



FIRST FRIDAY REPORT



A Monthly Update for Friends of
THE YMCA OF METROPOLITAN DALLAS

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Dear YMCA Friends,

Here are a few highlights of what's happening through your YMCA:

Youth Development One of our primary focuses in our afterschool program is Curriculum development. YMCA School Age Services emphasizes Belonging, Achievement, and Relationship building and incorporates these into all aspects of programming. Our Curriculum consists of activities and Huddle times designed to give kids a chance to build friendships and positive relationships in a safe setting where they truly belong. As part of the achievement focus, each week students get to experience a new activity where they are able to learn something new and then teach others about it. Some students even go home and do the activity with their parents and siblings on the weekend. In addition, students are recognized throughout the week for their achievements and for demonstrating the Y Core Values of caring, honesty, respect and responsibility.



Healthy Living The New Year is upon us and for many it's the time to set resolutions to eat healthier and exercise more. We know that being healthy means more than simply being physically active. It's about maintaining a balanced spirit, mind and body. We have programs and services to focus on your entire family's health, as well as a variety of fitness and wellness options to serve each person's unique needs. At the Y, we also provide educational programs to encourage healthier decisions, so you know the best ways to stay fit. We offer the latest fitness classes, personalized training programs, sports leagues for all ages, and so much more. Our staff is ready to assist you wherever you are in your journey. We welcome our new members and thank our long-time members for your ongoing support.

Social Responsibility YMCA Collin County Adventure Camp (CCAC) recently received a \$125,000 gift from Texas Motor Speedway Children's Charities to build an Alpine Tower. Alpine Towers are great for fostering teambuilding, improving communication, and developing self-esteem and will be a tremendous addition to Camp. CCAC predominantly serves children from Collin County schools but is also a great place for corporate retreats, family reunions and weekend getaways. For more information, visit collincountyadventurecamp.org

In spirit, mind, and body,

Sincerely,



Curt Hazelbaker
President and Chief Executive Officer

