



HARRISON FAMILY YMCA

1000 Independence Drive Rocky Mount, NC

252-972-9622

www.harrisonfamilyY.org | Stay Connected



DID YOU KNOW?

JUNE 6TH IS THE YMCA'S 175TH ANNIVERSARY! The very first Y was founded in London, England in 1844 by young men committed to working together to solve the Industrial Revolution-era challenges that impacted their communities. Our legacy of bringing people together to strengthen communities still continues today.

TAKE ON SUMMER

**Summer Membership Fun!
100 CLASS PASS CHALLENGE**

Take 100 group or water fitness classes to earn a free month of membership!

SWEATY SELFIES

After you complete a group exercise class in June, take a selfie with your instructor and share on social media to win prizes! #YSweatySelfies

NEW SPIN BIKES

Our new iC6 bikes by Life Fitness are now available and will give you an amazing work out! These bikes light up and change colors based off of your level of effort. This makes them perfect for a great workout for the first time rider to the trained triathlete.



INFO TO KNOW

FATHERS DAY | SUNDAY, JUNE 16TH

Did you know Father's Day began at the YMCA? It was founded in Spokane, WA, at the YMCA in 1910 by Sonora Smart Dodd, whose father, William Jackson Smart, had raised six children on his own. Looking for a good way to spend some quality time with your dad this Father's Day? How about a game of pickup basketball at the Y or a day spent at one of our sparkling pools? You could even give the gift of lifelong health and wellness through a Y membership or sessions with a personal trainer. No matter how you celebrate, the Y thanks and salutes all dads.

ROCK WALL SUMMER HOURS

Tuesdays 4:00-8:00 p.m.

Saturdays 12:00-4:00 p.m.

MINDFUL MOVEMENT SUMMER CLOSING

This program will be on hold for June, July, and August. It will resume September 19th as normal.



ELEVATE YOUR GAME

Adult Recreational Basketball League

Co-ed; Ages 18 & up.

SEASON

July 14th - August 4th

Tournament on August 11th

Games are played on Sundays.

REGISTER BY JUNE 30TH!

You may register as an individual and we will place you on a team or you can register as a team (must be at least 5 players).

STRONG WOMEN UNITE

Women on Weights "WOW" Program

NEW June Sessions! Pick from the following:

- Mondays** 12:00 - 1:00 p.m.
- Wednesdays** 9:00 - 10:00 a.m.
- Thursdays** 5:30 - 6:30 p.m.
- Fridays** 9:00 - 10:00 a.m.

Interested in learning more about free weights and how to incorporate them into your workouts? This small-group beginner to intermediate program teaches women proper weight-lifting etiquette, technique, and routine. Register in advance. Only 4 participants are allowed per session. Must pick a day and attend that day each week.



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

2-5 YEARS: JAIME AXTHELM

6-10 YEARS: NATHAN BRYANT

11-20 YEARS: ANN HARRISON

21-30 YEARS: JOHN COBB

CEO MESSAGE

"June is here, which means our summer campers are here. This is the happiest time of year with so many children in the building, smiling and laughing down the halls. It is a pleasure to serve these children and their families.



It is also a great time to see impact in action. We just ended our 2019 Annual Campaign at the end of May, and we invite all of our generous donors out to the YMCA to take a tour or check out our camp or any other program. It is a great way to visualize what donations do. The support received was tremendous and we can't thank everyone enough. June is also a great time to participate in our many adult and youth programs to stay active this summer!"



SEPTEMBER 28TH

REGISTER BY SEP. 3RD TO GUARANTEE YOUR SHIRT!

harrisonfamilyy.org/events/color-run

Timed Event this year with continuous Family Fun as well!

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

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

Fun Run only \$5 includes award

COUCH 2 5K TRAINING PROGRAM STARTS AUGUST 6TH!

BEST SUMMER EVER!

Summer Day Camp

Today, day camp is more vital than ever. To deliver on the Y's commitment to nurture the potential of every child and teen, day camp fosters achievement, relationships, and belonging. These are essential dimensions of well-being that the Y cultivates.

CAMP HAS WEEKLY THEMES, FIELD TRIPS AND MASTERY ACTIVITIES! SIGN UP FOR YOUR WEEK OF CHOICE OR THE ENTIRE SUMMER!

A SAFE PLACE TO LEARN & GROW

Registration is open for Before/After School Care!

11 locations to serve you
School-aged kids 4 & up
Teen After School Academy option for 13 & up at the YMCA
School Break Camp now included in monthly pricing



STRONG CHARACTER. STRONG PLAYERS.

Summer Slammers Youth Basketball League

This year, our summer league is better than ever! Not only will the kids be building basketball skills, learning teamwork and developing character, we will be incorporating the Jr. NBA curriculum!

Register by June 12th
Practices being July 8th
Kindergarten - 6th Grade



DEVELOP. GROW. PLAY!

Summer Tots Variety Sports



The ever so popular Tots Play Program has been extended for the summer with a session of variety sports! Hurry and register before those tiny tot spots fill up! Ages 2-4.

June 11th - July 17th
Tuesdays 5:30 - 6:30 p.m. or
Wednesdays 9:30 - 10:30 a.m.

HEALTHY BEGINS EARLY

Summer KidFit Program

Kids in Child Watch will learn all about having a healthy spirit, mind, and body while having fun!

New summer schedule begins June 10th!
Ages 6-12 and free for YMCA Members.

Mondays 9:00 - 10:00 a.m.
Thursdays 6:30 - 8:00 p.m.



STRETCH YOUR LIMITS

Check out everything all-gymnastics coming up! Please register the Thursday before each event.

GYMNASTICS BRING A PARENT WEEK
Father's Week: June 17th - 21st (FATHERS DAY WEEK)

GYMNASTICS COMMUNITY LOCK-IN
June 28th - 29th | 7:30 p.m. - 7:30 a.m.

TUMBLING CLINIC
July 27th | 10 a.m. - 11 a.m.



TIME WITH THE FAMILY OR TIME FOR YOURSELF

Friday Fun Nights

The Y offers a place to come together and have a good time as a family. We encourage families to participate in a variety of fun activities at the Y, share, communicate and strengthen their relationships, and meet other families. Family Night activities include mixers, pool games, arts and crafts, family fitness, games, volunteer opportunities and more.

Please register the Thursday before each event.

LE'GO AGAIN PARENTS' NIGHT OUT
(LEGO theme)

June 14th | 5:30 - 8 p.m.

SPLASH GAMES PARENTS' NIGHT OUT
(Swimming theme)

July 12th | 5:30 - 8 p.m.

SWIM & A MOVIE FAMILY FUN NIGHT
July 26th | 5-8 p.m.



IMPACTSTORY

Kim Norris

"I have been a member of the Y for about 12 years. I first became a member because I was looking for a place to come to workout and become more active after having my kids. After joining, I fell in love with the group exercise classes and haven't stopped coming since! Coming the Y has become my place to relax after work each day. It is a nice transition between work and home and it gives me the opportunity to relax and not have to worry about anything else. **I enjoy many of the group exercise classes but Step Interval is my absolute favorite. Haywood makes that class so much fun!** Everyone in the class is so encouraging which motivates me to continue to work harder. The Y has been a great place for my family over the years. I love that it has provided a positive atmosphere for my kids, allowing them to get involved with many different activities. **I also love that the Y is constantly improving and coming up with new ways to keep members engaged. I always recommend the YMCA to other people that I encounter because it has had such a positive impact on my life and I know it can provide a positive impact for others as well.**"



CAUSE-DRIVEN LEADER

Darryl Prunty | Gym Monitor

"I have worked for the Y for 3 months. To me, being a Cause Driven Leader means being a positive role model for the youth and leading by example. Being a gym monitor gives me the opportunity to be a positive influence on the multiple kids who come into the gym. My favorite thing about working at the Y is seeing kids have fun and doing what they love in a safe environment. My favorite hobby is playing basketball and helping kids develop their basketball skills. A fun fact about me is that I plan on becoming a certified personal trainer."