

# STAYING CONNECTED THE Y'S JANUARY NEWS



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

HARRISON FAMILY YMCA

January 2017

252-972-9622

harrisonfamilyY.org

## DID YOU KNOW?

MAKING RESOLUTIONS IS A TRADITION FOR MILLIONS OF AMERICANS. HOWEVER, WHILE CHOOSING A RESOLUTION CAN BE EASY, STICKING TO IT CAN BE IMPOSSIBLE. A YMCA SURVEY FOUND THAT LESS THAN A QUARTER OF RESPONDENTS KEPT THEIR RESOLUTIONS. **LEARN HOW TO STICK TO IT THIS YEAR!**

### Healthy Living

### #HEALTHYLIVING | NEW YEAR'S TIPS!

**Start small.** Break those big resolutions into small, achievable goals. Instead of cutting chocolate out of your diet for good, vow to only have it a few times a week. Or trade your two sodas a day for one soda and a glass of water.

**Take it one step at a time.** Trying to change too many habits at once can easily lead to frustration. Instead of a New Year's resolution, make a new month resolution. Focus on that one change for the month, and add another (small) change when the new month rolls around.

**Choose a facility that focuses on a holistic approach to health.** When it comes to adding healthy behaviors, like increasing physical activity, it's important to find a facility that keeps you motivated. Before committing to a membership, take a tour of local gyms to find the best fit for you. Your facility should not be just a gym, but a community organization that offers more health, more hope and more opportunity: The Y!

**Talk it out.** It's easier to stick to your resolutions if you have a partner or friend working toward similar goals. Team up with someone to set your 2018 goals and help each other establish a game plan dedicated to achieving them. Set specific check-ins to help each other out of slumps and to cheer each other during the high points.

### Social Responsibility

## HELP STUFF OUR STOCKING



**We hope that as the year comes to a close, you consider making an end-of-year gift to the YMCA.** Your gift, no matter the size, will help members of our community discover a place where they can grow, improve their health, and find new friends. Getting your donation in by December 31 also allows you to include this donation on your 2017 taxes, and is even more important this year with the new tax laws. Follow this link to learn more: <http://www.wral.com/3-things-to-do-this-week-to-take-advantage-of-new-tax-law/17214392/>



## LEND A HELPING ARM

Sign up at [redcrossblood.org](http://redcrossblood.org) to help save lives at our upcoming Blood Drive.  
Tues, Jan. 2nd 3-7pm | Y Multi Purpose Room.

### Youth Development

## EMPOWERING GIRLS | GIRLS ON THE RUN



Girls on the Run encourages pre-teen girls to develop self-respect and healthy lifestyles through running. Girls will be partnered up with an adult female coach, who will be considered their mentor. At the end, all girls will participate in a 5K with the other girls and mentors! This program is not just about finishing a race. It is about developing a lifetime of healthy habits and self respect. We will be holding this program here at the YMCA, and are also looking for other schools who may be interested in being a site location. Many volunteer coaches and mentors are needed. If you are interested, contact Brett Van Pelt at 252-972-9622 x. 245 or [bvanpelt@rmyymca.org](mailto:bvanpelt@rmyymca.org). **REGISTRATION OPENS JAN. 3RD!**

## OPEN HOUSE & HEALTH FAIR!



Start the New Year in good health! We are holding this event to encourage the community to learn more about how to become and stay health with their New Years Resolutions! **YOU'RE A FREE Y MEMBER FROM 10AM-2PM! ALL NEW MEMBERS CAN JOIN FOR A \$0 JOINING FEE!** There will be many vendors with giveaways and information, group exercise samplers, kids activities, pickle ball, drawings for free months of membership and more!

### JANUARY LOYAL MEMBERS:

- 2-5 years: Nathan Robertson
- 6-10 years: Steven Hobgood
- 11-20 years: Nicholas Walyko
- 21-30 years: Karen Callaway

### MESSAGE FROM OUR CEO

With the start of 2018, our Y is encouraging community members to give their New Year's resolutions a boost by creating smaller, more manageable goals that can lead to success of a larger one. "Losing weight" is too broad. It is important to reframe that big resolution into smaller, more manageable ones. Resolve to incorporate fruits and vegetables into at least two meals a day. If you're eating out three times a week, make a goal to only eat out two times a week. This is the key to make sure your new healthier lifestyle, actually becomes a lifelong lifestyle. To kick this off, I want to invite and encourage everyone to attend our Open House and Health Fair on Saturday, January 6th!

-Jacquelyn Price, CEO



## CHILD CARE WHEN SCHOOL'S OUT

Prepare for the next school closings! Register for School Break Camp! Next Dates are **January 15th, 23rd, and February 19th and 20th**. This program is located in our YMCA Future Leaders Center from 6:30am-6:00pm. Ages 5-14. Reserve your spot!



## TOTS PLAY PROGRAM | BEGINS JAN. 11<sup>TH</sup>



Hurry and register for our new Tots Program if you haven't yet! This new program is created specifically for children ages two through four years old!

**Variety Sports Session: January 11th-February 15th**

**Basketball Session: February 20th-March 27th**

## H.Y.P.E. (Home School YMCA Physical Education) | BEGINS JAN. 8<sup>TH</sup>

This program is for home schooled children in the area to connect together and learn about physical education. This program is for ages 6-12 and will be held on Mondays and Wednesdays from 1:30-2:30pm.



## LIFEGUARD TRAINING



Learn the skills and knowledge needed to prevent and respond to aquatic emergencies with our complete courses and re-certification courses.

**Complete Lifeguard Certification Course**

Friday, January 19th 4:00pm - 6:00pm

Saturday, January 20th 8:00am - 5:00pm

Sunday, January 21st 1:00pm - 5:00pm

Saturday, January 27th 8:00am - 5:00pm

Sunday, January 28th 1:00pm - 5:00pm

**Lifeguard Re-certification Course**

Saturday, February 10th 8:00am - 5:00pm

## #STRONGSWIMMERSCONFIDENTKIDS

As a leading community provider for aquatics programming, we encourage everyone to learn more about our swim lessons. We have private and group lessons available for any age, but encourage learning to swim at an early age. **NEW GROUP SWIM LESSON SESSIONS BEGIN THIS JANUARY!**



## WE BELIEVE IN FAMILIES

Family time at the Y is about giving families as a unit, and as individuals, the opportunities to deepen relationships, develop new skills and interests, improve their health and well-being, and connect to the community. The Y has always been a place where families can play and be active together, and that's more important than ever. **See some new activities coming up!**

**FAMILY GAME NIGHT | Friday, January 19th, 5:30-7:30pm**



in the YMCA's Multi Purpose Room. Compete against your family and friends in a variety of brain games and physical challenges to see who is the champion! This is a free flowing event, free for members and \$5/family for non-members. Registration online or at the YMCA is required for everyone.

**PARENT'S NIGHT OUT/KIDS LEGO NIGHT | Friday, February 16th, 5:30-8:00pm**



in the YMCA's Multi Purpose Room. Parent's always need a little bit of time to themselves. Consider

dropping the kids off for a fun night where they will be engaged in Lego activities & challenges! This is for the first 25 kids, ages 5-12 (must be enrolled in or finished kindergarten) who register. Pricing is \$10/child for members and \$16/child for non-members, and includes pizza, a side and juice for the kids!

## STAFF SPOTLIGHTS



**Bobby Dales, Jr.**  
Membership Services, Child Watch, and Camp Counselor

"I have worked for the Y for almost a year. My favorite food is chicken alfredo. My favorite thing about my job is coming to work, putting smiles on everyone's faces, and enjoying the presence of our wonderful members and staff. My favorite hobby is working out. My fun fact is that I play collegiate level football at Gardner-Webb University. My favorite thing to do at the Y is working with the children."



**Kimberly Marsigli**  
Group Exercise Instructor

"I have worked for the Y for 1 month. My favorite food is Italian food. My favorite thing about my job is the people I work with, instruct, and the fitness aspect. My favorite hobby is baking. My fun fact is that I am an artist. My favorite thing to do at the Y is spin classes."



**Cameron Flora, Lifeguard**

"I have worked for the Y for 3 and a half years. My favorite food is chicken wings. My favorite thing about my job is meeting new people. My favorite hobbies are working out, playing soccer, and reading. My fun fact is that I like to dance. My favorite thing to do at the Y is work out and meet new people with the same healthy lifestyle goals as me."



**Salinder Broady, Child Care**

"I have worked for the Y for 2 years. My favorite food is crab legs. My favorite thing about my job is interacting with students. My favorite hobbies are singing, dancing, and cooking. My fun fact is that I love to dance! I take line dancing classes and teach it at my church. My favorite thing to do at the Y is participate in exercise classes because I love meeting and working with people."



**Brett Van Pelt**  
Wellness Director

"I have worked for the Y for 3 years. My favorite food is wings. My favorite thing about my job is helping people to live a healthier lifestyle. My favorite hobby is soccer. My fun fact is that I coach a travel soccer team based in Rocky Mount. My favorite thing to do at the Y is work out and talk with members."