



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

**FEBRUARY 2020**

# **YNEWS**

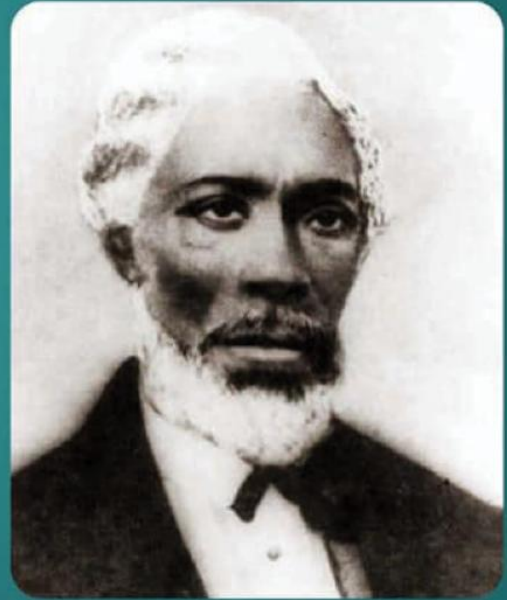


## BLACK HISTORY MONTH

In 1853, Anthony Bowen, a former slave, established the first YMCA for African-Americans in Washington, DC.

Many African-American YMCAs became meeting places and rallying points for the Civil Rights Movement.

[LEARN MORE](#) ➤



### CELEBRATING THE LIFE AND ACCOMPLISHMENTS OF ANTHONY BOWEN IN HONOR OF BLACK HISTORY MONTH

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The first YMCA to serve African Americans was founded in 1853 — eight years before the Civil War and 12 years before slavery was officially abolished in the U.S. — in Washington, D.C., by Anthony Bowen, a freed slave.

Born in 1809, Bowen was the first black man to become a clerk in the U.S. Patent Office and learned of the YMCA from a white co-worker and board member of the Washington YMCA, William Chauncy Langdon. With laws preventing black membership in any organizations of the day, Bowen determined that a YMCA was needed to serve the population.

Bowen's leadership led to the movement finding its foothold in black communities in New York City, Philadelphia, Charleston and Harrisburg by the late 1860's. Today, the YMCA of Metropolitan Washington bears Bowen's name.



## **SUPER SATURDAYS**

**Share the love this February and let your friends and family members know they can try the Y for free on Feb. 15, 22 and 29!**

**VISIT THE Y [➔](#)**



## MY Y WEEKS

On February 26, we kick off My Y Weeks, our community-wide Annual Campaign launch to raise awareness of how the Y impacts our community through various programs and financial assistance for those in need. During My Y Weeks, we will be hosting a variety of campaign activities at the Y to celebrate our members, volunteers and community.

[LEARN MORE](#) ▶

## REGISTER FOR PROGRAMS:

Looking for something to do this season? The YMCA offers a variety of activities for your family to get involved in! Check out some upcoming programs:

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### SKY-Y SPRING FAMILY CAMP

Register now to enjoy amazing weather and family activities such as hiking, canoeing, paddle boarding and more.

[REGISTER >>](#)

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### LAST CHANCE TO REGISTER FOR SPRING SPORTS

(AGES: PRE-K – HIGH SCHOOL)

Spring basketball and volleyball registration closes Feb. 17! Act now to enroll before teams are full.

[REGISTER >>](#)

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### SPRING SOCCER AT THE Y

(AGES: 3 – 10)

Spring soccer registration is now open and filling up fast! Claim your child's spot before March 3.

[REGISTER >>](#)

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[BROWSE ALL PROGRAMS >>](#)

**STAY CONNECTED**

## NEW APPLE WATCH INTEGRATION!

We're celebrating our app's new Apple Watch integration! Download the app by Feb. 29 and you'll be entered to win an Apple Watch!

**LEARN MORE** ➤

## UPCOMING EVENTS



### Valentine's Night Out

Last minute plans and no sitter? We've got the kids covered while you enjoy time with your love. Ask your Welcome Center for more info.

**ALL IN**  
ACHIEVE YOUR GOALS IN 2020

### Join the All In Group Fitness Challenge

Earn points each time you take a class or refer new members and win weekly prizes through 3/29. Inquire for more details.

**BE HEART HEALTHY**

### Free Blood Pressure Screenings in February

Multiple dates and times available; open to the public; check with your Welcome Center for more information.



### DESERT FOOTHILLS FAMILY YMCA

34250 N. 60TH STREET  
SCOTTSDALE, AZ 85266  
(480) 596-9622

VISIT WEBSITE

### FACILITY HOURS:

SUNDAY	7:00 AM - 5:00 PM
MONDAY-THURSDAY	5:00 AM - 9:00 PM
FRIDAY	5:00 AM - 8:00 PM
SATURDAY	7:00 AM - 6:00 PM



Valley of the Sun YMCA | 350 N 1st Ave, Phoenix, AZ 85003