

RESULTS NOT RESOLUTIONS

January 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?

The Y recommends these 5 resolutions to help you stick to your lifestyle changes:
1. Move more and incorporate at least 30 minutes of physical activity into your day. 2. Swap a soda a day for a large glass of water. 3. Schedule family time. 4. Volunteer your time. 5. Put extra canned goods or items to good use by donating to a local shelter or outreach program.

EMPOWER MORE THAN YOURSELF

Open House & Health Fair | Saturday, January 5th 10 a.m. – 2 p.m.

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. You don't want to miss this!

JOIN FOR A \$0 JOIN FEE!
FREE Y MEMBER DURING EVENT HOURS
GROUP EXERCISE SAMPLERS
ROCK CLIMBING WALL
TODDLER & YOUTH SPORTS SAMPLERS
TOURS EVERY HOUR
HEALTHY VENDORS WITH PRIZES & MUCH MORE!



LEARN GROW PLAY

Tots Play Program - **Winter Indoor Soccer**

The Tots Play Program is a sports instructional program, created specifically for children ages two to four years old. **Season: January 29th - March 5th**

BUILD SKILLS & TEAMWORK

Rookie Sports - **Winter Indoor Soccer**

This program is a progression from our Tots Play Program for the next age level, five to eight years old. It teaches sport related skills and how to transition skills into game situations and team play. **Season: January 8th - February 26th**



TIME FOR YOURSELF

Friday Fun Nights: **Parents' Nights Out**

The Parents can drop off the kids for a night full of fun while you enjoy some time to yourself. In our Parents' Nights out, kids will participate in a variety of stimulating games or activities to keep them active and engaged, and you get a night out! Pizza, snack &

juice provided to the kids. There is a small fee and you must register the Thursday prior to.

Active Arcade | Jan. 11th | 5:30-8 p.m.

Art+Science=Messy | Feb. 8th | 5:30-8 p.m.



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. Small incentives and a T-shirts can be earned for those who finish! It is free to all Y members, but you must register at the front desk or online.
*70.4 lengths = 1 mile

INFO TO KNOW

HAPPY NEW YEAR EVERYONE!

We are open from 11-5 on New Years Day.

NEW GROUP EXERCISE SCHEDULE STARTS JANUARY 1!

NEW PROGRAM CHECK-IN GUIDELINES

Please see the e-mail sent Dec. 20th. All program participants are required to check in before going to their program. Members will scan in as they would for membership. Community members will need to obtain a program card from the front desk.

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: ARVELLE MOORE

6-10 YEARS: GLENDA LIZ CONCEPCION

11-20 YEARS: FELISA BULLOCK

21-30 YEARS: LISA BARRINGER

CEO MESSAGE

"As a leading community service organization, we see how getting involved in the community and making lifestyle changes can change someone's life for the better. As you change your calendar from December to January, there's always a bit of a thrill in the promise of a new year that's full of potential. The New Year is a chance to start fresh and say goodbye to any of the frustrations the previous year held—a perfect opportunity to make resolutions that will help strengthen one's spirit, mind and body. By reframing resolutions and breaking them down into smaller, easy-to-sustain goals you'll see big benefits in the long run."



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. Must register in advance.

1st session: January 7th - May 2nd

Free for Members | \$50/Community Members



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.

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

YOU'RE SWEET. I'M NUTS BUT WE'RE 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!** Members & Guests 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!**



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! Stay tuned for details on what we will be offering including a new Power the Pulse Challenge with prizes, Aqua Zumba, a dog walk, aquatics stroke clinic and more!

WHISTLE WORTHY?

Lifeguard Re-Certification Course

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

January 21st | 8 a.m. - 6 p.m.



CARE WHEN YOU NEED IT

School Break Camp: Martin Luther King, Jr. Day/Teacher Workday



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.

January 21st - January 22nd | 6:30 a.m. - 6:00 p.m.

A DAY OF SERVICE

Martin Luther King Jr. Day

"Everybody can be great...Because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart full of grace. A soul generated by love." -Martin Luther King Jr. On Monday, January 21st, Martin Luther King Jr. Day, we encourage you to use it as a day of service. Instead of being a day that you have off from school or work, please consider making it a day on. A day in which you offer your time and talent to your community. At the Y, we offer various opportunities to volunteer. One of our most proudest volunteer service programs is titled,

Togetherhood®. This program allows people to activate their social responsibility by planning and helping out with community projects with other amazing organizations throughout the year. **Visit our volunteer portal to learn more: harrison-family.volunteermatters.org/project-catalog**



IMPACT STORY

Harriet Buss "My Y story started over 20 years ago at the old Y branch. Back then, I was in the army and needed to pass a physical fitness test, so I decided to try out the Y. I found a love for the Y because it offered so much variety for a healthy lifestyle. In 2007, spin bikes were new and all the rage, so I tried a spin class. I hated being on the bike at first and it was hard, but it felt so good afterward! I definitely would say it was a love, hate relationship. 2007 began my journey of traveling long distance on an outdoor bike. I had a colleague whose daughter had a bike and they encouraged me to get one as well. I fell in love with riding. Then in 2017 was my very 1st time traveling across the country and I fell in love with that even more. I figure at age 69, if you are going to do something, you better start doing it! Once I retired from the military after 52 years, my new goal had to be healthy. I had so much structure and I needed to keep that structure, so the Y became that for me. Outside of my love for biking across the country, I enjoy using the Y for a variety of exercise classes. I also never knew how to swim my whole life. My husband taught me at the Y when I was 66. I would tell anyone to never think you can't learn to swim later in life. I am so glad that I did. The Y has so many options and gives people the opportunity to find their niche. It is multi-generational and multi-cultural. **The Y is truly for all and truly a community.** I have met so many people here that I would not have met if it wasn't for the Y. You learn so many amazing stories. And "us old people" have to be socially active too! I also volunteer for the Y's annual campaign because I believe in their mission "for all". The Y is a great thing and all people need to be able to access it; especially children. **The Y is an equalizer for opportunities and could be a lifeline for so many people.** I am just happy that I can give back to the organization that has been a huge part of my life in so many ways."



CAUSE-DRIVEN LEADER



Yvonne Ruffin | Childcare Counselor

"I have worked at the Y for 2 years. My favorite food is barbeque ribs. My favorite thing about my job at the Y is being around the kids. It is such an enjoyment being involved with them and knowing that I can and will make a difference. I also love the communication I have with the kids, staff, and everyone at the Y! A fun fact about me is that I am a people person; I enjoy being happy and seeing and making others around me happy!