



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

August Newsletter

Desert Foothills Family YMCA

Events

48th Annual Y Race
(10-8-16)

Leader's Open House
(8-25-16)

**New Music, New
Moves Moves- Group
Fitness**
(8-20-16 & 8-21-16)

Family Sunday Funday
(8-21-16)

Midnight Madness
(9-9-16)



Ten Ways to get Kids Excited about School

The school year is upon us, and as children and teens begin to their journey back to the classroom, some may be more excited than others. Many kids get anxious about the new school year, as some may be apprehensive about their new surroundings or making new friends, while some may need more time to get in the proper mindset of heading back to the classroom. It's not only the children that may be feeling this angst, though. Parents can struggle with getting back into the school routine too. How can you get your family excited about this new journey and make sure that everyone is ready for this next chapter? The Valley of the Sun YMCA has some tips on how you can make the transition easier for every member of your family.

1. **Plan, get calendar ready and be enthusiastic.** Going back to school is a challenging time for every family. Not only do kids no longer get to sleep in anymore, but they have to study and



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return to a daily routine that requires them to sit in a classroom all day. For parents, it means more time spent in the car taking kids to school, soccer practice, guitar lessons and then getting dinner prepared with enough time to get everyone to bed early. It can be tough to get everyone used to this new schedule, but if you plan ahead with a sense of excitement, it can make it a bit more manageable. At the next family dinner, discuss everyone's plans and come up with a list of drop-off and pick-up times and potential afterschool and weekend activities. After this, you can narrow down the list if there are any schedule conflicts, and then devise a weekly calendar that works for everyone. It may be helpful to write this down on a large calendar and put it in a visible spot in your home so that everyone is aware of your family's daily plans.

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Free Beginner Swim Lessons for Members

August is Drowning Impact Awareness Month (DIAM) in Arizona, and there is no better

way to honor this occasion than to offer free beginner lessons (Pollywog, Pike and Parent-Child level) to all of our members to help them learn to swim and gain confidence in the water. One of the Valley of the Sun's goals is to prevent drownings in our state, and since Arizona is ranked number 2 in child drownings, we are focused on providing solutions to address this pressing issue. By offering free lessons to our valued members, we are not only serving our mission of nurturing the potential and the health of every individual, but we are also providing a much-needed service to our community, which is key to our cause. To sign up for free lessons or to learn more about the values of membership, visit your local branch.



Register Your Child or Teen in our After School Programs

As the school year approaches and the summer break winds down, you may be looking for programs to keep your child busy before or after school. Did you know that the YMCA has several engaging After School programs available across the Valley? Our programs provide kindergartners through middle schoolers with fun and enriching activities in a safe and secure environment. Our curriculum focuses on health and academic enhancement and it helps teach kids about confidence, while encouraging their self-expression and social development. Plus, our options are affordable and close to home, which will help give you peace of mind and save you money. To find out more about the programs available, visit <https://valleymca.org/programs-activities/family-groups/parents-night-child-care/> or speak with a representative at your local branch.



[Guide to Fall Family Fun at the Y](#)

Our guide to your fall family fun is in! Click below to view all the great programs and activities going on at your Y this fall.

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[Sign up for Sports](#)

Registration for our sports programs is underway, which means there's no better time to

sign up and secure your child or teen's spot on the team! The Valley of the Sun YMCA offers a wide variety of sports programs available to meet your needs. Beginning with Itty Bitty, or Short Sports, for the youngest athletes, to our Jr. Suns/Mercury Recreational or Competitive Coed Programs for kids in 3rd through 12th grade, we have something every member of your family can enjoy. At the YMCA, we strive to teach sports participants about the importance of teamwork and collaboration, while valuing the exceptional skills that each individual brings to the group. We provide a supportive place where youth can feel comfortable participating in a sport they love, while making lasting friendships and memories. Members get discounted rates and those who register by August 22 avoid late fees. For more information, contact your local branch.

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Employee Spotlight:
Lisette Salazar

Lisette Salazar's favorite motto is "Live in your own strength," and she is passionate about helping others find their inner courage and personal power as one of the group fitness instructors at the Y's Maryvale branch. Lisette has led fitness classes at the facility for six years, and her workouts are known for their intensity and non-stop excitement. Since she first started teaching Latin fitness, or Zumba, she has made a positive impact on countless lives, and she is widely respected and admired by staff, members and her fellow instructors. Her energy and happiness is contagious, and she loves interacting with the members and



Member Spotlight:
Darlene Leonard

Sometimes the most challenging journeys begin with the first step. Or the first stroke, as in Darlene Leonard's case. While she can now freestyle and kick it up like the best of them, she wasn't always as comfortable in the pool. The 79-year-old never learned to swim, and it wasn't until recently that she was inspired by her grandchildren to get in the pool and take action. Darlene wanted to be able to enjoy quality time with them, but she didn't know where to turn to get started. Darlene's husband, Chuck, wanted to help his wife find programs that would suit her needs, and when he came across the adult swimming lessons at the Y, he knew he had found the perfect fit.

families at the YMCA and helping them improve their lives through an adoption of a healthy lifestyle.

Lisette was one of the original instructors at the inception of the Maryvale branch's group fitness programs. Ever since then, she has enjoyed motivating members and class participants to do their best, and she leads by example. Not only is she an inspirational fitness instructor, but she is also accomplished in many other facets of her life. She's a mother of two, and she is dedicated to loving and inspiring her children to be strong and great in their own lives. She also works at the University of Phoenix and has completed multiple Master's programs throughout her career.

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Chuck was determined to assist Darlene in reaching her goal, so they met with Connie McNamara, the Aquatics Director at the Scottsdale/PV Family Y to discuss their options. With a little motivation from Connie and her loving husband, Darlene happily began taking aquatics lessons. After just a few short months, her dedication has paid off, and she has discovered her confidence in the water, while making her grandchildren (and Chuck) very proud. Now, the next time, the family has a swimming party Darlene will surely be the first in the water.

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