



MEMBER NEWSLETTER

WALLA WALLA YMCA

Team Sports

Whether a fan of the Hawks, the Patriots or any of the individuals and teams competing in the Winter Olympics now underway, join us as we celebrate sportsmanship, the coaches and athletes. February is a great month to be a fan!



February is Black History Month

February marks Black History Month, with local community events scheduled throughout the month.

The YMCA's Role in Black History

From its earliest days, the YMCA has played a significant role in shaping opportunities for Black individuals in the U.S. and beyond. While the Y was not always the fully integrated organization it is today, there have been trailblazing Black leaders and branches that helped drive progress toward education and inclusion. One of the most notable milestones in YMCA history was the establishment of the first YMCA for Black Americans in 1853 in Washington, D.C.; founded by Anthony Bowen, who became a leader in education and community support. His work paved the way for other Black YMCAs across the country, providing safe spaces for education, job training, and youth development at a time when racial segregation was still widespread.



In the late 19th and early 20th centuries, Black YMCA branches were established in major cities across the U.S., including Atlanta, Chicago, and New York, with the support of volunteers like Jackie Robinson and teammate Roy Campanella who coached youth sports at the Y. These Ys not only provided critical services for Black youth and families but also became hubs for civil rights advocacy and leadership development.

One of the most famous Y facilities, the Dunbar YMCA in Chicago, was a meeting place for civil rights leaders like Dr. Martin Luther King Jr., Thurgood Marshall, and Paul Robeson. Many of these Y branches helped young Black men and women develop leadership skills, find employment, and receive mentorship that shaped their futures.

During the Civil Rights Movement, the YMCA's leaders worked toward desegregation of all YMCAs. While change took time, this decision laid the groundwork for the fully inclusive YMCAs we see today.

As we celebrate this month, we also reaffirm our commitment to ensuring that the YMCA remains a place where everyone—regardless of background—can thrive, grow, and belong.



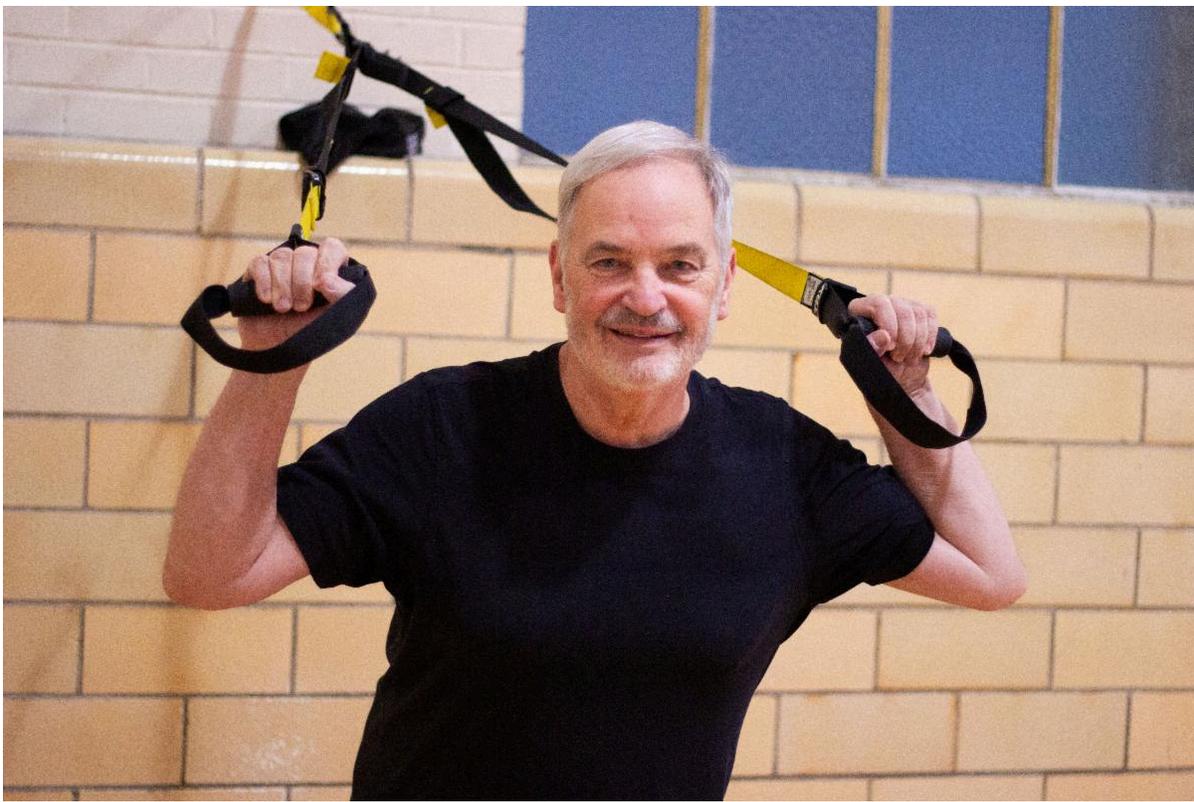
New YMCA360 Releases

From theatre basics for kiddos to Vinyasa Yoga for adults, the Y's online app, YMCA360, offers countless ways to stay active and engaged. Free with your Y membership, explore the YMCA360 video library of art, literature, cooking and education as well as exercise. There's something for all ages and interests.

New to YMCA360? Registration comes in three easy steps:

- Visit ymca360.org.
- Click the login button, enter your email address associated with your Y membership and your local zip code.
- Once you complete this step, you will receive an email with a 6-digit passcode, which you will enter to gain access.

[YMCA360](https://ymca360.org)



More Than a Workout | Gene's YMCA Journey

For the past 15 years, Gene has made the YMCA an important part of his life and his routine. What started as a goal to prioritize his health turned into a lifestyle built around connection and consistency.

For Gene, having great instructors makes a big difference: "They're happy to do the class, they make it fun. Justin's very fun and so is Allie." He says because of them, TRX and Yoga are his go-to classes.

Beyond fitness, Gene has built meaningful friendships at the Y, often connecting with fellow members before and after classes: "The community is very friendly and very positive," Gene says. "Everybody's happy to be here."

Safety First - Winter Basketball Reminder

Thank you to all of our families for being part of the Y's Winter Basketball League. It's been exciting to see the growth in youth skills, teamwork, and sportsmanship throughout the season.

As a reminder, the Y is committed to maintaining a safe environment for all members and guests. **Children who are not participating in league play should remain under appropriate supervision at all times.** Youth ages 5–12 may be signed into the Action Zone during games or practices, with staff available to assist as needed. Children under age 5 must remain with a parent or guardian.



We appreciate your cooperation in helping keep the Y safe, welcoming, and enjoyable for all.



Karate

Kids get to learn self-discipline and self-defense in the hard-soft style of Goju Ryu karate.

Our next session of lessons is from February 10 - March 12 and is available in beginner and advanced levels on Tuesdays and Thursdays. Youth scholarships are available.

Karate Registration

Action Zone Programs

Get thinking, get active, get creative! The Action Zone is full of fun things to do. Classes are available two days a week in both Afterschool and Homeschool hours and as with all Y youth programs, we offer scholarships so that no child is ever turned away from a Y program.

[Chess](#) (Feb 24 - Mar 26)

Learn to think two or three steps ahead of the competition as you learn chess strategy and moves (Ages 7-10).

[Rock Climbing](#) (Feb 24 - Mar 26)

Come scale our rock wall. Skills include tying knots, climbing safety, harnessing and beginning techniques (Pebbles: ages 4-6; Pitons: ages 6-10).

[Minecraft](#) (Feb 9 - Mar 11)

Work together as a team and flex your creative muscles in the world of Minecraft (Ages 7-11).

[Art](#) (Feb 24 - Mar 26)

Express yourself through art. Gain hands-on experience in different mediums and develop skills through multiple projects (Ages 6-11).



All Programs



Swim Lessons

In our swim lessons, led by certified swim instructors, youth gain water confidence, learn essential safety skills, and have a ton of fun.

Whether just starting out or ready to level up, lessons help set the stage for a lifetime of swimming success.

Lessons are available from March 2-26 for ages 4-12. Tap the button and register your child today! Scholarships are available.

Swim Lessons

In the Community

Local opportunities for family-friendly fun

[Find a Volunteer Opportunity](#)

[AAUW Book Sale](#)

[Surplus Yard Sale](#)

[Artrageous Art Show](#)

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