

SPRING INTO HEALTHY AND HAPPY

April Newsletter



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HARRISON FAMILY YMCA

1000 Independence Drive Rocky Mount, NC

252-972-9622

www.harrisonfamilyY.org | Stay Connected



DID YOU KNOW?

Five Days of Action (April 22-26) is an awareness building campaign about child sexual abuse prevention led by the YMCA Guardians for Child Protection. Throughout the week YMCAs and other youth serving organizations will come together to spread prevention messages on social media, and educate the community about keeping kids safe from sexual abuse.

AWAKEN SUMMER IMAGINATION

Healthy Kids Day

Saturday, April 27th | 10:00 a.m. – 1:00 p.m.

FREE AND OPEN TO THE COMMUNITY!

Are the kids in your life already dreaming of summer? When kids are inspired, they can do anything. Let's awaken their imagination so they can explore new activities and healthy habits. Join us!

Activities Include

Vendors with fun activities & healthy foods
Prizes & Give-Aways
Outside Games & Activities
Arts/Crafts & Face Painting
Kids/Family Exercise
LEGO Play & more!



A HOPPIN' GOOD TIME!

Spring Family Easter Event

Saturday, April 13th | 10:00 a.m. – 12:00 p.m.

FREE AND OPEN TO THE COMMUNITY!

Come out to the Y's Easter Themed Family Event and have a bunny hoppin' good time with the family!

Activities

Easter Bunny
Prizes for Special Eggs
Arts/Crafts & Face Painting
LEGO Activities

Easter Egg Hunt Times

10 A.M.
10:45 A.M.
11:30 A.M.

Easter Egg Hunt Age Groups & Locations

Kindergarten & under: inside of childcare
1st grade & up: outdoor playground (inside small gym in the case of rain)



BEST SUMMER EVER!

Summer Day Camp 2019 | Hurry & register to secure your spot!

May 28th – August 23rd

Deadline for Financial Assistance applications is Friday April 12th

Camp will be here before you know it! Start planning now and reserve your child's spot before they start filling up! Camp will have weekly themes, mastery activities that the child can pick, variety activities, huddle times, and more! Some specific offerings are coding, art, sports, gymnastics, swim, STEM, cooking and more!

Mondays – Fridays | 6:30 a.m. – 6:00 p.m.

YMCA Plus Account Members: \$135/week

Standard: \$150/week

*Daily drop in options available



INFO TO KNOW

SUGAR RUN | APRIL 13TH

Imagine an end to diabetes. The Twin Counties Sugar Run will be held at Station Square on Saturday, April 13th from 7 – 9 am. All proceeds from the event will go towards the prevention and education of diabetes right here locally in our twin counties. Please register online today! harrisonfamilyy.org/events/twin-counties-sugar-run

SMOKE-FREE CAMPUS

Just a reminder to all members, program participants and visitors of the YMCA that we are a smoke-free campus. This includes vaping, etc. and also includes our facility and anywhere on our grounds. Thank you for your cooperation!

NEW MOBILE APP

Please download this by April 12th by searching for "Daxko" in your app store!

LOYAL MEMBERS!

Congratulations! We appreciate your membership and hope that you will share your story of how the Y has impacted your life by emailing marketing@rmymca.org. Pick up your prize at the front desk!

2-5 YEARS: JONATHAN BONNER

6-10 YEARS: PAULA STILES

11-20 YEARS: DAMON CURE

21-30 YEARS: ROBERT CLINTON

CEO MESSAGE

"Spring is in full swing as we enter April. This month we like to focus on healthy and active lifestyles for kids. They are our future and within our youth development focus area, we want to ensure we are providing them with the tools and knowledge to stay healthy throughout their childhood and into adulthood. Be sure to attend our Family Easter Event as well as our Healthy Kids Day to have a great time and learn as much information as possible on how to get your kids excited about and interested in being active. We also have our Volunteer Week and other adult recreation happening, so don't miss it!"





LEARN GROW PLAY

Tots Play Program - **Spring T-ball**

T-ball Season: April 23rd - May 21st | Register by April 9th

The Tots Play Program is a sports instructional program, created specifically for children ages two to four years old.

SHOW OFF YOUR ACCOMPLISHMENTS

Gymnastics Showcase

Friday, April 12th at 6:00 p.m. | Register by April 11th

Participants will practice routines on all four events (Vault, Bars, Beam, and Floor) to show their audience the skills they have learned in gymnastics classes. This is free and open to all current Harrison Family YMCA registered gymnasts.

A NIGHT OUT OR A NIGHT TOGETHER

Swimming Parents Night Out

April 12th | 5:30-8pm

Parents can drop off the kids for a night full of fun and swimming while you enjoy some time to yourself.



CARE WHEN YOU NEED IT

Spring Break Camp

April 19th - 26th | 6:30am - 6:00pm

Activities include swimming, games, sports, fitness, arts & crafts, homework help and more! Please bring swimwear and a towel. Breakfast, lunch, and snack will be provided to you. Please pay fees and complete registration forms in advance.



BATTER UP!

**Adult Wiffle Ball League & Home Run Derby
at the RM Mills New Wiffle Ball Field**

Derby: Saturday, April 6th | 2:00 p.m. - 4:00pm

League: Begins May 4th | Register by April 20th

Join us for a little friendly competition! Calling all friends, families, church groups and corporate teams! Register for our new Wiffle Ball League for some fun and friendly competition!



KIDNEY SMART

Kidney Education Classes | 5:30 - 7:30 p.m. at the Y

We will begin holding these awareness classes here at the Y quarterly on Fridays to help educate the community on kidney disease and treatment options. No registration required.

Y KNOT!?

New Knitting and Crocheting Community Group

With our new group interest board in the hallway near the wellness floor stairs, it gives members the opportunity to connect with one another to form a group! The first one gearing up is for individuals interested in knitting and crocheting together. This is not a class, but rather a chance to get together and knit and crochet in the company of others. Hot coffee and tea will be provided by the Y. Please bring your own supplies. No registration required.

Fridays from April 19th - May 24th | 10:00 - 11:00 a.m.

Teen Center in the YMCA



GIVE BACK

**Annual Campaign and National
Volunteer Week**

Under our Social Responsibility focus area we have a large focus on our annual campaign and culture of volunteerism. We know that when we work together, we move individuals, families and communities forward. The Y responds to society's most pressing needs by developing innovative, community-based solutions to help those in need to reach their full potential. We are

also committed to inspiring a spirit of service by uniting individuals from all walks of life to participate in and work for positive social change. Check out our options and information below for donating to our cause, volunteering and lending a helping hand to our community.

WE JUST KICKED OFF OUR 2019 ANNUAL CAMPAIGN ON MARCH 28TH WITH OUR COMMUNITY, STAFF AND VOLUNTEERS. WE HAVE A GOAL TO RAISE \$120,000 AND NEED YOU TO BE A PIECE OF OUR PUZZLE! DONATE TODAY: <https://www.harrisonfamilyy.org/support-y>

CHECK OUT AGNES MOORE'S WATER BOTTLES IN WATER FITNESS CLASSES WITH FACTS ABOUT OUR CAMPAIGN!

PARTICIPATE IN HEALTHY LIVING'S ROLE REVERSAL FUNDRAISER WITH GROUP EXERCISE INSTRUCTORS AND PERSONAL TRAINERS!

VISIT US IN THE FRONT LOBBY DURING NATIONAL VOLUNTEER WEEK (APRIL 8TH-11TH) TO PICK UP YOUR VOLUNTEER GIFT AND/OR LEARN MORE ABOUT OUR VOLUNTEER OPPORTUNITIES AND ONLINE PORTAL!

SAVE THE DATE FOR OUR 2019 CHANCE FOR ALL COLOR RUN ON SATURDAY, SEPTEMBER 28TH AT WESLEYAN COLLEGE!

IMPACTSTORY

Stephen Bandy

"I have been coming to the Y for three years now. I am on the swim team and the Y has become like my second home. I am also an Eagle Scout and since I am at the Y so much, I decided to do an Eagle Scout project here. This project is a two-part project involving re-mulching the front entrance of the Y and building a timing table for swim meets at the Y! I decided I wanted to help re-mulch the front entrance because I know the Y is a great place and I wanted to help make sure the outside looks the same way. Currently, I am working on fundraising ideas that will help with getting the materials I need to build the timing table. I am glad I chose to do my project at a place that means so much to me. While working on this project I have become more responsible and I have been able to develop more leadership skills by gathering my troop members and friends to help with this project. I am thankful for this experience at the Y and I am happy I am able to contribute to this organization and community! Through the Y I have been able to meet new people and Coach Yvonne Wilkins and Senior Program Director, Kaila Billups, have been very helpful along the way!"



CAUSE-DRIVEN LEADER



Julie Woodfin | Water Aerobic Instructor

"I have worked for the Y for 3 years. Being a Cause Driven Leader means the world to me. I love helping people feel better and become healthier. An example of how my role is Cause Driven is when I am able to witness people who have had strokes and other ailments come in walking with a walker, moving up to cane, and then eventually being able to walk on their own. My favorite thing about working

at the Y is being challenged and meeting new people. My favorite thing to do at the Y is swim with adaptive kids! My favorite hobby is arts and crafts and a fun fact about me is I love traveling on my husbands' motorcycle and playing with my grandchildren!"