



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## May Newsletter



## Desert Foothills Family YMCA



### Events

#### **Youth Basketball Clinic hosted by Cedric Ceballos**

(5-21-16)

#### **Poolside at the Y!**

(6-4-16)

#### **Teen Midnight Madness**

(6-10-16)

#### **Father's Day Special**

(6-19-16)



### **10 Tips To Help Keep Your Family Safe Around Water This Summer**

As the summer approaches, children all over the country are looking forward to beating the heat by jumping into the water and soaking up the sun. While pools, lakes and rivers can bring a great deal of joy to people of all ages, they can also be dangerous hazards, especially in Arizona, which is ranked number two in the nation for child drownings. That's why it's important to make sure you are doing everything you can to keep everyone safe. Since May is Water Safety Awareness Month, here are 10 tips to help you avoid any water-related mishaps this summer.



### **1. Help your children learn about water safety-**

Teaching children about water safety can provide them with basic tools to help them avoid any dangerous situations around the pool. The Y offers free water safety and drowning awareness education programs for youth and adults at several of our branches to help you get started.

### **2. Take swimming lessons at the Y-**

One of the first steps in preventing drownings is learning how to swim. The Y has a variety of swimming lessons and aquatics programs that can help each member of your family gain their confidence in the water. All of our classes have a 1 to 6 instructor-to-student ratio, and children as young as 6 months can take lessons.

### **3. Learn CPR**

When someone is drowning, immediate action can be crucial in helping them survive. Taking CPR classes can help you save a victim's life in the time it takes for the paramedics...

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Find all of your  
**Summer Family Fun**  
[Click Here](#) to Get the Summer Program Guide

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

[Summer Activity Guide](#)



**Ball is Life-** Click to watch a story about a Y teen who received our basketball scholarship and is creating lasting friendships and memories through his participation in team sports. He has faced hardships with his family life and is currently in the foster system. Playing basketball is his passion and he is overcoming the odds by doing something he loves. The Y is proud to have Chris as part of our family.

### **Pool Closure and Reduced Hours on Memorial Day**

On May 21st our pool and all Valley of the Sun YMCA pools will be closed so that lifeguards can attend an advanced all-day training to maintain the highest level of safety for our members. Thank you for your cooperation and enjoy the pool when it reopens for normal hours on Sunday, May 22nd.

### **Memorial Day Hours**

**Facility Hours:** 7:00am-2:00pm

**Pool:** 7:30pm-1:30pm

**Amazing Kids:** 8:00am-12:00pm

### **Group Fitness Classes**

AOA-8:00am

FREE Boot Camp-9:30am

Group Power-9:15am

Cycle-9:30am

Water Fitness-10:00am

Bodyflow-10:30am

### **Healthy Living- Personal Trainers**



Our certified personal trainers are ready to help you meet your individual health and fitness goals. We will show you how to design a plan that is suitable for your body, your

level of fitness, and your health or any limitations you may have.

We will also ensure that you set reasonable milestones for improvement over time; coach you in proper technique and injury avoidance; and offer ways to integrate variety into your workouts to avoid boredom and plateaus.

Most important, our trainers will encourage and motivate you, as well as hold you accountable to the promises you make to yourself!

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### **Y Fun Fact:**

Did you know that Father's day was invented at the Y?



### **Employee Spotlight**

Drew Master has been involved with the Y since 2007, he was hired at the Scottsdale Y to run Summer Camps and an off-site After-school program. He now serves as the Sports Coordinator at the Desert Foothills Family Y and he loves being able to help young people learn and grow as



### **Member Spotlight**

JoAnn Paradies has been with the Y since the inception of the Desert Foothills branch location. She became involved with the Y because of many reasons, but the most important one to her and her family was the Amazing Kids Center. Being a mother to three children now at the ages of 11, 7, and

they participate in sports, after-school and summer programs.

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5, she wanted to find a place where she felt her children were safe and happy when she is working out.

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## Healthy Kids Day Photos



### Member Handbook and Policies

[Click here](#) to see our latest and greatest member handbook and [click here](#) to see our Wellness Center policies.

## Stay Connected



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