



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 The YMCA of Metropolitan Dallas is the largest provider of school-age childcare in the area. Nearly 3,000 children are served daily at over seventy sites in nine school districts. We understand the importance of providing our participants with a balance of academically rich activities as well as an enhanced focus on overall physical well-being. Much like most of the work we do at the Y, we work side-by-side with industry experts, and your district to design a curriculum and experiences that help your child learn, grow and thrive. A typical day consists of a snack, homework time and either indoor or outdoor physical activity to keep kid's active. Visit ymcadallas.org/youth_development/child_care/ for more information.



Healthy Living When most people think of healthy living, they think of the physical component; working out or exercising. Healthy living also includes social and emotional aspects. One way the Y addresses this need is through Family Nights. Evenings are designed to allow families a time and a place to come together to have a good time, participate in a variety of fun activities, share, communicate and strengthen their relationships, and meet other families. Activities could include mixers or ice breakers, pool games, arts and crafts, family fitness, games, volunteer opportunities and family discussions over refreshments. Check with your local Y to see when the next Family Night is scheduled.



Social Responsibility September 16th was a very special day at the Park South YMCA. 700 AT&T volunteers from 37 states in Dallas for a conference descended on the Y to build the largest KaBOOM playground in the state of Texas. KaBOOM is a national non-profit organization dedicated to ensuring all kids get a childhood filled with the balanced and active play needed to thrive. In addition to the playground, volunteers built butterfly and vegetable gardens, designed and painted street art, built picnic tables and other play structures that truly transformed the Y. I urge you to stop by to see what took place. Thank you for your continued support.



In spirit, mind, and body,

Sincerely,

Curt Hazelbaker
President and Chief Executive Officer

