

LOVE YOUR HEART

February 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?

February is recognized as American Heart Month. The Y wants to help you and your family get heart healthy! 5 things you can do to help your heart: Get Physical, Take a Snooze, Eat for your Heart, Know your Blood Pressure, Play Together.

YOU'RE SWEET. I'M NUTS BUT, BETTER TOGETHER!

NEW! - 1st Saturday PB&J Days

The Better Health Channel states that exercising with a friend or loved one can make it more fun, and increase your chances of sticking to your exercise plan. That is why we are inviting all members, the 1st Saturday of every month 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 that day. **Begins on Saturday, February 9th!**



INFO TO KNOW

STAY SAFE & LOCK UP

Please remember to always lock up your vehicles, take your keys and place all valuables out of sight. Please use provided rental and day-use lockers as well for your belongings. Do not place them on ledges or leave them on floors. We are not held responsible for any lost, damaged, or stolen items. Thank you.

PRESIDENTS' DAY FEB. 18TH & AFRICAN AMERICAN HISTORY MONTH

Presidents' Day is a good time to look into our civic engagement program, Togetherhood®. The Y is also committed to diversity & inclusion and celebrates the achievements of all.

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: ARTHUR JENKINS

6-10 YEARS: OANA RISDEN

11-20 YEARS: BRYON VARNELL

21-30 YEARS: LOUIS SPEIGHT

FEEL THE LOVE

Member Appreciation Week | February 11th - 17th

We love our members and want to show you how much we care with our annual member appreciation week, during the week of Valentine's Day and lots of love! Each day of the week will include special activities and things to show you our appreciation! Be sure to check out the entire flyer on the brochure wall at the front desk or online for details of all we are offering!



POWER YOUR PULSE

2019 February/March Member Challenge

The "Power Your Pulse" 60-day Challenge keeps members pushing forward on their health journey after the New Years' Resolutions wear off, as well as offers an opportunity to get more involved with what our cause-driven organization has to offer! **Starting February 1st,**

pick up a Power the Pulse card from the front desk and start powering away at all of the tasks! Complete monthly tasks to win various prizes or complete ALL tasks to win our grand prize of a free Power your Pulse t-shirt and entry into a \$100 Dunham's Gift Card drawing!



TAKE CONTROL

Healthy Living Diabetes Awareness Program

In partnership with the Nash County Health Department, we invite the community join us in our NEW & FREE diabetes program. You must register in advance. During our quarterly sessions you will learn how to manage levels, track fat and calories, practice healthy eating habits, manage stress and much more. This is taught by Diabetes Lifestyle Coaches from the Health Department.

CEO MESSAGE

"During American Heart Month, as well as a time when you start seeing Valentine's decorations out, we like to turn our attention to heart health and member appreciation.

Be sure to check out all of our wellness programming including our new Enhance Fitness, Personal Training, Post-Rehab, Coach Approach, Group Exercise Classes, Water Fitness Classes and more. Also read up on our Power the Pulse Challenge, our new PB&J Days, and our Member Appreciation Week. There is a lot happening this month to show you our appreciation and to encourage you to pay attention to your heart."



EVERY
2.2 POUNDS
OF
WEIGHT
LOST =

REDUCED
RISK
OF DIABETES
BY 13%

1st session: February 11th | 5:30 p.m.

BEST SUMMER EVER!

Summer Day Camp 2019 Registration Now Open!

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!

May 28th - August 23rd

Deadline for applications is Friday April 12th, 2019.

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

YMCA Plus Account Members: \$135/week

Standard: \$150/week

*Daily drop in options available



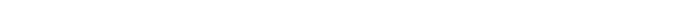
A NIGHT OUT OR A NIGHT TOGETHER

Friday Family Fun Nights & Parents' Nights Out
Be sure to sign up for one of our Friday Fun Nights!

Art+Science=Messy Parents Night Out Feb. 8th 5:30-8pm

Family Game Night March 1st 5-8pm

Sports! Parents Night Out March 8th 5:30-8pm

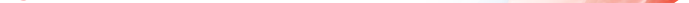


FUN YOU'LL FLIP OVER

Tumbling Clinic

This one-hour clinic is open to the community, for anyone who wishes to work on building or gaining tumbling skills. We will have standing tumbling, running tumbling, and other stations available, along with our trampoline.

Ages 5 & up Feb. 23rd 10-11am



LEARN GROW PLAY

Tots Play Program - Spring Variety Sports & T-ball

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

Variety Sports Season: March 12th - April 9th

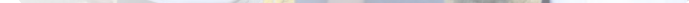
T-ball Season: April 23rd - May 21st

BUILD SKILLS & TEAMWORK

Rookie Sports - Spring T-ball

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.

T-ball Season: March 26th - May 13th



CARE WHEN YOU NEED IT

School Break Camp: Teacher Workdays



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.

February 18th - February 19th | 6:30am - 6:00pm

WHISTLE WORTHY?

Complete Lifeguard Certification Course

Learn the skills and knowledge necessary to prevent and respond to aquatic emergencies.

**Monday - Thursday | Feb. 18th - 21st & 25th - 28th
4:00pm - 7:30pm**



UPCOMING EVENTS

Spring Family Easter Event & Healthy Kids Day

Save the Date for these fun, annual events at the Y! Spend time with the family with Easter egg hunts, vendors and activities!

**Spring Family Easter Event
Healthy Kids Day**

**April 13th
April 27th**



FOR THE LOVE OF LITERACY

Togetherhood® Book Drive for Baskerville Elementary

Our Togetherhood Committee is accepting new and gently used books for elementary aged children in Baskerville Elementary School. All donations will directly benefit students in the school.

Please drop off books in the collection box in the front lobby of the YMCA.



IMPACTSTORY

Michelle Higgs

"I joined the Y almost a year ago. I was looking for a gym to join and most others were not as family-friendly as I was wanting them to be. The Y is very family orientated and I feel safe having my kids here when I workout. Since joining the Y, I have become a lot more active and now have a healthier lifestyle. When I first became a member, I was on different medications and now I do not take any! I have also lost 18 pounds in the last 3 months. The staff here at the Y really takes the time to get to know their members. When my son had a leg injury and was in a cast for a while, Keith Jones taught him how to play wheelchair basketball. You don't find caring staff like that everywhere else. My kids also learned how to swim here. My family used to travel out of town every weekend religiously to an indoor trampoline park or somewhere fun for the boys to enjoy. Now my two boys ages 13 & 12, only want to come to the Y during their free time. We pack up for the day and spend all day at the Y. **It is truly amazing and there is something for everyone.** My husband has chronic back problems but he comes to the Y and is actively involved. The Y encourages you to move. Other members cheer you on. **There is no particular shape, color, ethnicity, etc. at the Y. It's a place for all people to come and enjoy others while getting healthy together! I get my strength from the Y; when I leave it's like I'm a brand new person!**"



CAUSE-DRIVEN LEADER

Dylan Johnson | Membership Representative



"I have worked at the Y for almost 2 years. My favorite sport is tennis and my favorite artist is Taylor Swift. The person who inspires me most is Maria Sharapova. A fun fact about me is if I could choose any superpower I would choose the ability to stop time or travel back in time! To me being a cause driven leader is about making others better as a result of my presence and making sure that impact lasts in my absence. I think before you are a leader, success is all about growing yourself.

Therefore, when you become a leader, the success is about shaping and growing others. I want my actions to inspire others to dream more, learn more, and become their best."