



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



## BARBARA'S STORY

### Healthy Living At Its Best

"Last July my friend Karen completed a 5k at the Peabody Y and I got to thinking that maybe I could walk a 5k next year. In our Enhance Fitness Class I announced how impressed I was and shared that I was setting out to complete this goal. Due to arthritis in both my knees I had a lot of pain and trouble walking any distance but I had been losing weight, with the help of Olga Arnold in the Nutrition Reset Program, and was finally able to walk with less pain.



Melinda Naves-Madruga, the instructor of our Enhance fitness program, recommended I sign up for the Melrose Family YMCA's Spooky Sprint 5k in October. Melinda has been very supportive of my weight loss and fitness goals. She often gave me advice how to increase the strength in my legs. As I love a good challenge, I decided to start training for the Spooky Sprint by walking the track, around my neighborhood and on the treadmill at the Y. Three months later, during a nor'easter, 5 friends and I from the Peabody Y completed the Spooky Sprint! I came in last, but was proud of completing my first 5k.

During the latter part of the Spooky Sprint Melinda walked alongside me and suggested I sign up for the Torigian YMCA indoor Triathlon in February. I hadn't even completed the 5k yet and she wanted me to sign up for a triathlon? She said yes, "I could do it!" So, I signed up for the triathlon which included a 10 minute swim, 30 minute cycle, and 20 minutes of walking/running on a treadmill. I then started training in all three events at the Y ...

[Read on](#)

## JOIN IN ON THE FUN THIS SUMMER

### Lynn Youth Multicultural Art Festival

*Friday, August 2nd*

Join us on Friday, August 2 from 12:00 pm to 4:00 pm for the Lynn Youth Multicultural Art Festival (LYMA Fest). During the festival participants will perform songs they created at the Lynn YMCA Music Studio. Other attractions at the festival include a bouncy house, arts and crafts, dancing and more. This event is FREE for the community to enjoy!



LYMA Fest is produced by Lynn YMCA Music Studio students. The event was created to promote the work produced by music studio participants and serve as a platform for youth in the metro north area to express themselves through the arts.

[Learn more](#)

### Join The YMCA of Metro North Tritons Swim Team

*Tryouts held in August*

We are excited to announce that our swim teams from across the YMCA of Metro North Association have merged together to form the YMCA of Metro North Tritons Swim Team!

The Tritons Swim Team is a competitive swim program offered by the YMCA of Metro North with practices held at the Lynn YMCA, the Melrose Family YMCA and the Torigian Family YMCA.



Swim Team incorporates all of the YMCA philosophies promoting honesty, responsibility, caring, and respect while developing a healthy spirit, mind, and body. The program is offered to children ages 6-18. Eligible swimmers must be able to swim front crawl and back crawl for the length of a 25 yard pool without stopping.

Try outs will be held in August and practices will begin in September.

#### **Try Out Schedule:**

*Lynn YMCA:*  
Aug 14 & Aug 16 6:30pm-8:00pm

*Melrose Family YMCA:*  
Aug 20 & Aug 22 6:30pm-8:00pm

*Torigian Family YMCA:*  
Aug 21 & Aug 23 6:00pm-8:00pm  
Aug 27 6:00pm-7:00pm

[Learn more](#)

### Outdoor Yoga and Tai Chi Classes

July 9th to August 22nd

This summer the Melrose Family YMCA is partnering with Mass in Motion and the Melrose Department of Recreation to offer FREE outdoor Yoga and Tai Chi classes at Colby Park in Melrose!

Yoga Flow will be held Tuesdays at 6:30pm and Tai Chi will be held Thursdays at 6:30pm. These classes will be offered from July 9 - August 22.



[Learn more](#)

## SUMMER CAMP

### The Fun Has Only Just Begun

Receive a 15% off sibling discount for siblings in the same household registered in the same week!

A few spaces remain ... register now for the best summer ever!

[Camp Melstone](#) (Melrose)  
[Camp Sachem](#) (Saugus)  
[Camp Eastman](#) (Peabody)  
[Gymnastics Camp](#) (Saugus)

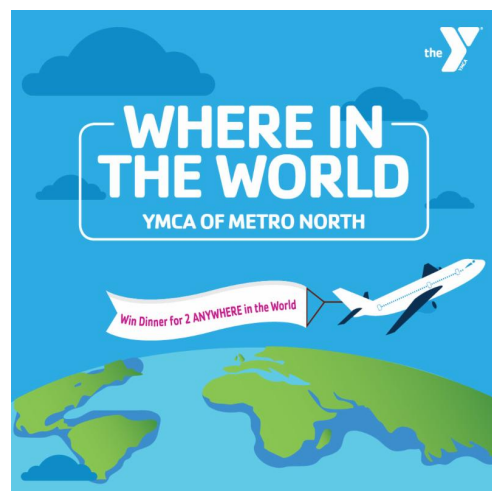


[Register For Summer Camp](#)

## DINNER FOR TWO ANYWHERE IN THE WORLD

### Annual Where in the World Celebration to be held on Saturday, September 28th

The Where in the World Celebration is the Y's premier fundraiser of the year, with 100% of the money raised benefiting youth in the communities the Y serves. The Torigian Family YMCA gymnasium is transformed into an elegant travel-inspired event space, where guests enjoy bidding on live and silent auction items while savoring international cuisines from local restaurants. The evening concludes with a raffle drawing for a grand prize of dinner for two, anywhere in the world!



The winner does not need to be present at the event. Event tickets are \$100 each or \$150 for two. *Guests who purchase a ticket before August 1st are invited to a special "pre-boarding" complimentary cocktail hour.*

If you could eat dinner anywhere in the world, where would you go?

The winner of the 2017 raffle, enjoyed dinner in Australia last summer, and

last year's winner Mike is headed to Ireland later this month.

[Buy Tickets Now!](#)

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## UPCOMING EVENTS

The summer is full of fun family events at all of our YMCA of Metro North locations. Kids Night Out, trivia by the pool, member appreciation days, Tales From Under The Sea and more!

Plus be sure to save the dates for some fun events this fall that support our cause.

[10th Annual Spooky Sprint](#)

Saturday, October 26th

[LiveSTRONG At The Y Half Marathon](#)

Saturday, November 23rd

[View All Summer Events At Our YMCA of Metro North Locations](#)

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## SUMMER MEMBERSHIP PERKS

Your YMCA of Metro North membership is a tremendous value. As a member, you can enjoy access to state-of-the-art fitness facilities, quality classes, innovative programs, and exclusive summer discounts to seasonal attractions. Check out some of the great discounts offered this summer!



*Canobie Lake Park*

Save \$7 per ticket on full admission price

*Cranmore Mountain Resort*

Save up to 21% on Summer Mountain Adventure Park ticket

*Water Country*

Save \$13 per ticket

To learn more about YMN Perks and to purchase tickets visit the Welcome Center at any of the YMCA of Metro North locations.

Not a member? [Join today](#) to take advantage of big savings and a lot of fun!

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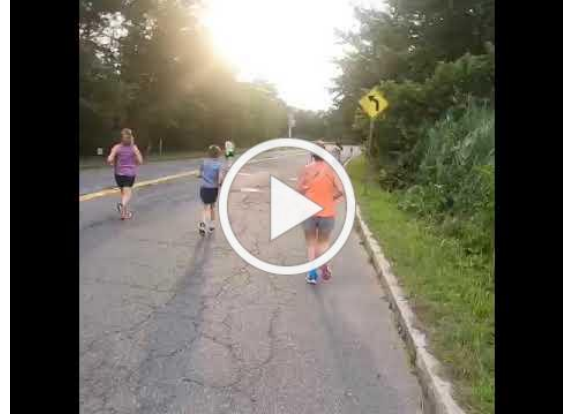
## IN THE NEWS

### Beat the Heat 5k Raises \$8,000

On Thursday, July 11th the Torigian Family YMCA hosted its annual 5k road race, which started and ended at the YMCA. At twilight on a beautiful summer night, a record-breaking 230+ runners

came out to support the Y's cause and run for the Peabody and Lynnfield communities. The aptly named 'Beat the Heat' 5k took runners of all ages through Centennial Park in 80 degree heat before finishing up at the Torigian Family YMCA Outdoor Pool, where runners were encouraged to take a post run dip.

[Read more](#)



## **YMCA of Metro North Receives \$5,000 Award from Stop & Shop Supermarket for Gardening & Nutrition Programs for Youth**

In July 2019, the Lynn YMCA and the Torigian Family YMCA were awarded a \$5,000 grant from long term supporter Stop & Shop Supermarket. The grant will support two vegetable gardens and fund healthy eating & nutrition education programs for youth at both YMCA locations.

[Read more](#)

## **J. Pace & Sons Donates \$20,000 to the Saugus Family YMCA**

On June 27, Cara Pace handed Saugus Family YMCA representatives a \$20,000 check that was raised through a golf tournament held in memory of her father Joe, who died in December 2017.

"My dad loved giving back to the community," Cara said. "It made him very happy."

Jen Conway, the Executive Director for the Saugus Family YMCA, said she thought it was the largest donation the Saugus branch received during her time with the organization.

[Read more](#)

## **Lynn YMCA Receives New Award from Whole Kids Foundation for Garden Club and Healthy Kids Kitchen Program**

The Lynn YMCA was awarded a \$2,000 grant for the first time from the Whole Kids Foundation to help make their Garden Club and Healthy Kids Kitchen programs more sustainable.

Whole Kids Foundation is a charitable organization founded by Whole Foods Market that provides children with access to healthy food choices through partnerships with schools, educators and organizations.

[Read more](#)

## **Y Academy Moving On Ceremonies**

The YMCA of Metro North Y Academy class of 2032 graduated from our Early Learning childcare programs this June. Each Y Academy program center (Lynn, Melrose, Saugus, Stoneham, and Torigian) held a special moving on ceremony for the graduates. Parents and extended family attend the ceremonies.

[Read more](#)

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