



BUILDING HEALTHY FAMILIES

July 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

DID YOU KNOW?

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!

CREATING A CHANCE FOR ALL

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 they need, to better improve lives.

Register today at
harrisonfamilyY.org/events/color-run



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A CHANCE FOR ALL

Color Run 2018

September 22nd 5K & 1 Mile Fun Run
Benefiting the Y's Annual Campaign, keeping our doors open to all

HAPPY JULY 4TH!

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@rmyca.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.



#BESTSUMMEREVER!

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!

Register at any point throughout the summer 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 Ages 8 & up Saturday, July 14th 10-11am
Open Gym Ages 6-15 Friday, August 3rd 6-8pm

LEARN TO SAVE LIVES

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 16th
5:30pm-6:30pm

EVERY 2.2 POUNDS OF WEIGHT LOST = REDUCED RISK OF DIABETES BY 13%

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!

IMPACT STORY

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 always be social when I come here and I can always find people that I know!" She loves coming to the Y and is **grateful** for the 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 **Togetherhood® Volunteer Program**, which she says has helped her become more 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 **built stronger relationships** with people through Togetherhood®!"



STAFF SPOTLIGHT

DESTINI JONES
CHILD CARE COUNSELOR

"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!"