



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BACK INTO THE SWING OF THINGS

## August Newsletter

HARRISON FAMILY YMCA

1000 Independence Drive Rocky Mount, NC

252-972-9622

www.harrisonfamilyY.org | Stay Connected



**DID YOU KNOW?** August 5<sup>th</sup> is National Friendship Day! We encourage you to bring a friend to exercise with you that day, OR just spend some time with your bestie to show them how much you care. #NationalFriendshipDay #BetterTogether

# FOR THE FAMILY

Join the Y as a member during the month of August & sign up for before or after school care to receive a **FREE** backpack for your child.

## INFO TO KNOW

**Are you planning to visit another YMCA?** Speed up the process by stopping by our front desk and signing a quick waiver.

**If you are needing to park in a handicap parking space,** please be sure you have your permanent plate or are displaying your placard.

The new **Pickleball Fall Schedule** is now out and begins Aug. 28<sup>th</sup>. See Family Gym door.

It is **renewal time for Financial Assistance applicants**, with a deadline of 9/14. If you are in need of applying, please make sure to pick up our new revised application at the Front Desk.

## LOYAL MEMBERS!

Congratulations to all of our loyal member winners for the month! We appreciate your membership with us and hope that you will share your story of how the Y has impacted your life! If you are interested, email [marketing@rmymca.org](mailto:marketing@rmymca.org). Remember to pick up your prizes at the front desk!

**2-5 YEARS: MARGIE COLLIE**

**6-10 YEARS: MICAH FAILE**

**11-20 YEARS: WHITNEY RICHARDSON**

**21-30 YEARS: ROBIN WEEKS**

## DEVELOP THEIR FUTURE

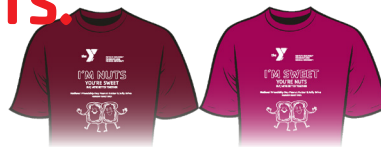
**REGISTER TODAY FOR BEFORE & AFTER SCHOOL CARE OR TEEN ACADEMY!**

**School Aged Before & After School** Ages 4-14  
12 Locations | Children will expand their learning beyond the classroom. We use a balanced curriculum with opportunities for character development, STEM, arts and humanities, community service and physical activity.

**Teen After School Academy** Ages 13 & up | Learning doesn't stop after the school day ends. The Y provides the academic support needed to help teen students achieve their full potential. Each day is filled with educational activities that also incorporate health, team building, homework support, and leadership training.



**YOU'RE SWEET. I'M NUTS.**  
**BUT WE'RE BETTER TOGETHER**  
**NATIONAL FRIENDSHIP DAY BRING A MEMBER DRIVE**  
**SUNDAY, AUGUST 5<sup>TH</sup>**



The Better Health Channel states that exercising with a friend or loved one can increase your chances of sticking to your exercise plan. On National Friendship Day, we are inviting all members to **bring a friend for FREE for the day!** Member & Guest can pick up their fun Peanut Butter & Jelly shirt from the Front Desk after completion of your exercise. We will also have a photo backdrop out in the front lobby. **Take a photo in front of the backdrop and post to your social media with #BetterTogether and be sure to tag our Y!**

## CEO MESSAGE

"As the summer winds down and back to school is around the corner, we turn our focus towards getting "back into the swing of things." In August, we have some promotions,



encouraging the family to focus on their health, as well as the continuation of learning in our after school program. We are also launching a new Teen After School Academy and releasing information about some new programs to aid in the nurturing of our youth, including Martial Arts and Rookie Sports. It's an exciting time for us, working towards progression within youth programs. Remember, we do offer online registration. That's the easiest access to save your spot in the program of your child's choice."



## FAMILY TIME

DIVE IN MOVIE NIGHT & TOTS PLAY SOCIALS

**Dive In Movie** \$3/swimmer **Fri, Aug 10<sup>th</sup>** 5-8pm

Spend the evening as a family in the pool while watching Finding Dory! Snacks and pool activities will be available for everyone to enjoy. Registration is required due to pool capacity.

**Tots Play Social** \$5/family **Tues, Aug 21<sup>st</sup>** 5:30-6:30pm

Time for parents with toddlers, 2-4, to socialize on the playground at the Y, while kids have fun together. Registration required.



## BEAMING WITH NEW SKILLS!

**GYMNASTICS OPEN-GYM**

Open to the community! If you are a cheerleader, dancer, gymnast or just interested in upgrading your gymnastics skills, this is for you! Explore the range of possibilities and work on perfecting your skills. Staff will be available for assistance.

\$10/participant

**Open Gym** **Ages 6-15** **Friday, August 3<sup>rd</sup>** 6-8pm

## AUTUMN ADVENTURE

UPCOMING FALL PROGRAMS

**Martial Arts - NEW PROGRAM!**

Evaluations Aug. 27<sup>th</sup> & Aug. 30<sup>th</sup> | Begins Sep. 10<sup>th</sup>

**Rookie Sports (Ages 5-6) - NEW PROGRAM!**

Fall Basketball Session begins September 17<sup>th</sup>

**Tots Play Program (Ages 2-4)**

Variety Sports begins Sep. 4<sup>th</sup>. Basketball begins Oct. 16<sup>th</sup>

**Parents' Nights Out**

September 14<sup>th</sup> Swimming | October 12<sup>th</sup> Let's go LEGO!

**Fall Family Festival**

Save the Date of Saturday, October 20<sup>th</sup>!

**Tumbling Clinics**

Fall Session held on Saturday, October 27<sup>th</sup>.

**Gymnastics Open Gym Events**

Fall Session held on Saturday, November 10<sup>th</sup>.

Fall Sessions available for year round programs including **Swim Lessons and Recreational Gymnastics**

## LEARN TO SAVE LIVES

LIFEGUARD RE-CERTIFICATION COURSE

This course teaches lifeguards the skills and knowledge needed to prevent and respond to aquatic emergencies. This course includes First Aid, AED training, and CPR for the professional rescuer.

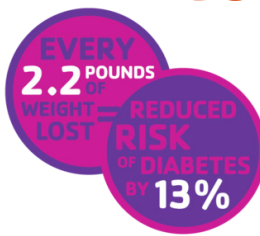
**Only 10 spots- hurry!** **Friday, August 10<sup>th</sup>** 8am-5pm

## TAKE CONTROL TODAY

**DIABETES MANAGEMENT ACADEMY**

This is a class given by a Novo Nordisk Diabetes Educator to help you learn about managing diabetes. These classes are free and open to the community!

**Thursday, August 16<sup>th</sup>**  
5:30pm-6:30pm



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## A CHANCE FOR ALL Color Run 2018

September 22<sup>nd</sup> 5K & 1 Mile Fun Run

Benefiting the Y's Annual Campaign, keeping our doors open to all

**REGISTER AT HARRISONFAMILY.ORG TODAY!**  
SPONSORSHIP OPPORTUNITIES AVAILABLE

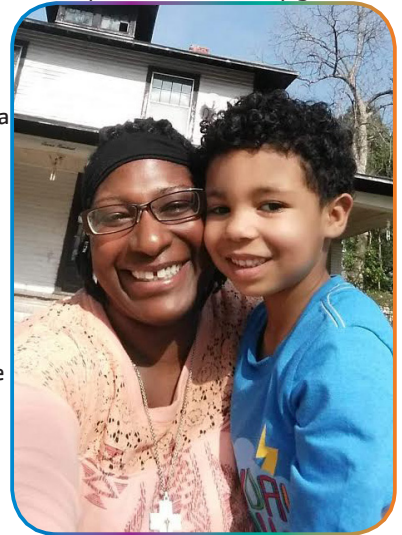
At North Carolina Wesleyan College



Must register by September 3<sup>rd</sup> to guarantee your shirt!

## IMPACT STORY

**Quantica Hines** has been a member of the Y for last two years. Since joining, the Y has made a tremendous impact in her and her son's lives. She has gained a sense of working as a team with other members and being a part of something bigger than herself. She says "I learned how to swim at the Y and about nature, which I believe positively affected my development." Quantica says she is thankful for what this organization represents. "I am very grateful for everything and everyone behind the scenes at the Y who make it all possible." During the time that Quantica has been a member of the Y, she has been able to reach many goals that she set for herself including: quitting smoking, pushing herself to be better everyday, having a more positive attitude, and obtaining a better job. "There is no way to ever pay back what the YMCA has done for me and my son in these trying times."



## STAFF SPOTLIGHT

**BETH PARRISH | GROUP EXERCISE INSTRUCTOR**



"I've worked for the Y for 17 years. My favorite foods are seafood, chicken, and anything chocolate. My favorite part of my job is being a small part in members' fitness goals and meeting new people. My favorite thing to do here is cycling and body sculpt class. My hobbies are reading, saltwater fishing and exercising. My fun facts are I talk a lot and overpack!"