



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HARRISON FAMILY YMCA

July 2017

252-972-9622

harrisonfamilyY.org

STAYING CONNECTED THE Y'S JULY NEWS



JULY FUN FACT: THE "SUMMER SLIDE" REFERS TO THE LOSS OF MATH & LITERACY SKILLS WHEN YOUTH ARE NOT ENGAGED OUTSIDE OF SCHOOL. SUMMER CAMP OR ACTIVITIES COMBINING STEM, READING, MATH, AND EXPLORING DIVERSITY WILL HELP.

FREE TACO FOOD TRUCK!

Wednesday, July 12th
11am-3pm
2 tacos/person while
supplies last!



**THE Y WILL BE CLOSED
ON TUESDAY, JULY 4TH.**
HAPPY INDEPENDENCE DAY!

**NEW BASKETBALL GYM
SCHEDULE BEGINS JULY 10TH**

YOUTH DEVELOPMENT

BEST SUMMER EVER!

Summer Day Camp- Register before spots fill!

MEGA CAMP WEEKS

- Week 4: Pay it Forward
- Week 5: Space Science
Field Trip-Morehead Planetarium
- Week 6: H2-wh0a Week
Field Trip-YMCA at Knightdale
Station & Tucker Lake
- Week 7: Passport
- Week 8: Adventure
Field Trip-NC Museum of Life &
Science
- Week 9: Simply Delicious
Field Trip-Simply Natural Creamery
- Week 10: Into the Wild
Field Trip-Duke Lemur Center
- Week 11: Building Blocks
Field Trip-Marbles Museum & Defy
Gravity

SPORTS CAMP WEEKS

- Week 4: Kickball
- Week 5: Volleyball
- Week 6: H2-wh0a Week
- Week 7: Floor Hockey
- Week 8: Basketball
- Week 9: Baseball/Softball
- Week 10: Strength Training
- Week 11: All Sports Week

GYMNASTICS CAMP WEEKS

- Week 4: Cheerleading
- Week 5: Fun to be Fit
- Week 6: Parkour & Stunting
- Week 7: Floor & Tumbling
- Week 8: Freestyle!
- Week 9: Perfect Technique
- Week 10: Routine
Gymnastics
- Week 11: Competition Week

BENEFITS FOR CAMPER!

15% OFF SWIM LESSONS!
REFER A FRIEND & YOU BOTH SAVE \$10
TOWARDS A FUTURE SPORTS CAMP WEEK!



SHOOT & SCORE!

Hot Hoops Summer Youth Basketball League

Sign up for this super fun basketball league, teaching kids the skills needed to grow in this popular sport, learn teamwork, sportsmanship, develop character and HAVE A BALL!
Also looking for volunteer coaches!

AGE GROUPS: 5-6, 7-9, 10-12, 13-15

SEASON: July 10th-August 10th

Practices will be held every Monday and Tuesday evening and Games will be held every Thursday evening

FEES: \$40/YMCA Members; \$50/Non-Members



HEALTHY LIVING



SOCCER NIGHT

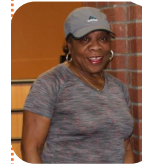
The North Carolina Football Club welcomes the Harrison Family YMCA to Join Us for a Soccer Match Against Puerto Rico FC!

SATURDAY, JULY 29TH AT 7:30PM (FROM \$14/TICKET)

Pre-game clinic from 5:30 - 6:30 pm at WakeMed Soccer Park on field 5. REGISTER AT <https://fevo.me/2oH7iwI>

STORIES OF IMPACT

HEALTHY LIVING



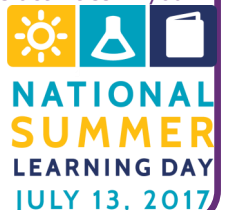
Ann Sykes- "I moved to Rocky Mount from New Jersey 10 years ago to be closer to my father. I worked at a law firm and began working out at another gym, but needed something more. At the time, I had high blood pressure, high cholesterol, and was diagnosed as pre-diabetic. I was on so much medication, which was just making things worse. The staff at the Y and the friends I have made here helped me to become healthier. I changed my diet and started exercising more. Through the increased exercise & social interactions at the Y, my cholesterol went from 235 to 187 in a year! I am a people person and believe that we can all learn from each other. I encourage members to come with their families, check on friends when they don't show up for a couple days, and help each other move in life. I have had a great life with a great career, so **moving people is my next goal in life.**"

MESSAGE FROM OUR CEO



"Because national Summer Learning Day is July 13th, I wanted to take this month's newsletter to talk about the importance of keeping our youth learning, safe and healthy each Summer. To help reduce the "summer slide" and to ensure they return to school in the fall ready to succeed, we all need to make sure our children are active and engaged. The YMCA has 10 tips to help families combat summer learning loss: Have Play Time, Bring the Olympics Home, Create a "Boredom" Jar with activities listed on pieces of paper, Explore activities in your community, volunteer, go to the library, have outdoor adventures, make chores fun, enroll in YMCA Summer Camp!"

Jacquelyn Price, CEO



Continues next page —

DIABETES ACADEMY

We encourage anyone and everyone to attend this free class given by a Novo Nordisk Diabetes Educator to help you learn about managing diabetes.

- Diabetes 101- covers basic diabetes information and terminology
- Staying Healthy- provides convenient tips for eating healthy and staying active
- Diabetes Medication- reviews the basics about insulin and non-insulin

Thursday, August 17th at 5:30 PM at the YMCA



JULY LOYAL MEMBERS:
 2-5 years: Gus Tulloss
 6-10 years: Geoffrey Hunter
 11-20 years: Thayer Awadallah
 21-30 years: Deloris Journigan

STAFF SPOTLIGHTS

Etta Mobley, Child Care Bus Driver



"I have worked for the Y for 5 years. My favorite food is Chinese food. I love working with kids & meeting people with my job. My hobby is gardening. A fun fact about me is that I love to laugh and have fun. I enjoy driving and serving lunches while at the Y."

Jennifer Veillette, Lead Summer Sports Camp Counselor



"I have worked for the Y for 3 Summers. My favorite food is non-dairy ice cream. I love working with kids at my job. My hobbies are running & reading. My fun fact is that I will run the Boston Marathon in 2018. I enjoy running with the LDR's (Long Distance Runners) while at the Y."

Stephanie Webb, Executive Assistant



"I have worked for the Y for 3 years. My favorite food is all food! I love what the Y does for the community, the Easter Egg Hunts, & Adaptive Swimming Championships. My hobby is cooking for my family! My fun fact is that I am the only one that knows I can sing! (wink face) I love to be in the front lobby when kids arrive for swim lessons or when child care groups are going from 1 place to the other. High fives are the best!"

Jillian Lavelly, Lifeguard & Swim Lesson Instructor



"I have worked for the Y for 1 year. My favorite food is Hibachi Shrimp. My favorite thing about my job is teaching lessons. My hobby is snowboarding. My fun fact is that I can cross 1 eye and keep the other one straight! My favorite thing to do at the Y is swim and lift weights."

Beverly Perry, Child Watch Staff



"I have worked for the Y for 11 and a half years. My favorite food is steak. I love watching children really play with toys and use their imagination. My hobbies are singing and reading. My fun fact is that I love beach music and dancing. My favorite thing to do at the Y is work out with my co-worker Cindy, after work."

Kenny Rose, Personal Trainer and TNT Trainer



"I have worked for the Y for 11 years. My favorite food is seafood- everything really- cook it and I will eat it! I love teaching people how to work out in the correct form to get the best benefit with job. My hobby is lifting weights, and watching old TV shows, movies, and pro wrestling. My fun fact is that I have read the Bible at least 3 times. I read 5 chapters per night. My favorite thing to do at the Y is play wally ball and lift weights. I have been lifting since I was 16.

SOCIAL RESPONSIBILITY

JOIN US IN GIVING BACK

Togetherhood, the Y's member-led volunteer service program, connects people while implementing needed, local service projects. As our committee is beginning to form, we hope to be launching new projects soon! For more information and to sign up to get involved, please contact Liz Lord, Membership and Engagement Director at 252-972-9622 x. 256 or llord@rmymca.org



TOGETHER, FOR A BETTER US.

Annual Campaign 2017

Keeps our doors open to all!

WE ARE MORE THAN EXCITED AND PLEASED TO ANNOUNCE AND REVEAL TO EVERYONE OUR TOTAL AMOUNT RAISED! THANK YOU TO EVERYONE FOR YOUR SUPPORT!

Our Goal: \$65,000 Current: \$72,863.50 112.10%!



A CHANCE FOR ALL

1ST ANNUAL COLOR RUN 2017 5K AND 1 MILE FUN RUN

The Color Run is a 5K and 1 Mile Fun Run Fundraiser including family friendly activities, explosions of crazy colors at every corner, and an amazing opportunity to better our community. The purpose is to provide access to more people in the community for Y programs and services they need, to better improve lives.

Saturday, September 23, 2017 - 7:30am @ Wesleyan College

7:30am: Registration/sign in/fun with vendors

8:30am: 1 Mile Fun Run

9:00am: 5K

Stick around for raffles, celebration, and the Battling Bishops Home Football game at 1!

****REGISTER ONLINE OR AT THE YMCA BY AUG. 23RD TO GUARANTEE YOUR SHIRT!****

COLOR RUN REGISTRATION FEES

5K/\$20 includes entry to the 1 Mile Fun Run, medal, & color kit

1 Mile with Color Kit/\$15 includes award and color kit

1 Mile without Color Kit/\$5 includes award

THANK YOU TO OUR SPONSORS!



Nationwide
is on your side

