

# SEASON OF GIVING

## Happy Holidays!

### December Newsletter

#### HOLIDAY HOURS

Close at 3 p.m. on Monday, December 24<sup>th</sup>

Closed all day on Tuesday, December 25<sup>th</sup>

Close at 3 p.m. on Monday, December 31<sup>st</sup>

Open from 11 a.m. - 5 p.m. on Monday, January 1<sup>st</sup>



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

#### HARRISON FAMILY YMCA

1000 Independence Drive Rocky Mount, NC

252-972-9622

[www.harrisonfamilyY.org](http://www.harrisonfamilyY.org) | Stay Connected



## DID YOU KNOW?

December is the season of giving. During a time of peace and joy, let's all remember to give back to those who need it. The Y offers many social responsibility initiatives throughout the year including our annual campaign, canned food drives, and more.

## GIVE BACK

### Toys for Tots Box

Community members are encouraged to drop off new, unwrapped toys in our collection box in the front lobby until mid-December. Toys will be distributed by local coordinators to children in need in our community.



### Holiday Food Drive

Benvenue Elementary School and the Harrison Family YMCA Togetherhood Committee are hosting a collection box in the front lobby at the Y for you to place unexpired, non perishable items in. Donations will go to the Nash County Food Pantry in Battleboro, NC.



## BE A PIECE TO OUR PUZZLE

### Annual Campaign 2019 Volunteer Recruitment

For many families, "healthy living" seems unattainable due to finances. For dozens of seniors, "community" may be an unfulfilled desire. For hundreds of youth, a safe space to play isn't available for them. These are the "pieces" that are vital to a healthy, confident, connected community. At the Y, we believe all people deserve a chance to reach their full potential, regardless of financial means – but we can't do it on our own. We are all a piece to the puzzle. Annual Campaign volunteers are passionate about the YMCA and the good we do in communities. They meet with donors face to face and discover what motivates each donor to give. They thank donors and attend Annual Campaign events and trainings. They believe in the Y's cause, and sharing that cause with others is the main goal. **Interested in volunteering for the YMCA Annual Campaign? Sign up today by contacting Alyssa Matthews at 252-972-9622 x. 232 or [amatthews@rmyymca.org](mailto:amatthews@rmyymca.org)**



## JINGLE & MINGLE

### Holiday Y Member Social

We want to show how much we appreciate our members! Spend time together with other members this holiday season, while enjoying holiday activities, hot chocolate and Santa!

**Tuesday, December 11<sup>th</sup> | 5:30-7 p.m.**



## EMPOWER MORE THAN YOURSELF

### Open House & Health Fair

We are inviting the public to come try the Y out and learn the keys to a successful journey of health with our Open House & Community Health Fair. All will be a FREE Y Member for the day including use of the entire facility! We will also have a health fair component with vendors offering free screenings, information and give-aways. Be sure to also check out some group exercise samplers, rock climbing wall, toddler/rookie sports samplers, tours every hour, drawings for prizes, and more!

**Saturday, January 5<sup>th</sup> | 10 a.m. - 2 p.m.  
FREE & OPEN TO ALL!**



## INFO TO KNOW

### Group Exercise Schedule

Be on the lookout for a different schedule the week of Christmas, with a new schedule beginning with the new year!

### Locker Room Age Guidelines

Please remember to always use the appropriate locker room for your age. Women's and Men's is for adults ages 18 and up. The boy's and girl's is for ages 17 and under. Families may use the Family Locker Room together if need be.

### Floor Refinishing & Pickleball Notice

Beginning December 20<sup>th</sup> - December 25<sup>th</sup>, the Y's Basketball Gyms and Racquetball Courts will be closed as we refinish the flooring. They will open back up on December 26<sup>th</sup>. Due to this and the holidays, there will be no Pickleball beginning December 20<sup>th</sup> - January 1<sup>st</sup>. Pickleball resumes January 3<sup>rd</sup>.

## LOYAL MEMBERS!

Congratulations! We appreciate your membership and hope that you will share your story of how the Y has impacted your life! If interested, email [marketing@rmyymca.org](mailto:marketing@rmyymca.org). Pick up your prize at the front desk!

**2-5 YEARS: GRETCHEN ALVEY-RAMIREZ**

**6-10 YEARS: CHRISTOPHER REDICK**

**11-20 YEARS: BEVERLY DAVIS**

**21-30 YEARS: ELIZABETH ROSE**

## CEO MESSAGE

"December is a wonderful month for us here at the YMCA. With the decorations up, paired with all of the continuous smiles from children and members, it's hard not to be extremely thankful for this Y and this community.

I encourage everyone to donate to our Toys for Tots Box and Togetherhood & Benvenue Elementary's Canned Food Drive box in the lobby. It is important that all feel a sense of joy during this holiday season. We will also be holding our annual holiday Jingle & Mingle event for all members on December 11<sup>th</sup>. This is a great time for fellowship with other members and time with Santa for the kids!"





## CONNECT & BUILD SPIRIT

### Snowflake Senior Dance & Social

Senior Y Members, don't miss out on this fun-filled morning to connect with your peers and build spirit during the holiday season! Don't forget to Dress up for the holiday! There will be prizes for best holiday outfit, funniest holiday outfit and best snowflake themed outfit.

**Thursday, December 6<sup>th</sup>**

Dance in Studio 1 from 10:30-11:30 a.m.

Holiday snacks in Multi-Purpose Room 11:30 a.m. - 12:15 p.m.



## MODIFIED MOVES MAXIMUM RESULTS

### Enhance®Fitness - NEW Group Exercise Program for those with arthritis or other chronic conditions

Enhance®Fitness is geared toward older adults of all fitness levels. If you have a chronic condition, such as arthritis, you may be able to gain more strength and independence. Each class is taught by a certified instructor and focuses on cardiovascular endurance, strength, flexibility, and balance.

**1st session: January 7<sup>th</sup> - May 2<sup>nd</sup> | Register by Dec. 24<sup>th</sup>**

**Free for Members | \$50/Community Members**



## THE WATER IS MY SKY

**100 Mile Swim Club | January-April**

GO THE DISTANCE IN 2019! Keep track of your mileage in the pool to stay motivated and win prizes. All Y Members are welcome to participate! Each swimmer will log their laps each day that they swim on a mileage tracker located on the pool deck. Because we are proud of your accomplishments, small incentives can be earned for those who finish! For Y members only. Free of charge, but must register at the front desk or online. \*70.4 lengths = 1 mile

## LEARN GROW PLAY

### Tots Play Program - Variety Sports & Soccer

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

**Variety Sports | December 13<sup>th</sup>-January 22<sup>nd</sup>**

**Soccer | January 29<sup>th</sup>-March 5<sup>th</sup>**

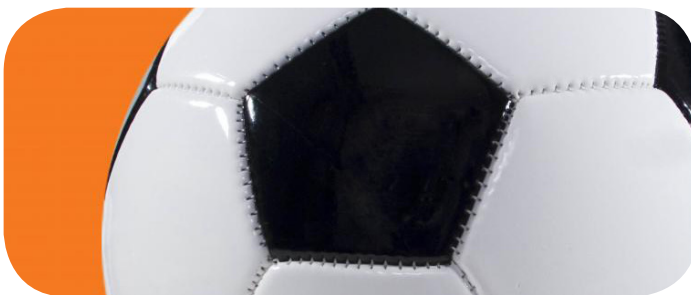


## BUILD SKILLS & TEAMWORK

### Rookie Winter Indoor Soccer

This program is a progression from our Tots Play Program for the next age level, five and six years old. It teaches sport related skills and how to transition skills into game situations and team play.

**Rookie Indoor Soccer | January 8<sup>th</sup> - February 26<sup>th</sup>**



## TIME WITH FAMILY

The Y offers a place to come together and have a good time as a family. We encourage families to participate in a variety of fun activities at the Y, share, communicate and strengthen their relationships, and meet other families. Family Night activities include mixers, pool games, arts and crafts, family fitness, games, volunteer opportunities and more.

**Family Movie Night | Dec. 7<sup>th</sup> | 5-8 p.m.** watching "The Star"

**Parents Night Out | Dec. 14<sup>th</sup> | 5:30-8 p.m.** Winter Olympics!



## CAMP JUST GOT COOLER!

### Winter Break Camp

Activities include swimming, games, sports, physical 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.

**December 21<sup>st</sup>-January 4<sup>th</sup> | 6:30 a.m. - 6:00 p.m.**



## IMPACTSTORY

**Allison Braswell** "I started working at the YMCA when I was 16, teaching gymnastics and summer camp. I loved the interaction I had with the kids and watching them master different skills. It made me feel a sense of accomplishment and it helped give me the confidence boost that I needed! After I worked here for a while, I decided to reach out to the Membership Desk to see about a

position. I was offered a position as a Membership Representative and started working at the front desk and in Childwatch. I loved being able to meet new people and interact with the children. I worked for two years until I moved away. Then, after being away for a couple of years I started to miss home. I decided to move back, and my fiancé and I started a family. I stayed home for the first seven months of my daughter's life then I wanted to go back to work. It was a no-brainer that I was going to reapply at the Y! I reapplied and soon was able to start back working here. I never dread coming to work. At the Y, it is a positive, friendly atmosphere that I love coming to every day. I feel very valued and I know I'm not "just another employee". I am thankful for all the Y does for their employees and community."



## CAUSE-DRIVEN LEADER SPOTLIGHT



**Rebecca Bauguess | Swim Coach, Yoga Instructor**

"I have worked at the Y for 12 years. To me being a cause driven leader means being able to help kids reach swimming goals and help adults live more fit lives. I love seeing kids that were once scared of the pool, swimming on the swim team and enjoying the sport! My favorite thing about working at the Y is the flexibility that I have and my favorite thing to do at the Y is lift weights or go to Yoga. One of my favorite hobbies is crocheting and a fun fact about me is that I love to craft and make things."