



MEMBER NEWSLETTER

WALLA WALLA YMCA



Dear Y Member,

We love seeing you at the Y. Time and again, members tell us how being part of the Y is as vital to their mental wellbeing as it is to their physical health. That kind of impact doesn't stop at our doors; it reaches across the 11 communities we serve. And today, we're asking for your help to carry that impact forward.

At the Y, community isn't a buzzword—it's the heart of everything we do. From Athena to Prescott, we serve people of all ages and abilities. For 139 years, we've taken social responsibility to heart in all that we offer and do.

The Y exists to strengthen community, but we can only do that because of you.

In 2024, your donations helped:

- More than **1,200** children learn vital water safety skills through swim lessons
- Serve children **over 35,000** nutritious meals and snacks
- Give **470** kids the joy of summer camp
- Support **266** children through early learning and after-school enrichment
- Provide **youth membership assistance** to more than **250 families**

In 2025, we're meeting increased community needs, adding toddler care slots,

offering lifeguard certification to College Place students, providing CPR and First Aid training for Mac-Hi teens, and extending a helping hand to foster families. Historically, the Y has offset the cost of programs like these with grants funding, but as federal support diminishes, those resources are becoming scarcer and more competitive.

Our 2025 Annual Campaign is **NOW. Our ask of you is **TODAY**.** Your donation ensures that we can continue to provide life-changing programs for youth, families, and individuals. Every donation is a direct investment in the wellbeing of our community. And when our community is healthy, we all benefit.

Please join me in making a gift to the Y at www.wwymca.org/give.

Thank you for helping the Y build stronger, healthier communities.

Karen Hedine,
CEO, Walla Walla YMCA

Give
Today

Y Honors | Teresa Rodriguez

This week's **Y Honors** is Teresa Rodriguez, a member of the Walla Walla Y for 25 years.

You may often see Teresa enjoying Aqua Aerobics, Strength and Conditioning or dancing away in her Zumba class. "I like the instructors," says Teresa. "They're nice, and they say to only do whatever you are able to do."

While she initially joined the Y for the Wellness Center, Teresa began to enjoy the classes and the social aspect of the Y. Teresa shared that "Everyone is so friendly. I've made friends here."

Overall, health is still a big reason why she returns to the Y as often as five days a week. "It feels much better to be active. Every time I come here, it feels like I've had a dose of good health."





June GX Class Update

Starting in mid-June, the Y's summer camps will occupy the Multipurpose Room (MPR). All Groups Ex classes normally held in the MPR will be found here:

Main Gym

PiYo: 8:30am - 9:30am (M/W)

Yoga: 10:00am - 10:40am (Tue/Th)

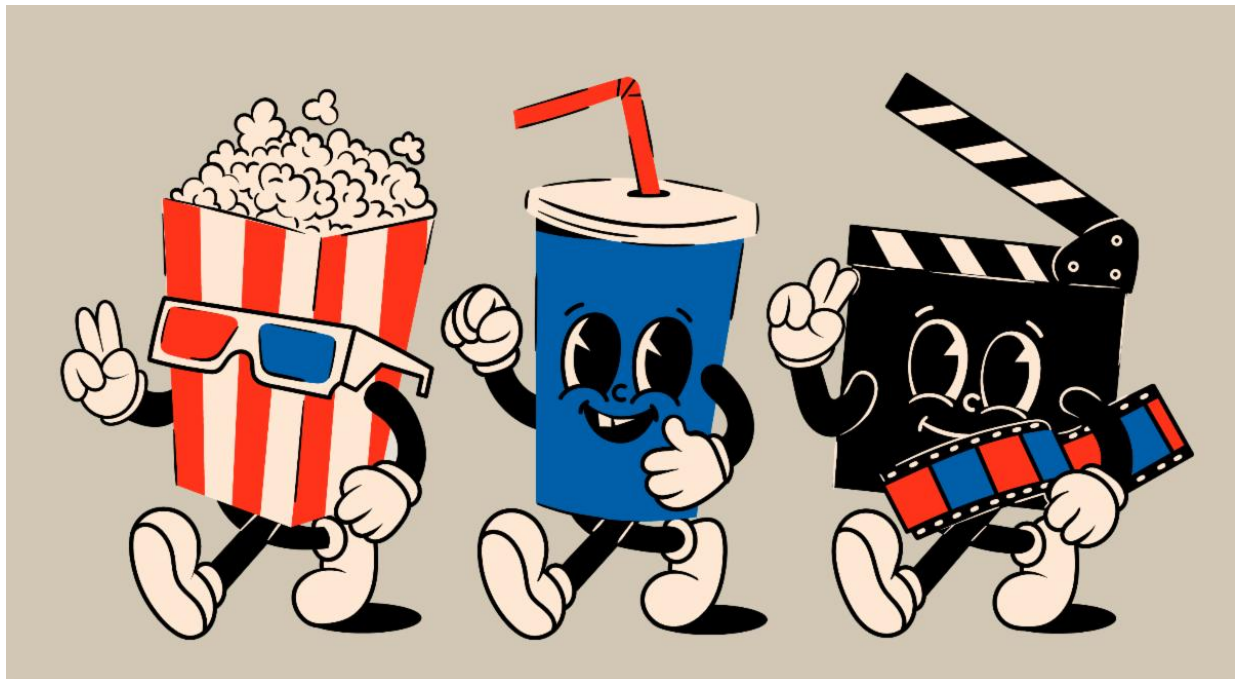
Gym 2

Yoga: 6:15am - 7:00am (Tue/Th)

MELT: 11:00am - 12:00pm (M/W/F)

Specialty MELT: 10:00am - 12:00pm (last Saturday of each month)

For our basketball and other sports players, please note that these gyms will be off limits while classes are in session. Thank you!



Movie Nights at the Y

Less than two weeks remain until our **FREE** family movie nights begin! Starting June 5, enjoy these family-friendly flicks:

- **June 5** - Zootopia
- **June 19** - Spy Kids
- **July 3** - The Sandlot
- **July 17** - Shrek
- **August 7** - Jumanji
- **August 21** - Toy Story

Showings begin **Thursdays at 6:15PM**. Food available for purchase from Y concessions and the Taqueria Mi Pueblito food truck!



Register for Summer Camps!

There's still space in College Place and Athena!

The Walla Walla Summer Camps are filled for the summer. There are still slots available at two other Y camps:

College Place:

- Ages: Entering Grades 1st–6th
- Cost: \$50 per week
- Five Weeks Half-day 12:30pm-5:30pm
- June 23 – July 24; No camp July 4th

Athena:

- Ages: K–5th
- Cost: \$50 Full Day (per-week)
- Six Weeks: June 23 – July 31; No camp July 4th
- Location: Athena Elementary School

**Register For Summer
Camps**

No Join Fee for College Students!

This summer (starting now through August) college students need only bring their student ID to have the join fee waived.



Y in the Community

The Y enjoyed being part of three events this past weekend! We were there for the huge release of rubber ducks at the Ducky Derby, shared in the festivities at the Return to the River Salmon Festival, and had a blast at the College Place Spring Block Party.

To stay informed on all things Y, make sure to follow us on Facebook and Instagram!



In the Community:

Local opportunities for family-friendly fun

**Find a
Volunteer
Opportunity**

**Taco
Festival**

**Market in
the Park**

**Music
Fest**

**Free Family
Concert**

INVEST IN OUR YOUTH, OUR HEALTH, AND
OUR NEIGHBORS. *DONATE TO THE Y!*

GIVE TODAY

Walla Walla YMCA | 340 S. Park St | Walla Walla, WA 99362 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!