

# STAYING CONNECTED THE Y'S APRIL NEWS



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

HARRISON FAMILY YMCA

April 2018

252-972-9622

[harrisonfamilyY.org](http://harrisonfamilyY.org)

## DID YOU KNOW?

APRIL IS NATIONAL VOLUNTEER MONTH! NEARLY 600,000 PEOPLE VOLUNTEER AT A YMCA EACH YEAR. VOLUNTEERING HELPS ENHANCE YOUR PERSONAL WELL-BEING, WHILE MAKING AN IMPACT IN YOUR COMMUNITY.

### Social Responsibility

## BE A HERO FOR OUR COMMUNITY.



**Annual Campaign** donors make it possible for children, families, and adults to have access to Y programs that improve their lives. We kicked off our campaign on Monday, March 26th with 20 volunteers ready and willing to help create awareness around our campaign and cause, and in turn collect needed funds to continue our impact. 100% of the funds raised are used to provide financial assistance in the form of full and partial scholarships, based on individual need, as well as outreach programs, which are then made available to participants at little or no charge. Donate Today by grabbing a pledge card from the front desk or online at <https://www.harrisonfamilyy.org/support-y>.



## AMAZING ARTISTS | COLORING CONTEST & GALA

Get creative, bring your inner superhero out, and let your artistic talents shine as we invite youth in the community to enter our coloring contest. Entry forms are available at the front desk or online under the events tab.

**You're Invited to the Art Gala! | Friday, May 25th | 5:30-7:30pm**

Gala will include contestant's displays of their art, announcement of winners and more. Tickets will be available to vote on the art beginning May 23rd, and all proceeds will go to our 2018 Annual Campaign.

## STEP UP & SPEAK OUT!

Child Abuse Prevention Month in April pairs with Five Days of Action, April 16-20, 2018. Leading up to Healthy Kids Day®—a national initiative to improve the health and well-being of kids—Five Days of Action focuses on preventing child sexual abuse by sharing tips on how adults can step up and speak out to prevent it. Be sure to check out the **Pinwheel Garden** that our kids are planting for this week. By its very nature, the pinwheel connotes whimsy and childlike notions. In essence, it has come to serve as the physical embodiment, or reminder, of the great childhoods we want for all children. Visit [FiveDaysofAction.org](http://FiveDaysofAction.org) to learn more. **#FiveDaysofAction**



## Member Info

**Code of Conduct:** Please remember that our code of conduct is essentially a rule book of what all patrons must follow when using our facility or programming. Everyone should read through entirely before deciding to join our organization or program. You may find it on the brochure wall at the front desk, online at [harrisonfamilyY.org](http://harrisonfamilyY.org), in our Membership & Program Guides, or on the large poster in the Front Lobby.

**Touchscreen:** Please be reminded that we offer a touchscreen in our front lobby near the front desk for convenience when registering for programs online or checking out our website, Program & Membership Guide, etc. We encourage you to use this and let us know if you have any questions.

**Using Perfume or Cologne:** Please be conscious of and try to limit the amount of perfume or cologne you may be wearing while here at the Y. Some patrons may be affected by this due to allergies, etc.

### APRIL LOYAL MEMBERS

2-5 years: **Robert Pennington**

6-10 years: **Barbie Crews**

11-20 years: **Philip Curtiss**

21-30 years: **Robert Sheridan, Jr.**

### MESSAGE FROM OUR CEO

"Volunteers are the heart and soul of our organization—without their hard work and dedication, we couldn't do the work we do every day to help kids, families and communities thrive. By bringing people together from all walks of life around a shared purpose to do good, the Y is creating a stronger, more cohesive community. Because April is National Volunteer Month, and we have just kicked off our 2018 Annual Campaign, I'd like to encourage members to try out a volunteer opportunity here. We offer **Togetherhood™** community hands-on projects, fundraising, youth sports coaches, Girls on the Run running buddies, and more."  
—Jacquelyn Price, CEO



## TOTS PLAY PROGRAM | SPRING SESSIONS

Tots Variety Sports Session

⇒ April 3rd-May 3rd

⇒ Tuesdays OR Thursdays 5:30-6:30PM

Tots Soccer Session

⇒ May 8th-June 7th

⇒ Tuesdays OR Thursdays 5:30-6:30PM



## BEST. SUMMER. EVER! Summer Day Camp

Register for Day Camp before spots fill! Camp this year has SO MANY awesome options for your kids! Art, Sports, Coding, Swim, Gymnastics, STEM, LEGO, Cooking and more!

June 11th-August 25th | Mondays-Fridays | YMCA & Coopers Elementar  
Ages 4-14

## AWAKEN SUMMER IMAGINATION

### Healthy Kids Day®

Kick Off Summer With Healthy Kids Day®! Event is FREE & OPEN TO THE PUBLIC. Saturday, April 21<sup>st</sup> | 10am - 2pm

Vendors with fun activities & healthy foods

Prizes & Give-Aways

Outside Games & Activities

Arts & Crafts

Kids/Family Exercise

LEGO Play & more!



## TAKE A STAND | Lifeguard Training Courses

With Summer just around the corner, many are looking for a pool to work at. Be sure to go ahead and sign up for our upcoming courses to save your spot. Only 10 seats are allowed per course.

Lifeguard Re-certification Course | Saturday, April 14th 8am - 5pm

Complete Lifeguard Certification Course | Monday, May 14th - Thursday, May 17th 4pm - 7:30pm | Monday, May 21st - Thursday, May 24th 4pm - 7:30pm

## TAKE CONTROL OF YOUR HEALTH

Diabetes Management Academy

May 17th, 2018 | 5:30pm | YMCA

Curriculum includes: Basic diabetes information and terminology, convenient tips for eating healthy and staying active, and reviews the basics about diabetes medications.



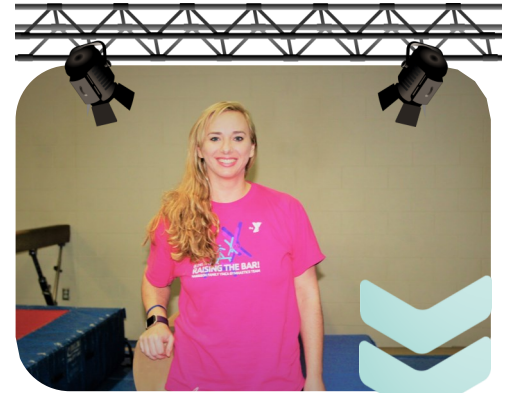
Sugar Run! For Diabetes Awareness

April 14th | 7-11am

Station Square - Rocky Mount

5K & 1 Mile Fun Run

Register at: <http://bit.ly/SugarRun18>



## Staff Spotlight Jessica Horne

Group Exercise Instructor & Asst. Gymnastics Team Coach

"I have worked for the Y for 4 years. My favorite food is steak. I love the relationships that are made and the encouragement that is present at the Y. My favorite hobby is riding my bike. My fun fact is that I would rather be at the beach than just about anywhere else in the world. My favorite thing to do at the Y is spin class and watching the girls on the gymnastics team stick a new skill."

## Maddie's Story

Congratulations to Maddie Girouard, who has been honored for her exemplary volunteer service with a Certificate of Excellence from the Prudential Spirit of Community Awards, and with a President's Volunteer Service Award!

Presented annually by Prudential Financial in partnership with the National Association of Secondary School Principals, the Prudential Spirit of Community Awards honors young people across America for outstanding volunteer service. These certificates are granted to the top 10 percent of all applicants in each state! Maddie is on our Swim Team, loves the YMCA and giving back to those in need. Last Summer, Maddie initiated a project called Swimmer Helping Swimmers. She collected swimsuits and other swim essentials for those with special needs in the Y's Adaptive Swim Program. "I want others to love swimming and to be comfortable and confident in the pool. My swim coach mentioned that many kids that go to the adaptive swim program do not have their own swimsuits, so I decided I wanted to help. For my birthday, I asked my friends and family to donate to my project instead of bringing me gifts," said Maddie. Maddie, you are an amazing example of the Y's Cause to strengthen community. Giving back into your community at such a young age will help you be successful in life and will create impact in so many other lives. Great job!

