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North Brandon YMCA Welcomes New Staff as it Expands Family Programming

Seffner, FL (Oct. 26, 2015) –The North Brandon Family YMCA is pleased to welcome Emery Johannes and Catherine Nackashi to its team as it expands its focus on family-friendly programming to provide families across the Greater Brandon area a place they can count on for support, all while improving their health and well-being, connecting with new friends and their local community.

Emery serves as the Y's new program director overseeing gymnastics, dance and family programs. Emery brings over 15 years gymnastics experience to the Y's recreational and competitive programs. Emery competed in USAG from age nine to 15. From there, she became an all-state high school gymnast, competed for her high school and coached gymnastics as a college student.

"I want to use gymnastics as a tool to teach valuable life lessons to the gymnasts," says Emery. "I want to teach them to believe in themselves and to overcome fears. I want them to learn to be proud of their accomplishments but to continue to strive to better themselves." Emery has a bachelor's degree in entrepreneurship from the University of Tampa.

As family services coordinator, Catherine also brings valuable skills to the North Brandon Y. Catherine became DCF-certified while working as a preschool teacher's aide for three years. She also served as a camp counselor in Maine.

"For the Y's future family programs, I see growth," says Catherine. "I see children and parents using family programming as a way to not only strengthen their own family, but also as a tool to form relationships within the community." Catherine has a bachelor's degree in family child sciences from Florida State University and is currently working on a master's degree in public health from the University of South Florida.

With both Emery and Catherine onboard, the Y can provide families more opportunities to spend fun, quality time together, and engage in activities with other neighborhood families in safe, positive environments. From movie nights, themed cookouts, and drama skits to pool parties, family fun runs and family aqua boot camp, Y members have the opportunity to enjoy family time at the North Brandon Y. Free family events/activities are included in a YMCA membership and are offered on select weeknights, Friday evenings and weekend afternoons. For more information, call 813.685.5402.

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About the Tampa Y

The Tampa Metropolitan Area YMCA is one of the area's leading nonprofits, strengthening Hillsborough and East Pasco communities through youth development, healthy living and social responsibility. Across the Association, 18 facilities engage more than 160,000 men, women and children — regardless of age, income or background — to nurture the potential of children and teens, improve our community's health and well-being, and provide opportunities to give back and support neighbors. The Tampa Y has long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change. www.tampaymca.org