

COMMUNITY HEALTH

April 2015

The YMCA of Martha's Vineyard is a non-profit, cause-driven, charitable organization that relies on the generous support of friends like you.

WE'RE PROMOTING COMMUNITY ENRICHMENT AND CREATING OPPORTUNITIES FOR ALL ISLANDERS TO GROW



BUILDING UP OUR COMMUNITY...

As a non-profit organization dedicated to improving the lives of Island children, individuals and families alike we strive to be leaders in promoting healthy living, nurturing youth development, fostering collaborations throughout our community and demonstrating social responsibility. In striving to accomplish this ambition mission we've developed a variety of community outreach opportunities that year after year provide the chance for people to learn new skills, pursue goals & dreams, and strive to live healthier, happier lives. Reaching beyond the walls of the Y we work with a breath of local organizations to expand our reach and impact, in doing so we offer a variety of FREE community events that have come to be revered by Islanders of all ages, income levels, demographics and abilities.

HEALTHY KIDS FOR LIFE...

Every day young people face challenges related to **HUNGER, HEALTH, LEARNING, WATER SAFETY** and **SAFE SPACES**, which prevent them from reaching their full potential. These hurdles also exist when kids are out of school. In response, Y staff and volunteers provide support and deliver programs that help youth overcome barriers – or gaps – to achieve more. We engage parents, members, community leaders and donors every day in fun and fulfilling ways to develop our youth and strengthen our community's future. Similar to the old adage "it takes a village," the Y village creates strong and healthy kids in our Island community. We help kids "hop the gap" through Healthy Kids Day, Third Grade Water Safety, Teen Center programming, Summer Camp Learning Loss, and all the ways we give back and support every age of our children. In our community, the Y helps over 2,300, and nationwide the Y helps over 9 million youth to HOP THE GAP and achieve more. We provide a safe place to learn, stay healthy and build friendships – all while having fun! Each year as the warmth of spring starts to coax everyone out of hibernation, we host our annual Healthy Kids Day, a FREE family fun and fitness day. Together with the support of our community partners and volunteers we celebrate healthy living, having fun and family bonds. Our obstacle course, bounce house, petting zoo animals, clowning around, mini fitness classes, music, healthy munchies, giveaways and more entice over 500+ to our Y campus for a festive and family oriented day. Speaking about our powerful annual event, George Tankard, a YMCA volunteer, says Healthy Kids Day "gives people an opportunity to not only come out and have comradery with each other, but to share experiences." Join us for this annual family festival on **Saturday, May 2nd from 11am-2pm** to see what all the fun is about!

HEALTHY KIDS DAY™
A YMCA Initiative



WATER SAFETY FOR EVERYONE...

At the YMCA we encourage and support the development of aquatic skills from as early as 6 months

to 80 years+. That's why we continue to come up with new and innovative programs to help our community get familiar with life saving swimming skills.

THIRD GRADE WATER SAFETY

Each year around 125, 3rd graders participate in our fun and educational program known as 3rd Grade Water Safety. This program is designed to help educate our Island youth in safe water practices. By participating in 2 one-hour water safety sessions, students learn how and when to use a PFD properly, basic swim skills, basic small craft safety, what to do if you capsize a small boat, and reaching and throwing assists so that they can help those in trouble in the water without entering the water themselves. During each of the session the students also have about 15 minutes of recreational swim time to just have some fun and end the session with a trip down the water slide – a program highlight! Jill Waxweiler, Tisbury 3rd Grade Teacher says, "The kids love water safety lessons. Amazingly, we usually have at least one student who doesn't know how to swim, so these lessons are a good place to start. Saving each other using the noodles really demonstrates how they can help a friend without putting themselves in danger. Boating and water safety are essential pieces to keeping our island kids safe."



FREE ADULT LEARN TO SWIM CLINICS

For land locked souls, learning to swim at an older age can seem like a daunting task. Not knowing the swimming skills 101 may keep you on shore and missing out on all the oceanic fun that abounds in the summer months on an island. Fret no more! Grab your suit, cap and goggles because the YMCA has teamed up with Swimming Saves Lives a program by U.S. Masters Swimming to provide FREE adult learn to swim clinics for adults with very few to no swimming skills. Getting started on your way to your best stroke yet is as easy as ever with this shallow end only program. All community members are invited to register for as few or as many classes as they are interested in attending. The FREE adult swim clinics will be held on the following dates and times:



Tuesdays March 31 and April 7
9:30-10:30am

Thursdays April 2 and April 9
6:30pm-7:30pm

Saturdays April 4 and April 11
9:30am-10:30 am

To learn more about all of the various community outreach initiatives we create each year visit us online: www.ymcamv.org or call 508-696-7171 x107

SUMMER CAMP AT THE YMCA CAMP TERRA MARE

June 29 - August 21

FULL DAY FUN FROM 9AM-5PM

MONDAY-FRIDAY

EXTENDED DAY AVAILABLE 8-9AM & 4-5PM

REGISTRATION NOW OPEN!

AGES 4.5-16 WELCOME!

THEME WEEKS:

- * STARS & STRIPES
- * CAMP TERRA MARE'S GOT TALENT
- * AWESOME OUTDOORS
- * BE YOU, BE SUPER
- * PIRATES OF THE TERRA MARE
- * FUN & FITNESS
- * DESTINATION IMAGINATION
- * WACKY & WONDERFUL



UPCOMING ACTIVITIES

- 4/2: Swimming Saves Lives Adult Swim Clinic 6:30pm, Free!
- 4/3: Community Open Stage, Alex's Place \$5 Admission, All Ages Welcome!
- 4/4: Swimming Saves Lives Adult Swim Clinic, 9:30am, Free!
- 4/4: Crafternoons with Child Watch, 2-5pm, fees apply - Register Today!
- 4/4: Concert w/local artists @Alex's Place, 7-10pm, All ages welcome!
- 4/6: **Member Registration Opens**
- 4/29: The Yard 'MAKING IT: Kids Make Dance at the YMCA, starts today!
- 4/7: Swimming Saves Lives Adult Swim Clinic, 9:30am, Free
- 4/9: Swimming Saves Lives Adult Swim Clinic, 6:30pm, Free
- 4/10: Middle School Dance, 7-10pm, \$5 Alex's Place; 6th, 7th & 8th graders
- 4/11: Swimming Saves Lives Adult Swim Clinic, 9:30am, Free
- 4/11: Teen Beach Cleanup for Earth Day, Meets at 10am @Alex's Place
- 4/11: How to Recognize a Stroke, 10am, members \$10, public \$15
- 4/11: Concert w/local artists @Alex's Place, 7-10pm, All ages welcome!
- 4/13: **Public Registration Opens Today!**
- 4/17: Community Open Stage, Alex's Place \$5 Admission, All Ages Welcome!
- 4/18: Meditation & Discussion, 10am, Free Presented by Elliot Dacher, M.D.
- 4/20-24: ASP April Break Camp, Full Day Care 8:30a-5:30p - Register Today!
- 4/25: CPR, AED, First Aid Course 7:30-10am, \$110, Register Today!
- 4/29: Water Babies Starts Today! A Parent & Infant experience, fees apply
- 5/2: **Healthy Kids Day**, 11-2pm Free, Everyone welcome!

View our program guide and calendar of events at www.ymcamv.org!

WHAT DO WE DO AT THE Y? ENRICH AND ENGAGE OVER 10,000 ANNUALLY



YMCA OF MARTHA'S VINEYARD
SWARTZ FAMILY FACILITY
Home of Alex's Place

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HEALTHY KIDS DAY

MAY 2, 11AM-2PM

FREE AND OPEN TO THE COMMUNITY THANKS TO OUR COMMUNITY PARTNERS!
Fun and fitness for the whole family! Offering Zumba, yoga, hip hop, basketball, bounce house, obstacle course, free swim, water safety, giveaways and more!

This edition of Community Health recognizes our partners in Healthy Kids Day!



ISLAND SPIRIT KAYAK
MARTHA'S VINEYARD