



FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

#### **HARRISON FAMILY YMCA**

1000 Independence Drive Rocky Mount, NC

252-972-9622

ww.harrisonfamilyY.org

Staying active as a family is important. 5 Tips to Stay Active Together: family fitness classes; plan outdoor trips; take a walk; ride bikes around the neighborhood; walk the dog



# FAMILY NIGHTS & PARENTS' NIGHTS OUT!

**ACTIVE ARCADE PARENTS NIGHT OUT** Friday, July 20th

**GYMNASTICS PARENTS NIGHT OUT** Saturday, July 28th

> **DIVE IN MOVIE NIGHT** Friday, August 10th

**TOTS PLAY SOCIALS** Tuesday, July 24th & August 21st

# **FAMILY TIME**

Family time at the Y has always been a place where families can play and be active together, and that's more important than ever. Whether the activities are physical like sports or exercise, or more recreational like cooking and arts, we want families doing them together because you'll live healthier and make memories for a lifetime.

As a member we also offer our Child Watch and Kids Discovery Zone programs, allowing parents some needed "me" or "we" time! We offer various family events throughout the year including an annual Healthy Kids Day, Fall Family Festival and Spring Easter Family Event. These events are open to the community free of charge, thanks to YMCA annual campaign donors. Outside of these larger events, we also offer creative activities throughout the year for families including dive in movie nights, kickball & picnic evenings, parents' nights out with fun for the kids, and more! These activities are also open to the community at a small fee.

Visit our website or the front desk to register!

COLOR RUN 5K & 1 MILE FUN RUN | SUPPORTING A CAUSE TO STRENGTHEN COMMUNITY

The Color Run is a 5K and 1 Mile Fun Run 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 YMCA programs and services A CHANCE FOR AL they need, to better improve lives.

Register today at

harrisonfamily Y.org/events/color-run

The Y will be closed on Wednesday, July 4th. Hope everyone has a happy holiday!

## LOYAL **MEMBERS!**

Congratulations to all of our loyal member winners for the month! We appreciate your membership with us and hope that you will share your story of how the Y has impacted your life! If you are interested, email marketing@rmymca.org. Please remember to pick up your prizes at the front desk!

2-5 YEAR WINNER: JOHN SCOTT 6-10 YEAR WINNER: ANGELA POWELL 11-20 YEAR WINNER: BONITA JOHNSON 21-30 YEAR WINNER: MELANIE PARK

### **CEO MESSAGE**

July is full of children learning, growing, and having a blast in our building. It is truly amazing to see, as our Camp has grown leaps and bounds this year. We are happy to be able to



provide this peace of mind for parents and such enrichment for our youth. Because of all of the activities going on in the Summer, we like to turn our attention to Family Time this month. Not only will you find children bustling through the hallways, you will also find multiple new events and activities focused on the family. It is about giving families as a unit and as individuals, the opportunities to deepen relationships, develop new skills and interests, improve health and well-being, and connect to the community.

# #BESTSUMMÉREVER!

#### **REGISTER TODAY FOR SUMMER DAY CAMP!**

Summer Camp has been BOOMING this year with so many kids and vibrant energy around our building. Camp was restructured this year to incorporate more variety for the children, all in one singular group camp. Kids pick their activities to build on, huddle together in group activities, play outside, learn skills, go on field trips and more!

for your favorite weeks at harrisonfamilyy.org/programs/summer-camps

### TIME TO

EXPLORE

## REGISTER TODAY FOR BEFORE & AFTER SCHOOL CARE!

Kids expand their learning beyond

the classroom with a balanced curriculum and opportunities for character development, STEM, arts & humanities, community service and active play.

12 Locations to serve you!

Ages 4-14



# BEAMING WITH NEW SKILLS!

**TUMBLING CLINIC & GYMNASTICS OPEN-GYM** 

Both events are open to the community! If you are a cheerleader, dancer, gymnastics or just interested in upgrading your tumbling and gymnastics skills, this is

for you! Explore the range of possibilities and work on perfecting your skills. Staff will be available for assistance.

Fees: \$10/participant

Tumbling Clinic
Open Gym

Ages 8 & up Ages 6-15 Saturday, July 14<sup>th</sup> 10–11am Friday, August 3<sup>rd</sup> 6–8pm

## **LEARN TO SAVE LIV**

#### LIFEGUARD RE-CERTIFICATION COURSE

This course teaches lifeguards the skills and knowledge needed to prevent and respond to aquatic emergencies. This course includes First Aid, AED training, and CPR for the professional rescuer.

Only 10 spots-hurry!

Friday, August 10th

8am-5pm

### TAKE CONTROL TODAY



#### **DIABETES MANAGEMENT ACADEMY**

This is a class given by a Novo Nordisk Diabetes Educator to help you learn about managing diabetes. These classes are free and open to the community!

Thursday, August 16<sup>th</sup>

5:30pm-6:30pm

# IT'S JUST LOVE. PERIOD.



#### TOGETHERHOOD® FEMININE PRODUCT COLLECTION DRIVE

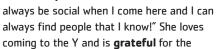
Through community conversations, our Togetherhood® Committee has discovered a tremendous need for feminine hygiene products throughout local schools. To help address this pressing community need, the Togetherhood® Committee is putting together local collection drives to help collect and distribute feminine hygiene products and coupons.

There are two ways you can help:

- Drop off unopened products and/or coupons at the Collection Box at the Harrison Family YMCA
- Sign up to host a collection drive at your organization.
   Volunteers needed to maintain other location drives.
   SIGN UP TO VOLUNTEER AT HARRISONFAMILYY.ORG!

### **IMPACTSTORY**

Daphne Trevathan has been a member of the Harrison Family YMCA for 5 years with the original goal of wanting to have more options for a healthier lifestyle. Since joining the Y, Daphne says she feels **a sense of community** whenever she comes. "I can





financial assistance she receives. "With my current situation, having help financially allows me the ability to pay my student loans, as well as stay healthy and engaged in the community, without being stressed." Daphne is a part of the <code>Togetherhood®Volunteer Program</code>, which she says has helped her become more of aware of the Y's cause. "It opened my eyes to the initiatives the Y is trying to meet and how much this organization impacts people in the community. My favorite part about being involved in Togetherhood® is being able to see ideas turn to fruition, such as projects like Babies and Blankets." Along with having opportunities to be involved in the community, Daphne says "The atmosphere is what keeps me here. I have <code>built stronger relationships</code> with people through Togetherhood®!"



"I have worked for the Y for 2 years. My favorite food is anything seafood! My favorite

part of my job here at the Y is working with and teaching children. My favorite thing to do here is work in childcare, making memories with my kids and co-workers. My hobby is reading and my fun fact is that I skipped the 1st grade!"