



MEMBER NEWSLETTER

WALLA WALLA YMCA



April is Child Abuse Prevention Month

This week, as part of our ongoing commitment to child safety, we have highlighted **Five Days of Action** to address ways to protect children from sexual abuse. Each day we have posted resources to help parents, adults and the community prevent abuse. This year our emphasis is on digital safety; helping parents and kids navigate the online world with confidence.

Whether you followed along this week or are just learning about the Five Days of Action now, it's never too late to take part. By staying informed and applying simple steps, we can all help create safer spaces for youth.

[YMCA Five Days of Action](#)



Y Summer Camps Open for Registration

It's Full S.T.E.A.M. Ahead as the Y's Summer Camps are NOW OPEN for registration. From outdoor exploration to water-based fun to science experiments, there's something for every camper this summer.

Y summer camps will be held in:

- Walla Walla at the Y
- College Place at Kiwanis Park
- Milton-Freewater at Freewater Elementary
- Athena at Athena Elementary

First week of camp begins June 22. Click the button to register your child.

[Summer Camp Registration](#)

Action Zone & Teen Center Fun

Summer fun isn't limited to Camps. Starting in June there will be a host of special one-week programs for kids AND teens.



Unstoppable Summer

Action Zone Programs (Ages 6-11)

It's a happening time for youth in our Action Zone this summer.

In addition to regular daily activities, there are special one-week camps dedicated to Art, Minecraft and Chess. Classes are one-hour long, Monday-Friday, at various times.

Action Zone Programs

(Ages 11-14)

Unstoppable Summer is a new program this summer, blending fun and real world experiences to help teens grow, connect and thrive. Field trips and activities are oriented to serve youth in our community.

Sessions are Monday - Thursday from 10AM - 4PM.

Unstoppable Summer



Try YMCA360

YMCA360 is our on-demand video platform for adults and kids alike. Here, you'll find hundreds of videos including hobby classes, sports training, group exercises and more.

The best part is it's FREE with your Y Membership, and can be accessed in a few easy steps:

- Visit ymca360.org
- Click the login button, enter your email address associated with your membership enter your zip code, and select your local YMCA branch.
- you'll then receive an email with a 6 digit passcode, which you will enter to gain access.

That's all it takes to gain access to an incredible library of Y content, with a steady stream of new releases. Click the button down below to access YMCA360 today.

YMCA360

Cardio Wellness Class

New to the Y is our Cardio Wellness class where patients who have been undergoing cardio rehab will:

- Receive guided cardio exercise
- Learn to use equipment with confidence
- Explore the Y's many wellness classes



For those Y members whose Providence Cardiac Rehab program has ended, this is the perfect way to extend your wellness journey.

The first month's class is from May 13 - June 5, every Wednesday & Friday at 10AM - 11AM. The class is FREE for Y members.

Cardio Wellness



Personalized Yoga

Get the perfect combination of individual attention and supportive community in our Small Group Yoga class. With only three participants per-class, it's perfect for those who desire a way to build skills to meet individual goals while still working in a group.

Classes are the first Monday of each month from 1:15PM - 2:00PM.

Small Group Yoga

Community CPR

Learn how to make your home and community a safer place with our 3-hour CPR, AED, and First Aid course. This hands-on training will help you build the skills needed to respond with confidence in emergency situations. The course includes an online learning component to reinforce what you learn in class.

Upcoming sessions are available on April 26 and May 8. Sign up today and be prepared to make a difference when it matters most.



Community CPR Training

[Find a Volunteer Opportunity](#)

[Library Time Capsule](#)

[Food Truck Night](#)

[Balloon Stampede](#)



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