swim programs, participants enjoy water sports, enhance or learn new techniques, meet new friends and develop confidence, while learning safety skills that can save lives.

The Y recommends children and adults practice the following safety tips when in and around the water:



- Only swim when and where there is a lifeguard on duty; never swim alone.
- Adults should constantly and actively watch their children.
- Inexperienced or non-swimmers should wear a Coast Guard-approved life jacket.
- Parents or guardians of young children should be within an arm's reach.
- Children and adults should not engage in breath-holding activities.

We are committed to providing as many opportunities as possible for everyone to swim and learn water safety practices. Visit your local Y for information on our programs.

**Social Responsibility** Over 100 years ago, while listening to a Mother's Day sermon, Sonora Louis Smart Dodd wondered why there was no similar holiday for fathers. One of six children, Dodd's father was a single father and she felt he and others deserved to be honored. After securing support from ministers in Spokane, Washington, her idea came to fruition with the first Father's Day celebration at the Spokane YMCA on June 19, 1910. Recently, the Dallas Y hosted the YMCA Father of the Year Event. Nineteen area Dads were honored at a family event at Dave & Busters. Each year, the Dallas YMCAs accept nominations from family members in local communities who wish to honor a father with this special award. It was a terrific event and a lot of fun to see a room full of kids very proud of their Dad's.



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](mailto: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

