

STAYING CONNECTED THE Y'S FEBRUARY NEWS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HARRISON FAMILY YMCA

February 2017

252-972-9622

harrisonfamilyY.org



IT'S NATIONAL HEART MONTH! TAKE ADVANTAGE OF THE Y AND ALL THAT WE OFFER FOR HEART HEALTH!

FEEL THE LOVE

Member Appreciation Week February 13th-18th

We want to take this week to show you, our members, how much we appreciate you being a part of the Y! Each day this week, we will have multiple different **prizes, games, socials, crafts, contests** and more! Check out the flyer online, at the front desk or posted around the facility for details! The School Express will also be offering healthy snacks & smoothies!

HEALTHY LIVING

EXPLORE THE HEART OF YOGA

Valentine's Day Partner Yoga

This Valentine's Day, discover the challenge and synergy of Partner Yoga in a special 90 minute practice led by yoga instructor, Anthony Gagnon. Participants will combine strength, build trust, and explore harmony and balance in a fun sequence of adaptive partner poses, and then take turns helping each other relax while learning some assisted stretching techniques.

Come with a friend, significant other or come alone and make a new friend!

WHEN: Tuesday, February 14th 6-7:30pm

LOCATION: Multi-Purpose Room

TAKE CONTROL OF DIABETES

Diabetes Academy

29 MILLION AMERICANS HAVE
DIABETES

The Diabetes Academy is a free class given by a Novo Nordisk Diabetes Educator to help you learn about managing diabetes. This is open to anyone and everyone!

WHEN: Thurs, Feb 16th 5:30pm

LOCATION: Teen Center

86 MILLION AMERICANS HAVE
PREDIABETES

CARE FOR YOUR HEART

Heart Health Social & Water Fitness Survey

All Y Members are invited and encouraged to attend our Heart Health Social! Because it is National Heart Month, we will be offering heart healthy refreshments and tips! Also, we will be using this social to survey all water fitness participants to help us collect data and determine how our classes are benefiting you! **All water fitness participants who take the survey will receive a lovely surprise gift!**

WHEN: Wednesday, February 15th 9am-1pm, floating

LOCATION: Front Lobby



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MESSAGE FROM OUR CEO

"February is National Heart Month and we want to encourage everyone to take care of their heart. As a leading community-based organization dedicated to improving the community's health, the Y offers the following tips to help families be heart healthy."

- **Get Physical:** Being physically active every day is fun and can improve the function of your heart. Plan and schedule opportunities for active play.
- **Take a Snooze:** Lack of sleep can be associated with elevated cholesterol and blood pressure.
- **Shape Up Those Recipes:** Makeover your family's favorite recipes by reducing the amount of salt and saturated fat and substituting a lower fat food without sacrificing tastes.
- **Feeling the Pressure:** Per the American Heart Association lowering or maintaining normal blood pressure can greatly reduce your risk for heart disease and stroke.
- **Play Together:** Spending time together as a family is a great way to reduce stress, which is important to heart health.



Jacquelyn Price, CEO

YOUTH DEVELOPMENT

STRONG SWIMMERS, CONFIDENT KIDS

New Swim Lesson Sessions

Register today for new sessions beginning **February 6th!** This new curriculum, which was just recently launched, helps bridge the gap between learning to swim and water safety. Parents can now use our Lesson Selector to easily determine stage placement for their child!



FEBRUARY LOYAL MEMBERS:

2-5 years: Valarie Evans
6-10 years: Mary Jane Tolman
11-20 years: Ernie Spoor
21-30 years: Gary Jared

STAFF SPOTLIGHTS

Instead of Employee of the Month, we decided to take that idea and turn it into more of a "get to know you" feature. Each month we will spotlight an employee from each department in the Y & let you get to know more about them!

Katy Fuson, Group Fitness Instructor & Personal Trainer

"I have worked for the Y for 1 year. My favorite food is cookie butter! Just kidding *sorta*, Fajitas & Stir Fry! My favorite thing about my job is the awesome community. I love to travel with family & running. I am originally from Michigan & my favorite thing to do at the Y is see all my friends in my classes. :)"



Kelsey Harris, Lifeguard

"I have worked for the Y for 2 years. My favorite food is chicken nuggets! My favorite thing about my job is the team-like staff & flexible hours. I love to tutor & babysit. I will be attending the great University of North Carolina Greensboro in Fall of 2017 for Nursing. My favorite thing to do at the Y is talk with my co-workers & help patrons."



Humza Ismail, Gym Monitor

"I have worked for the Y for about 5 years. My favorite food is Arabic Food. My favorite thing about my job is interacting with the members. I love Brazilian Jiu Jitsu & my father is from Syria. My favorite thing to do at the Y is to work out."



Ramiaka Peebles, Child Care Counselor

"I have worked for the Y for almost 2 years. My favorite food is pretty much anything. I love to eat! My favorite thing about my job is working with children. I enjoy working out, listening to music, reading & writing. I love my students! A couple of them said, "You're a good teacher, wonderful, amazing, cool, my favorite, super, pretty & one of the best staff at the Y!" My favorite thing to do at the Y is work out."



Erika Arrington, Child Watch Attendant

"I have worked for the Y a little over a year. My favorite food is chicken! My favorite thing about my job is being a role model to youth & impacting others in a positive way. I love to play basketball. I think I am funny! I love to laugh & make others laugh! My favorite thing to do at the Y is to be around children, make sure they're happy & always having fun."



Timothy Bridgers, Maintenance Staff

"I have worked for the Y for about 2 months now. My favorite food is burgers. My favorite thing about my job is helping people. I enjoy fishing & I also work as a fireman. My favorite thing to do at the Y is swim."



NOW OFFERING LIFEGUARD TRAINING



TRAINED TO SAVE

Lifeguard Training Recertification Class

⇒ Saturday, March 4th 9am-6pm

Lifeguard Training Complete Class

⇒ Mondays-Thursdays 3:30-7:00pm
February 6th-16th

BEST SUMMER EVER!

Summer Day Camp 2017

Whether your child is a regular Summer Camper, or if you are looking for new, enriching summer activities for your children, the Y offers a safe, nurturing environment to grow and experience new things. Get your child active and involved during Summer in our exciting Summer Day Camp program! You may choose all weeks of summer camp or specific weeks of interest. Camps include **Mega Camp, Sports Camp, Gymnastics Camp.** **STAY TUNED FOR REGISTRATION THIS FEBRUARY!**



SOCIAL RESPONSIBILITY

PEDAL FOR A PURPOSE



Spin-a-thon Fundraiser 2017

Make sure you register to benefit our Annual Campaign! This includes light snacks, raffles & prizes, and education of the Y's impact while you ride! Just \$25/bike!

WHEN: Saturday, February 18th 7am-Noon

- ⇒ 7:15-8:15: Early Morning Energy with Beth!
- ⇒ 8:30-9:30: Funky Frenzy Fun with Haywood!
- ⇒ 9:45-10:45: Get Glowing with Jessica!
- ⇒ 11-12: Super Human Speed with Katy!

HELP TELL THE Y'S STORY

Annual Campaign 2017 Volunteer Search

Currently, our Volunteer Recruitment Task Force is working diligently to find volunteers to help tell the Y's story, in an effort to raise funds for our 2017 Annual Campaign. Anyone with a love for the Y should reach out and help create impact. You can contact amatthews@rmymca.org if interested!



Member Notice: On the evening of Thursday, January 19th, several cars in our Y's parking lot were broken into. We have been working with the police department to determine the suspects in this crime, and determine extra measures that could be taken to deter criminal activity on our grounds. We want to encourage everyone to secure belongings in your trunk if possible, while in a public place. We are in the process of adding more signage in our parking lot reminding

patrons to secure belongings, having staff check locker rooms more often to ensure safety, and are planning to notify law enforcement to bring more patrols onto our grounds on days that we have large events. We have also assured that our lighting is adequate and all cameras are working properly.