

FOR THE FAMILY

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 | Stay Connected



DID YOU KNOW?

JULY 8TH-13TH IS NATIONAL SUMMER LEARNING WEEK This is a celebration dedicated to elevating the importance of keeping kids learning, safe, and healthy every summer, ensuring they return to school in the fall ready to succeed in the year. Back to school will be here in the blink of an eye. Prevent summer learning loss by signing your child up for camp!

BACK TO SCHOOL WILL BE HERE SOON

July 15th - August 19th Membership Promotion

With back to school time right around the corner and so many activities for the whole family at the Y, NOW is the PERFECT time to join! All who join as a family July 15th - August 19th will receive a cool, new backpack for their children!

Before & After School Care - Registration is open!

- 12 Locations
- Trained, nurturing staff
- Homework support
- Reading activities
- Social emotional learning
- Physical activity
- STEM
- School Break Camp included!



INFO TO KNOW

CLOSED JULY 4TH

We will be closed on Thursday, July 4th for Independence Day. Enjoy your holiday and take time to remember and honor those who have died while serving and fighting for our country.



NEW VIRTUAL SPIN CLASSES!

These will begin on July 1st in our spin studio! There will be 30 and 60 minute classes that you will enjoy via instruction on the large TV screen. There will be a mixture of classes that look to be in a studio, up a mountain, through the desert, or along the beach. We will have a variety of classes and will rotate through them so it will not be the same ride.

DON'T BE AN EASY TARGET

Please remember to always lock your car, take your keys, and refrain from leaving valuables in site in your car.



YOU GOT A FRIEND IN ME

Friendship Week | August 3rd - 9th

Celebrate National Friendship Day, August 4th, by enjoying a whole week of it at the YMCA with your best friend!

PB&J Bring a Friend for Free all week

PB&J Sandwiches during lunch

Best Friend Raffle for 2 Free months of membership

Create a Best Friend Card

Plus More!

FUN ON FRIDAYS

Friday Fun Nights

Spend time with the family with our free Friday fun nights, or give yourself a little break with our Parents' Nights Out! Registration is required the Thursday before the event.

Splash Games Parents' Night Out

July 12th



5:30 - 8:00 p.m.

Swim & Movie Family Night

July 26th

5:00 - 8:00 p.m.

WE LOVE OUR EDUCATORS!

Back to School Kickoff Togetherhood Project

This volunteer project is dedicated to showing the staff in Nash Rocky Mount Public Schools how much they are appreciated.

HERE IS HOW YOU CAN HELP:



- Drop off teacher supply items in our collection box in our Front Lobby between July 1st and August 3rd.** These items will be included in welcome bags for school staff and can include tissue, clorox wipes, snacks, pencils, etc.
- Help pack welcome bags at the YMCA on August 3rd from 9:00 a.m. - 11:00 a.m.**
- Volunteer to welcome staff back to school on August 12th!**

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@rmyymca.org. Pick up your prize at the front desk!

2-5 YEARS: LOUIS BATCHELOR

6-10 YEARS: LAKISHA ODOM

11-20 YEARS: JENNIFER COTTLE

21-30 YEARS: JOHN WELLENHOFER

CEO MESSAGE

"The Y has always been a place where families can play and be active together, and that is important for strengthening the family. July is a fun time for families here at the Y. With summer in full swing, we are offering a variety of programs and activities to keep children and families active and engaged. We are also encouraging parents to go ahead and start planning for back to school time. Registration is open for our after school program, so go ahead and sign up your child as soon as possible to save their spot. Our new fall sports and other programming will also be available for registration soon, so stay tuned!"





BUILD SKILLS & MEMORIES

Gymnastics Events

Whether you are a cheerleader, dancer, gymnast or just interested in building friendships and skills, these events are for you!

Registration is required the Thursday before each event.

Tumbling Clinic July 27th 10:00 - 11:00 a.m.

Open Gym Aug 10th 10:00 a.m. - 12:00 p.m.


DIVE IN. STAND OUT.

RMY Racers Swim Team Evaluations

Monday, August 12th 5:00 - 6:00 p.m.

Thursday, August 15th 5:00 - 6:00 p.m.

Saturday, August 17th 10:00 a.m. - 11:00 p.m.

Consider becoming a part of our RMY Racers Swim Team! As one of our swimmers, you will build strong friendships, learn proper stroke mechanics, starts and turns, gain endurance and learn about sportsmanship. Supported in part by **envolve vision.** 

TAKE ACTION TO IMPROVE HEART HEALTH

Blood Pressure Self-Monitoring Program



Our Y, in partnership with the American Heart Association's Check. Change. Control. curriculum, are encouraging Y members to sign up for this program if they have been diagnosed with high blood pressure. During the program, you will:

- Take your own blood pressure at least two times per month
- Attend two consultations with a YMCA Healthy Heart Ambassador per month – no appointment necessary
- Attend monthly nutrition education seminars

Program Dates: July 8th - October 24th

If you did not register at one of the kickoff dates, you must register by July 8th upstairs in the Wellness Office Monday-Friday from 8am-5pm.



Supported in part by
Nash UNC Health Care Foundation.

CLASSES CREATE MOTIVATION

100 Class Pass Challenge

Earn a free month of membership!

Take 100 group or water fitness classes to get there. You MUST pick up a class pass card from the front desk or from your instructor and have the instructor initial the card after the class that day, not at a later date. There will be no time frame that the classes need to be completed in. Take as long as you need to complete this challenge BUT if you complete by January 1st, 2020 you will receive a FREE 100 CLASS PASS T-SHIRT!



CHALLENGE YOUR LIMITS

Couch 2 5K Training Program

Get ready for our Color Run 5K! It will be timed this year! Whether it's your first 5K or you want to train for a faster time, this is the program to get you where you want and need to be.

For Beginner to New Runners | Ages 12 & up

August 6th - September 26th

Tuesdays and Thursdays at 5:30 p.m.

COMPLETE THE PROGRAM FOR 50% OFF THE COLOR RUN 5K!



SEPTEMBER 28TH

REGISTER ONLINE BY SEP. 3RD TO GUARANTEE YOUR SHIRT!

harrisonfamilyy.org/events/color-run

Timed Event this year! With continuous Family Fun as well!

FEES:

5K | \$25 includes entry to 1 Mile, medal & color kit

Fun Run w/ kit | \$15 includes award and color kit

Fun Run only | \$5 includes award

IMPACTSTORY

Vicki Johnson

Vicki joined the YMCA almost 20 years ago simply looking for a place to be healthy and get some exercise. Back then, she had a set of twins so she needed time to decompress and enjoyed having structure and routine in her life with her crazy schedule. She fell in love with what the YMCA offered for her and her family. Not only did she gain the opportunity to get some exercise, but her children thoroughly enjoyed child watch and other youth programs. Years later, life blessed her with another set of twins who are currently enrolled in the YMCA's after school and summer camp programs. They are always walking down the hallways with smiles all over their faces. **"The counselors are great and help my girls become leaders as they help younger children with their homework"** said Vicki. Life quickly took a turn for Vicki and her children when her husband passed away a few years ago due to diabetes leading to a stroke. "That was certainly a wake-up call for me to stay fit, keep my children healthy and do whatever needed to be done to raise these girls. That became easier said than done now that I was handling all of life's necessities on one salary. As a newly single parent, I wanted to continue all of the things that would help my family stay healthy and engaged, and I dreaded the thought of having to not keep the YMCA in our lives. My husband would not have wanted that for us. That is when the Y opened up their arms to us. They blessed us with their financial assistance program allowing my children to continue with their programs and our membership. **The YMCA is our safe haven and a place I can trust. If it wasn't for the YMCA, I don't know where I would be today.** After everything that happened in our lives, the after-school counselors would call and make sure we were okay. That meant so much to me. **They are so in tune with the families here and they care about our well-being. The YMCA is our 2nd home and our biggest support system still today. They build a lifetime of care."**



CAUSE-DRIVEN LEADER

Cali Green | Summer Camp Counselor & Youth Development Facilitator

"I have been working at the Y for 2 months. To me being a Cause Driven Leader means showing support and guidance to all of those around you, and to encourage and assist in any way possible. It means to lead with a purpose. Being a part of the Summer Camp program allows me to be apart of children's summer and to have a positive impact on them. It provides the opportunity to ensure that the children participating in the summer camp are having a summer they will always remember. My favorite thing about working at the Y is watching people learn and grow as individuals. My favorite hobby is to color and a fun fact about me is that I played soccer at North Carolina Wesleyan College for four years!"

