

STAYING CONNECTED THE Y'S JUNE NEWS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HARRISON FAMILY YMCA

June 2017

252-972-9622

harrisonfamilyY.org

JUNE FUN FACT: WHEN FATHER'S DAY BEGAN AT A YMCA IN 1910, IT WAS CREATED FOR MORE THAN JUST AN EXCUSE TO BUY A TIE. THE Y RECOGNIZED THE IMPORTANT ROLE FATHERS PLAYED IN THEIR CHILDREN'S LIVES. HAPPY FATHER'S DAY!

YOUTH DEVELOPMENT

BEST SUMMER EVER!

Summer Day Camp— Register before spots fill!

Camp is ALMOST HERE and it's going to be the **#BESTSUMMEREVER!** Check out the weeks offered and SIGN UP ASAP BEFORE SPOTS FILL! **Mega Camp, Gymnastics Camp, & Sports Camp!**

June 12th-August 25th;

Mondays-Fridays; 6:30am-6:00pm

Weekly Fee: \$130/Plus Members, \$150/Standard

Daily Drop-In Rates: \$35/Members, \$45/Standard

Registration Fee: \$25

CAMP PARTICIPANTS GET 15% OFF A SESSION OF SWIM LESSONS!



STORIES OF IMPACT

HEALTHY LIVING



Dylan Johnson- "Monday, May 8th made 1 year for me on my journey of health. Last year on this day, I woke up, and I cried. I've always been active, but still have dealt with weight issues my whole life. I realized on this day that I needed to set an example and become the person I knew I could and wanted to be. I have been coming to the Y since I was a little kid; since it was downtown if that tells you anything! So, the Y has always been a second home to me. I knew that was a place where I could work towards being healthy in a motivating and welcoming atmosphere. The first 4 months, I lost 10lbs! There were days I wanted to give up, but I pushed myself. I give credit to Haley, Glenda, Alexis, Jaclyn, Rachel and Stephanie for always making my day! If I have had a bad day, they always make me smile and feel like a part of this organization. They have helped with my journey. I want to encourage anyone no matter what age or struggle to keep going and stick with it! I am now down 82lbs since that morning on May 8th, 2016. Thank you to everyone who has helped me along the way, and to the Y for being the family-oriented, safe, and secure place for me."



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 evenings and Games will be held every Thursday evening

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



LEARN TO SAVE LIVES

Lifeguard Training Complete Class

Monday, June 12th from 9am - 4pm

Tuesday, June 13th from 9am - 4pm

Wednesday, June 14th from 9am - 4pm

Thursday, June 15th from 9am - 4pm

*All session dates must be attended.



STRONG SWIMMERS & KIDS

New Sessions of Swim Lessons!

New morning & night sessions starting June 12th!

HEALTHY LIVING



CLIMB TO THE TOP!

Rock Climbing Wall Hours Extended!

Perfect for kids & families!

Monday-Wed: 4-8PM

Friday: 5-9PM

FEES: Free/Members; Non-Members: \$8 child/\$12 adult

MESSAGE FROM OUR CEO

"Happy Founder's Day! On June 6, the YMCA marks its 172nd anniversary. Our global organization began with a simple but powerful idea to help people build healthier, happier lives. Today, the YMCA is one of the world's largest organizations known for helping people of every background reach their potential. Our Y strives to continue this mission every day. We have intentional goals and strategies planned to accomplish in our focus areas of Youth Development, Healthy Living, and Social Responsibility. See our plan on our touchscreen downstairs in the lobby or online." **Jacquelyn Price, CEO**





ENJOY THE GAME!

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. Kids can participate in field games like battleship, soccer, flag football. Participate in the fan tunnel! Then kick-back for a nice evening of soccer! **REGISTER AT <https://fevo.me/2oH7iwI>**

For any questions, please email Jill at Jill@NorthCarolinaFC.com

SOCIAL RESPONSIBILITY

TOGETHERHOOD™

A Member-Led Community Service Program

JOIN US AS WE GIVE BACK



SERVE ON A TOGETHERHOOD™ PLANNING COMMITTEE



VOLUNTEER YOUR TIME FOR A ONE DAY TOGETHERHOOD™ PROJECT



ASK HOW YOU CAN LEAD A PROJECT

Togetherhood, the Y's member-led volunteer service program, connects people while implementing needed, local service projects.

For more information, please contact Liz Lord, Membership and Engagement Director at 252-972-9622 x. 256 or llord@rmymca.org

GIVE FOR A BETTER US.

Annual Campaign 2017

Our Annual Campaign allows us to keep our doors open to all, giving everyone the opportunity to learn, grow, and thrive. As our campaign wraps up June 27th, we want to encourage everyone to give now to impact lives.

\$60 gives a child the opportunity to **learn to swim**.

\$240 provides a month of **after school care** for a child in need of a safe place to continue learning after the bell.

\$480 gives a senior one year of access to the Y where they can connect, improve their health, and live a longer life.

Our Goal: \$65,000 Current: \$57,058 87.78%

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

Sponsorship Opportunities available as well to advertise your business to our hundreds of runners and thousands of members!



JUNE LOYAL MEMBERS:

2-5 years: Tyler Williams

6-10 years: Eileen Amos

11-20 years: Betty Robinson

21-30 years: Billy Dix

STAFF SPOTLIGHTS

Tracy Dodrill, Membership Services Representative & Wellness Floor Staff

"I have worked for the Y for 3 months. My favorite food is pineapple. I love meeting new people with my job. My hobby is running and a fun fact is I have ran about 30 marathons. My favorite thing to do at the Y is swim."



Kyree Bethel, Sports Director

"I have worked for the Y for 8 months. My favorite foods are baked spaghetti and seafood. I love being able to interact with and meet new people with my job. My hobby is basketball and a fun fact about me is that I also play golf. My favorite thing to do at the Y is lift weights with my BFF, Lee Bell!"



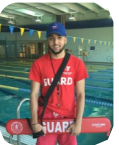
Jaclyn Votipka, Group Ex Instructor & Membership Services Representative

"I have worked for the Y 9 months. My favorite food is chicken alfredo. I love seeing people do more than they thought they could in my group exercise classes. My favorite hobbies are basketball, sand volleyball, or essentially anything competitive. My fun fact is that I keep my phone in Spanish to help me practice in every day tasks. My favorite thing to do at the Y is meet up with friends to work out."



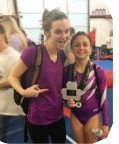
Ahmad Salim, Lifeguard & Swim Lesson Instructor

"I have worked for the Y for 6 months. My favorite food is Mediterranean food. I love interacting with different types of people & learning more about them in my job, as well as help out whenever needed. My hobbies are basketball and eating chocolate chip cookies. My fun fact is when I was 8, I was swinging between the kitchen table and counter, then fell directly on my chin and had 3 stitches. My favorite thing to do at the Y is play basketball, workout, & swim."



Courtney Mizelle, Gymnastics Coordinator

"I have worked for the Y for 9 years. My favorite food is chicken. I love working with children, helping them develop as both gymnastics and people. My hobby is gymnastics. My fun fact is that I can walk across the basketball court on my hands. My favorite thing to do at the Y is interact with members."



Alexa Armstrong, Child Care Counselor

"I have worked for the Y for 1 year. My favorite food is pasta. I love having the opportunity to help kids in the community become strong leaders. My hobbies are drawing and painting. My fun fact is I make clothes and am currently in the process of creating an active wear line. My favorite thing to do at the Y is work out."

