

FOR A BETTER COMMUNITY FOR A BETTER US



WHATCOM FAMILY YMCA

Bellingham • Ferndale • Lynden • Sudden Valley

Summer Recap & Fall Preview

October 2016

MEMORIES TO LAST A LIFETIME

Another Successful Summer of Camps & Fun!

YMCA Summer Camps challenged over 450 children this summer to try new activities and learn new skills. Our holistic approach of focusing on the whole child sets us apart from other camp offerings. In keeping with our commitment that no one is turned away for inability to pay, \$9,500 was used to scholarship 33 kids (which equates to 140 weeks of camp donated as these kids attended multiple weeks)!

Most day camps in the community concentrate on developing specific skills, ie. sports, arts, or academic camps. Our varied activities allow for children to explore many interests and discover what they are passionate about.

In addition, utilizing outdoor settings allows children an opportunity for free, outdoor play which is an important way to keep kids physically active and connected to nature. This allows campers to slow down, work together and make positive choices, which is something that is continually eroding in our tech-heavy society.

During our 9 weeks of camp, our campers explored the outdoors, built self-esteem, developed new skills and made life-long memories. When kids see what they can accomplish their goals, learn and master skills, make new friends, and feel like they belong, they develop the confidence, character and teamwork they need to be successful in life. We focus on these areas to help kids reach their full potential, impact lives and strengthen communities.



WE ARE HERE FOR COMMUNITY

LIVESTRONG at the YMCA

The Y's cancer survivorship program is in transition! **LIVESTRONG** at the YMCA will be replacing Exercise & Thrive, a program the Whatcom Family YMCA has offered for the last five years.

Survivors, who are out of treatment, enroll in the 12-week class with a variety of personal goals including: gaining strength, increasing energy, decreasing weight, increasing endurance, improving mood and more.

Y staff are committed to helping survivors work safely toward their goals and build relationships with Y members, Y staff and each other. The YMCA is dedicated to serving survivors and committed a \$4,000 subsidy for each session so survivors may participate, and receive a Y membership, for no charge.

For more information, or to sign up, please contact Tammy, tbennett@whatcomymca.org or 360-255-0490.

KEEPING YOU INFORMED

- **Halloween at the Y**
Saturday, October 29
1:00-4:00pm
Bellingham YMCA FREE!
- **Halloween Carnival**
Monday, October 31
6:00-8:00pm
Sudden Valley YMCA FREE!
Please bring a bag of candy to share.
- **UPDATE of the Bellingham YMCA lobby** will begin in October. This will take approximately 7 weeks to complete. We appreciate your patience during this process.
- **Girls on the Run Fall 5k**
Saturday, Nov. 19 at 9:30am
Bloedel Donovan Park
Register today!
- **Giving Tuesday**
Tuesday, November 29
After you shop on Black Friday & Cyber Monday, join us for Giving Tuesday and donate to the YMCA Scholarship Fund.



LIVESTRONG

FOUNDATION

At the Y, strengthening community is our cause. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.