

BETTER TOGETHER

August 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?

AUGUST 4TH IS NATIONAL FRIENDSHIP DAY! In the spirit of Friendship Day, celebrate your friends and loved ones at the Y! Invite them out to the Y's group programming. Making connections and building relationships enhances your well-being. Exercising with friends increases your motivation!

YOU GOT A FRIEND IN ME

Friendship Week | August 3rd - 9th

Celebrate National Friendship Day, August 4th, by enjoying a whole week of it at the YMCA with your best friend!

PB&J Bring a Friend each day this week

PB&J Sandwiches from 11 - 1 p.m.

Best Friend Raffle for 2 Free months of membership

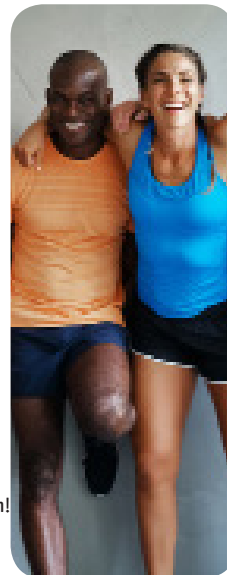
Create a Best Friend Card, Complimentary Koozies & more!

REMEMBER OUR MEMBER GET A MEMBER REFERRAL PROGRAM!

As a current member, when you refer a friend you both will win! Referring member gets a FREE Y Gear t-shirt OR entry into our quarterly drawing for a 1 month or 3 month membership! New member gets \$20 off your first full month of membership!

5 WAYS THE Y IS BETTER TOGETHER

1. Working out: Always have a treadmill partner and weightlifting spotter.
2. Shooting hoops: Friendly competition is healthy competition
3. Swim with a friend: Challenge each other to something new, like lap swim!
4. Group Exercise: Be brave together! Try a new group exercise class.
5. Family events: Parents and kids always have friends to enjoy the fun!



BRAND NEW YOUTH PROGRAMS!

Registration Open Soon for these programs!



Youth Sports Leagues are back and better than ever! We will be pairing YMCA character development with age appropriate sport skills and growth of team mentality! There will be a different sport with each season.

Upcoming League: Fall Youth Soccer Ages K - 6th Grades Begins September 30th



Superhero Friday Nights Out for Exceptional Children This program is designed for children with developmental and intellectual disabilities. These will take place a Friday evening of each month, and will provide sensory sensitive activities, fun challenges, socialization with peers, and self-care for parents and caregivers.

Upcoming Evening: September 20th Ages K - 12th Grades 5:00 - 8:00 p.m.



Rock Wall Climbing Club Sign up for our NEW CLUB to grow your climbing skills, beat challenges, try new courses, and have fun with friends! We will also have a leader board and will enjoy friendly competition with one another! CLUB HOURS: Tuesdays 6 - 8 p.m. and Saturdays 2 - 4 p.m.

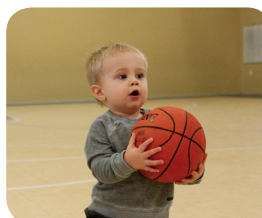
Begins September 3rd Ages 7 - 18

DEVELOP, GROW, PLAY!

Fall Tots Basketball | October 1st - November 14th

The Tots Play Program is a sports instructional program that is created specifically for all children ages two to four years old. Each weekly lesson is designed with age-appropriate skill level and developmental growth.

Register for the Fall Session by September 17th!



INFO TO KNOW

CLOSED SEPTEMBER 2ND

We will be closed on Monday, September 2nd for Labor Day. Enjoy your holiday!

CLOSING NOTICE FOR THURSDAY, SEPTEMBER 12TH FROM 6-9 P.M.

Our YMCA will be holding our Annual All Staff Gathering off-site during this time and to ensure staff attendance, will be closing the facility during those hours only. This event is important for the training of our staff to continue best serving our members and community. Thank you for your understanding!

FINANCIAL ASSISTANCE PROGRAM

To keep our doors open to all, we offer financial assistance for most programs and membership for those who apply & qualify. Ask a Membership Services Representative for an app!

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@rmyymca.org. Pick up your prize at the front desk!

2-5 YEARS: MARIE CHAPMAN

6-10 YEARS: KEISHA SPIVEY

11-20 YEARS: LORENE WOODARD

21-30 YEARS: PHIL KEETER

CEO MESSAGE

"The end of August means back to school and back into the swing of things.

We are encouraging our community to plan ahead and check out all of our new opportunities for programming coming up this Fall. We are so excited to announce some new things happening

and the continuation of other great programs and activities. We also have some engaging activities for members this August with National Friendship Week and continuing our 100 Class Pass Challenge. Getting involved in something out of the box from your normal routine can truly open your eyes and keep you motivated on your healthy living journey."





BACK TO SCHOOL

July 15th – August 19th Membership Promotion

With back to school time right around the corner and so many activities for the whole family at the Y, NOW is the PERFECT time to join! All who join as a family July 15th – Aug 19th will receive a new backpack for their kids!

Before & After School Care – Registration is open!

Locations including the YMCA Future Leaders Child Care Center, YMCA Teen Academy, Bailey Elementary, Benvenue Elementary, Cooper Elementary, Englewood Elementary, M.B. Hubbard Elementary, Nashville Elementary, Red Oak Elementary, Spring Hope Elementary, Swift Creek Elementary, Winstead Avenue Elementary, and the new Hobgood Charter School!



Starts back on September 13th!
Pajama Party/"Drive" in Movie
5:30 – 8:00 p.m.

Registration open soon!

Take some much needed time for yourself, while we have fun with the kids in our Monthly Parents' Nights Out starting back this September!

BUILD SKILLS

Gymnastics Open Gym

Aug 10th | 10:00 a.m. – 12:00 p.m.

Explore the range of possibilities and work on perfecting your gymnastics skills by attending our Open Gym! It is an excellent opportunity to practice skills learned in gymnastics class in a safe and fun environment and at your own pace. **Register by August 9th!**



LEARN DISCIPLINE

Martial Arts

September 5th – December 16th | Register Today!

Martial arts classes are for ages 5 and up and consist of warm-up stretches, kicking, forms, cool-down stretches and meditation. Participants can choose beginner or intermediate levels. If you are unsure of the level your child is at, the instructor can make a suggestion. You may sign up for 2 classes a week or 1.



DIVE IN. STAND OUT.

RMV Racers Swim Team Evaluations

Monday, August 12th 5:00 – 6:00 p.m.

Thursday, August 15th 5:00 – 6:00 p.m.

Saturday, August 17th 10:00 a.m. – 11:00 p.m.

Consider becoming a part of our RMV Racers Swim Team! **envolve**



FINISH YOUR SUMMER WITH A SPLASH!

Swim Camp | August 19th – 22nd | 9 am – 12 pm

This camp helps swimmers, ages 6–18, refine their strokes! You must be able to swim all 4 strokes to register.



WE LOVE OUR EDUCATORS!

Back to School Kickoff Togetherhood Project

This volunteer project is dedicated to showing the staff in Nash Rocky Mount Public Schools how much they are appreciated.

HERE IS HOW YOU CAN SIGN UP TO HELP:

1. **Drop off teacher supply items in our collection box in our Front Lobby until Aug 3rd.** These items will be included in welcome bags for school staff and can include tissue, clorox wipes, snacks, pencils, etc.
2. **Help pack welcome bags at the YMCA on August 3rd from 9:00 a.m. – 11:00 a.m.**
3. **Volunteer to welcome staff back to school on August 12th!**



SEPTEMBER 28TH

REGISTER ONLINE BY SEP. 3RD TO GUARANTEE YOUR SHIRT!

harrisonfamilyy.org/events/color-run

Timed Event this year! With continuous Family Fun as well!

FEES:

5K | \$25 includes entry to 1 Mile, medal & color kit

Fun Run w/ kit | \$15 includes award and color kit

Fun Run only | \$5 includes award

IMPACTSTORY

Vickie James

"I became a member of the Y almost eight years ago. I wanted to make a change in my life and focus on living a healthier lifestyle. At the time I was looking for things to do to begin my health journey. I was laid off from my job and I felt it was the perfect time to join the Y. Since becoming a member, **I have become so much healthier and happier.** The Y has become a part of me now. I have made so many friends with people who I wouldn't have met anywhere else. I am now able to play and be active with my grandkids which is something I am so grateful for. **I love that the Y offers so many different things that my husband and I can be a part of together.** We participate in things like fitness classes, walking upstairs, personal training, and my husband loves Pickleball. We enjoy Deep Water classes with Agnes and feel it is a great workout with low impact on our joints. We also do some weight training together which has helped us tone and increase muscle strength. Everyone here is always smiling and willing to help which creates such a friendly atmosphere! The interaction that we have with others always lifts our mood and keeps us coming back. **The Y has been and will continue to be a wonderful tool for me on my weight loss journey. I enjoy the Y so much that I have motivated my family in Texas to join their local Y!**"



CAUSE-DRIVEN LEADER

Ekaterina Belaya-Skyes | Group Exercise

Instructor

"I have been working at the Y for 2 years. To me, being a Cause Driven Leader means using your full potential to motivate and encourage those around you. In my role as an instructor, I realize that not all goals are the same. It is very gratifying to be a part of someone's fitness journey and learn more about what drives different people. My favorite thing about working at the Y is the supportive and driven environment. My favorite hobby is Origami and a fun fact about me is that I never participated in organized sports before moving to the United States but now I play soccer and run team races."

