

OUR VOICE



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GREATER NAPLES YMCA

5450 YMCA ROAD, NAPLES FL 34109

May/June 2019

www.GreaterNaplesYMCA.org

The Greater Naples YMCA Community Newsletter



PROJECT GRADUATION: CELEBRATING 34 YEARS OF SAFE AND SOBER GRADUATION CELEBRATIONS

For 33 years, there has been no drug or alcohol related deaths in Collier County involving High School Seniors on graduation night. A large part of that statistic is thanks to Project Graduation, an event in which new graduates can enjoy a night of fun and celebration with their friends in a safe, drug- and alcohol-free environment.

On May 24th, after they walk the stage, shake hands, toss their caps and hug their family and friends, Collier County's newest grads will be able to party like it's 2019 from 11 p.m. to 4 a.m. at their Greater Naples YMCA. They'll enjoy an all-you-can-eat buffet, music & dancing, Starbucks coffee house, karaoke, a mechanical bull, a photo booth, laser tag and other games plus live entertainment.

Cash prizes will be raffled off to lucky graduates, including two \$2,500 grand prizes. Each high school also contributes prizes that will be raffled off throughout the night.

"Grads have come here every year for the last 33 years to enjoy Project Graduation and we are once again fortunate to be hosting them. Our priority is to keep them safe, sober and enjoying their big night," states YMCA Mission Advancement Director Carly Gibb.

continued on next page -->

SPECIAL REMINDERS

SUMMER DAY CAMP

Are you ready for the **BEST SUMMER EVER?** Friends, games, pool, field trips and more await you this summer at the Y! Safe and fun options for ages 6-14 years old. Register now at GreaterNaplesYMCA.org/Camp.html

SWIM LESSONS

Gain skills and confidence! All ages will learn to swim and achieve safety in and around water. Flexible class schedule all summer long for your busy family. Register now at GreaterNaplesYMCA.org/Swimming.html

INTRAMURAL BASKETBALL

Get out there and have some fun! Sign up individually or form a team to join an intramural league with weekly matches. Intramurals are an opportunity for teens (15-18) to be active, have fun and meet like-minded friends. League consists of weekly games end of season playoffs. Register now at GreaterNaplesYMCA.org/YouthLeagues.html

MARCO'S PIZZA Y NIGHTS

Enjoy pizza night with your family while raising money for the Y! Stop by any participating Marco's Pizza the **1st Wednesday of every month** and they will donate a percentage of your order amount to the Naples Y. You can order in-store, on the phone or online (for online orders, click on the School Night link and apply "Y Night" to your order). Make sure to say "YMCA" when placing your order! Tell your friends, family & neighbors. The more orders, the better!

NAPLES YMCA LEADERSHIP

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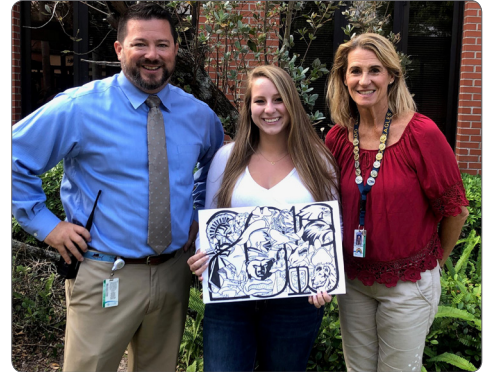
Richard Tamer, *Sports Director*

Melissa Wilson, *Aquatics Director*

The 2019 Project Graduation T-shirt was designed by Jules Newkirk, a student at Naples High. The shirts will serve as the new graduates' ticket for admission to the party. Ms. Newkirk received a \$250 award from the Y for her winning artwork that was selected from more than two dozen entries by students from several high schools.

For students looking to attend the 34th Annual Project Graduation night, tickets go on sale starting in May at each high school's main office. For \$20, the graduates receive a shirt and full access to activities offered during the night.

Thank you! We thank all of our sponsors, volunteers, staff and community for their continued support of Project Graduation.



Darren Burkett, principal of NHS; T-shirt design winner Jules Newkirk; and Chelon Perez-Benitoa, NHS teacher.



SUMMER CAMP STAFF HIGHLIGHT: DREWCILA JACKSON



Welcome our Youth Development Coordinator and Summer Camp Director, Drewcila Jackson. Drewcila comes to us from the Central Kentucky YMCA, where she was a Site and Camp Director for two years. She received her Bachelor's degree in sports management from Midway University in 2014 and continued her education receiving an MBA in 2017. She has years of experience having held multiple positions in summer camps and after school programs. She comes to Florida because of the beautiful weather and to continue her career in youth development. She loves summer camp and can't wait to provide a safe and memorable summer program for our Y campers.

"I WANT TO PROVIDE THE SAME GREAT EXPERIENCE I RECEIVED AS A Y KID. I AM EXCITED TO BE HERE AND LOOK FORWARD TO PROVIDING A CAMP ENVIRONMENT WHERE ALL ACHIEVE SKILLS, GAIN CONFIDENCE AND BUILD FRIENDSHIPS TO LAST A LIFETIME."

EVENT CELEBRATIONS: HEALTHY KIDS DAY

Thank you for joining us at our annual Healthy Kids Day! More than 300 family and friends turned out for this free community event at the Y which included games, crafts, bounce houses, face painter and dozens of local businesses. The event inspires kids and families to keep moving and learning all spring and summer long. Mark your calendars and join us next April!



YMCA MEMBER STORIES & TESTIMONIALS

Over the last few years, the Y has allowed my kids and myself to grow and expand our experiences with the local community. The Y has provided my children a safe, affordable, home like, care with a peace of mind knowing they enjoy their time at their school. I am very thankful and grateful for all the opportunities I have received with the Y and love being part of the Y family. Thank you YMCA for everything!

- Andrea Cerrada



DONATE YOUR BOAT OR CAR TO THE Y!

You can make a difference in your community by donating your used or unwanted boats or vehicles to the Greater Naples YMCA!

Why Donate?

- Avoid the hassle of selling
- 100% tax deductible
- Helps support our mission
- Running or not, we will accept it
- We pick up at your convenience

For more information on boat or car donations, please contact: Carly Gibb, Mission Advancement Director at 239.963.3771 or cgibb@greaternaplesYMCA.org

THANK YOU



Thank you for your support of the Y and for helping to ensure that every child has the opportunity to experience their best summer ever at Y summer camp.

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**GIVE TODAY
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greaternaplesymca.org/give.html

SEND A KID TO CAMP, CHANGE A LIFE!

Help the Greater Naples YMCA send a kid to camp this summer!

The Y knows that in order for communities to succeed, everyone must have the opportunity to reach their full potential. Studies show that camp experiences promote physical well-being for youth and help them gain important social skills. With summer just around the corner, the Y is helping ensure that every child—regardless of age, income or background—has the opportunity to attend summer camp at the Y!

As a charitable organization, the Greater Naples YMCA provides financial assistance so all kids can enjoy achievement, friendship & memories through our programs. Your generous gift ensures that no camper is denied the best summer ever because of the lack of financial resources.

The Y's "Send a Kid to Camp" campaign helps kids, especially underserved youth, attend camp, where they are introduced to new experiences that build confidence and develop skills to help them reach their full potential. In 2018, the Y awarded more than \$22,000 in financial assistance, sending kids to camp who would have been unable to attend otherwise.

"It's important that kids stay engaged socially, physically and academically throughout the summer. Summer camp is a wonderful way to ensure that," says Angeliz Ramos, Youth Development Director. "And with the community's support, together we can ensure all children in Collier County can discover and reach their full potential."

Donate safely in one of two ways:

1. Go online to the Greater Naples YMCA website:

Visit www.greaternaplesymca.org/kidstocamp.html, click "Donate Today" and donate. \$25.00 will give one camper an awesome Y camp tshirt. \$50 will give one camper the opportunity to experience fun and educational field trips. \$100 will send a kid to camp for one week.

2. Mail a check directly to the Y:

Mail to Greater Naples YMCA, 5450 YMCA Road, Attn: Send a Kid to Camp, Naples, FL 34109 Please make all checks out to: Greater Naples YMCA.

HOW YOUR DOLLARS ARE MAKING AN IMPACT:



180+ CAMPERS

each week enjoyed meeting new friends, building memories, learning new skills at Y Summer Camp.



40% OF CAMPERS

each week received financial assistance scholarships to attend Y Summer Camp.



\$22,000

of financial assistance scholarships awarded in 2018, ensuring that no one is denied the best summer ever at the Y.



WHAT YOUR GIFT PROVIDES

\$25 GIFT

PROVIDES A SUMMER CAMP SHIRT

\$50 GIFT

PROVIDES SUMMER CAMP FIELD TRIPS

\$100 GIFT

PROVIDES ONE WEEK OF SUMMER CAMP

\$250 GIFT

PROVIDES ONE WEEK OF CAMP & SPORTS CAMP (BUNDLE)

\$500 GIFT

PROVIDES ONE MONTH OF SUMMER CAMP

\$1,000 GIFT

PROVIDES DAY CAMP ALL SUMMER LONG

Includes
Banner

WHAT OUR Y KIDS ARE SAYING!

Here's what some kids say about their time at camp:

"I love summer camp at the YMCA because I made new friends and I am happy."

"Summer camp taught me to be honest, truthful, and be respectful to other people"

"Instead of being home and doing nothing, I can come to the Y and play with my friends, swim, do science, art, and a lot of things."

www.GreaterNaplesYMCA.org/KidsToCamp.html

RECIPE OF THE MONTH

CARROT WALNUT COOKIES

These moist, flavorful, not-too-sweet cookies are excellent for snacks, breakfast or dessert.

Ingredients

- 1 cup raw unsalted walnuts
- 1 cup rolled oats
- 1 cup raisins
- 1/2 cup whole-wheat pastry flour
- 1 1/4 teaspoons baking powder
- 1 1/4 teaspoons ground cinnamon
- 1/2 teaspoon ground ginger
- 2 carrots, grated
- 1 apple, grated
- 1 very ripe banana, peeled and mashed
- 1/4 cup apple juice

Directions

Preheat oven to 350°F. Line 2 baking sheets with parchment paper.

Combine walnuts, oats and raisins in a food processor and pulse until finely ground. Transfer to a bowl and stir in flour, baking powder, cinnamon and ginger. Add carrots, apples, bananas and apple juice and stir until combined. Drop by rounded tablespoons an inch apart on the prepared baking sheets, making about 24 cookies. Press down on each cookie with the back of a fork to flatten slightly. Bake until tops and bottoms are lightly browned, 20 to 25 minutes.

Serving: Approximately 24 cookies



PERSONAL TRAINER SPOTLIGHT: CHRISTINE BARRETT



Christine Barrett, a Naples native, helps clients reach their health and wellness goals through cardiovascular, flexibility and resistance exercises. She specializes in designing individual and group exercise programs through her expertise on the concepts of functional exercise, basic nutrition and exercise science to help meet your goals.

As a nationally certified Personal Trainer, Christine specializes in training clients of all ages and is passionate about seeking optimal health for her clients. Below, find Christine's favorite exercise and learn how this move benefits your overall body.

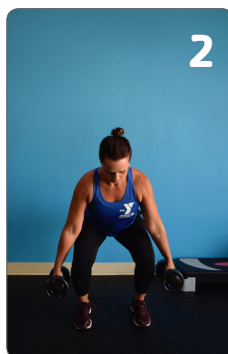
GLUTES EXERCISE ROUTINE

When building your glutes, it's all about creating shape. Of course, we work with what our genetics have given us, but we do have some say in how things go, and that's through picking specific exercises in our glute training.

Recommended Glutes Exercise Routine:

- Dumbbell Squats: 3 sets, 5 - 8 reps
- Hip Abduction Machine: 3 drop sets (3 weight drops), 15 reps
- Clamshell Burnout: 3 sets, 20 reps per side

Safety Tip Reminder: Before you try these exercises, consult with a Y certified personal trainer on proper form to avoid injuries.



"Always start with your heavy compound movements like squats, deadlifts, and lunges. Compound exercises recruit massive muscular activation throughout your whole body. They also work over several different joints, releasing more hormones and burning more calories."

Want to learn more about Christine Barrett and our other amazing personal trainers? Visit us online at www.greaternaplesymca.org/personaltraining.html



WHY I GIVE

The Y is a special place that attracts people of all ages, young and older, and people of diverse backgrounds. It provides financial assistance scholarships to all people so they can gain self confidence and pursue their dreams.

The Y has helped me through several challenging times in my own life. As my daughter, Stephanie, often says "it's her home away from home - It's about family and friendship".

Steph has been a part of the Y family for many years, participating in summer camps and as a teenager in the Incredible Leaders' Program and Project Graduation. Now she enjoys working at the Y and helping others as an assistant Zumba Dance instructor.

She has grown up in the Y family and is very proud of it. We are grateful for the Y and everything it has for our family.

- Josephine & Stephanie Morse, Y members, donors and Y staff



SUMMER KICK-OFF CHARITY FITNESS EVENT

Kick-off summer with the Y and help kids go to camp. Join us as we Zumba, Spin and BODY PUMP the morning away with our AMAZING instructors! The best part — all proceeds benefit the Naples Y Send a Kid to Camp Campaign!

Saturday, June 22 | 7:00 am - 12:00 pm

Minimum Donation: \$10

One morning, three ways to make a difference!

LES MILLS RELEASE PARTY: Join us for the "world's most popular workout" by sampling all of our Les Mills classes. New moves, new music, great workout, tons of FUN! Featuring: BODYPUMP, BODYCOMBAT, BODYFLOW, RPM, GRIT, SPRINT, BARRE, CXWORX, and BODYATTACK! Check our website or mobile app for class times.

SEND A KID TO CAMP SPIN-A-THON: It doesn't matter if you're an avid cyclist or someone who's never seen a bike, this day is about having fun, working up a sweat (a lot or a little - you decide), and making a difference.

7:30 am - 11:30 am | Spin Studio

SEND A KID TO CAMP ZUMBA-A-THON: Love Zumba? Get your heart pumping for a great cause! Come join us as we take over the Gym for a non-stop ZUMBA Party led by our very best ZUMBA instructors.

10:00 am - 12:00 am | Spin Studio

More exciting classes to try that day: Kickboxing, Buti Yoga Family Bootcamp, Yoga, Circuit Training, Kettlebells, Aqua Fitness, Barre Intensity & more!

For class times, check the mobile app or visit: www.greaternaplesymca.org/schedules.html



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5450 YMCA Road, Suite 100

Naples, Florida 34109

239.597.3148

GET INVOLVED

JOIN US TO STRENGTHEN OUR COMMUNITY

GIVE TO HELP ALL THRIVE

Visit www.GreaterNaplesYMCA.org/give.html to support our mission.

VOLUNTEER TO STRENGTHEN YOUR COMMUNITY

Email volunteers@greaternaplesymca.org to learn more about volunteering opportunities.

FOLLOW US

Check **Facebook**, **Twitter** and **Instagram** for the latest updates on everything happening at the Naples Y.



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