

BUILDING A BETTER COMMUNITY

A NEWSLETTER FOR MEMBERS, DONORS, VOLUNTEERS AND FRIENDS OF THE Y



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Capital Area YMCA

431 Pennington Ave., Trenton, NJ 08618

May, 2024

WWW.CAPITALYMCA.ORG

609-599-9622

Capitalymca.org

Issue 7, Volume 2



MISSION MOMENTS

Water Safety and Swimming

Water is everywhere and it can be an irresistible place for kids to explore, play and enjoy splashy fun, it can be extremely risky for those who haven't yet developed their water smarts.

As CEO of the Capital Area YMCA, I am deeply grateful for the recognition and support we've received from our Board and through generous grants for our water safety initiative. At the heart of our mission lies a commitment to ensuring the well-being of our community, and the funding allows us to expand our efforts in safeguarding lives around water." said Louise McCants. America's most trusted swim instructor, the YMCA helps kids (and adults) of all ages, abilities and backgrounds develop skills they need to become strong, confident swimmers.

We recognize the profound importance of promoting water safety awareness and education, and have implemented our program offering free swim lessons and resources that will make a profound difference and ensure equitable outcomes for the families of our communities. Together, we will continue to prioritize the safety and security of all who enjoy our waterways, fostering a culture of responsibility and resilience.

The Capital Area YMCA has received funding from YUSA, USA Swimming, Novo Nordisk, Cross Community and the Smith Foundation to support Safety Around Water training for over 500 summer camp participants through a collaboration with community non profits.

IN THIS ISSUE

Water Safety and Swimming

Y5K24 Event

Summer Camp

Fitness

Senior Workshop

**2024
Ms. Senior America Pageant**

ENJOY THIS ISSUE?

Feel free to share this newsletter with anyone who you think may find it of interest or useful.

QUESTIONS, COMMENTS, IDEAS?

Contact Maria Johnson, Director of Marketing and Communication at mjohnson@capitalymca.

The Y.™ For a better us#

Support the YMCA's Annual Campaign by donating [online](#). It's safe, secure, and easy.

The Y.

We're for youth development, healthy living and social responsibility.



Serving Trenton, Ewing and Lawrence

MISSION MOMENTS

On Saturday, October 5th, we will hold our 12th Annual Capital Area Y5K Celebration event: Our 5K run and 1-mile fun walk.

Your sponsorship will enable the Capital Area YMCA to continue focusing on delivering programs and services that support our community every day such as:

- Providing free Meals for Kids – TOGETHER we can end child hunger#
- Providing a safe environment before and after school and helping working families#
- Guiding our teens to develop leadership skills#
- Teaching teamwork, discipline, creativity and passion to our dance team.#
- Providing a safe haven in our summer camp programs#

Supporting seniors physical, social & emotional needs#

For over 100 years, the Capital Area Y has been committed to helping everyone in our community, particularly those who are in need. Your support helps us do what we do, and most importantly it helps those who need our help.

For more information about the race, please visit <https://capitalymca.org/y5k> or scan the link below.

CAPITAL AREA YMCA the Y
REGISTER FOR OUR 5K WALK/RUN AND PUMPKIN PATCH
Saturday, October 5, 2024
TCNJ - The College of New Jersey

SIGNATURE SPONSOR
UnitedHealthcare

DIAMOND SPONSOR
NJM Insurance Group

SCAN ME

FOR MORE INFO AND TO REGISTER VISIT
WWW.CAPITALYMCA.ORG/Y5K

5K CHECK-IN 8:30AM, RACE TIME 9:00AM
WHERE: TCNJ - THE COLLEGE OF NEW JERSEY
FAMILY FUN EVENTS DIRECTLY AFTER AWARDS
Entertainment CATERED FOOD Games for the Kids
Pumpkins Apples and more!

CALENDAR OF EVENTS

June 22, 2024
Saturday

**COMMUNITY DANCE
ACADEMY RECITAL at
Patriots Theater**

**End of June, 2024
through August 16th**
Various Start Dates

SUMMER CAMP
Camp Small Adventures
Camp Adventures
Camp Adventures at
Rider University
And
DanceSense Camp

YMCA summer programs are full of life-changing experiences, unforgettable memories, and keep the health of kids, their families, and our staff as our top priority. At camp, they discover new talents, new interests and new friends. For more information or to register, visit <https://capitalymca.org/camp>

Mission Statement

The Capital Area YMCA is committed to putting Faith principles into practice through programs that promote equity and build a healthy mind, body and spirit for all.



SUMMER SHAPE UP!

ALL Group Fitness Classes are
FREE with Membership!

WELLNESS CENTER HOURS

359 Pennington Ave
Trenton, NJ

MON-FRI - 12:30PM-2PM
MON-THURS - 5PM-8PM
SATURDAY - 9AM-12PM

*Why you need
Exercise*

- ✓ HEALTH
- ✓ FITNESS
- ✓ STRENGTH
- ✓ FLEXIBILITY
- ✓ WELLBEING
- ✓ CONFIDENCE

CLASSES

MON - 6PM
Yoga with Onesha
Wellness Center

TUE - 10am
SilverSneakers with Renee
TUE - 5:30PM
Strength Levels 1/2/3 with Janice
Wellness Center

WED - 5:30PM
Lower Body with Traci
Wellness Center

THUR - 5:30PM
Zumba with Casandra
Wellness Center

SAT- 9:15AM
Beginner Step with Rashaan
SAT - 10:00AM
Xtreme Hip Hop with Rashaan
431 Pennington

www.Capitalymca.org 609-599-9622

MEMBERSHIP

COMMUNITY SERVANTS DISCOUNT

In recognition and appreciation of our Community Servants, the Capital Area YMCA is giving back to those who give to us everyday.

- Teachers
- Firefighters
- Law Enforcement
- Military
- Veterans
- PTA Executive Committee

MEMBERSHIP RECIPROCITY - MY Y. YOUR Y.

No matter where you are in the Garden State, you're welcome at the Y! Y's in New Jersey have made it easier for you to access the resources you need to lead a healthy life. As a member of your local Y, you now have access to nearly 50 Y locations throughout the state at no additional cost. More choices mean more chances to use your Y membership to its fullest. www.njymca.org/main/membership-reciprocity Some restrictions may apply.

JOIN THE Y

LET'S GET FIT TOGETHER

GROUP EXERCISE

The Capital Area YMCA offers group exercise fitness classes led by certified fitness instructors that will help increase cardiovascular strength and endurance, improve flexibility, tone muscle, reduce stress and burn calories. Each class routine varies in order to reduce predictably and keep our members motivated. These classes are fun, power packed and easy to follow and suitable for a variety of fitness levels.

Healthy Nutrition

Workshop

FREE

SENIOR WORKSHOP

EAT WELL

BE WELL

AGE GRACEFULLY

WEDNESDAY, JUNE 26TH

10:00AM PROGRAM STARTS

**SUPPORT HEALTHY AGING
THROUGH NUTRITION**

Discover the benefits of nutrition for seniors! Learn how nutrition can help you age gracefully, help your body function optimally and promote overall health and well-being.

Program Location:
Capital Area YMCA
359 Pennington Avenue, Trenton, NJ



SPONSORED BY:
Jessica Tsiopelas RD, CSG



capitahealth



2024 Ms. Senior America Pageant

When the inside is as beautiful as the outside!

**Congratulations to Ms. Deloris and Mrs. Bernadette for their participation in the Senior America Pageant!
We are so proud of you!**






GREENWOOD AVENUE FARMERS MARKET

**Every Monday, June 24th – August 26th
OPEN FROM 12 Noon – 4pm**

**FREE SUMMER MEALS FOR KIDS
SERVED FROM 1 TO 3PM!**

**427 Greenwood Ave
Trenton, NJ FREE PARKING**

**Matching incentives available for
SNAP, WIC, FMNP & SFMNP Purchases!**



**Asprocolas Acres
Rachel's Smoothies
Isles**



**Fresh Fruits, Vegetables, Herbs, Smoothies & More!
Free Health Services, Music and Games!**



Stewarded by the Capital Area YMCA
609-599-9622 WWW.CAPITALYMCA.ORG