

STAYING CONNECTED THE Y'S MARCH NEWS



FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HARRISON FAMILY YMCA

March 2017

252-972-9622

harrisonfamilyY.org

MARCH TIP: PROVIDE YOUR CHILDREN WITH AT LEAST 60 MINUTES OF ACTIVE PLAY EACH DAY.

HEALTHY LIVING

REBOUND FROM THE WORKDAY

Adult Men's Basketball League-NEW!

Experience fun and fellowship with our BRAND NEW Adult Men's Basketball League! Don't miss your chance to relieve some stress, participate in a competitive basketball environment and enjoy some great, active fun with old friends and make some new friends as well! **WINNER WILL RECEIVE AN MVP AWARD AND THE WINNING TEAM WILL WIN A TROPHY AND BRAGGING RIGHTS!**

WHEN: March 6th-May 19th

AGES: 21 & up



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YOUTH DEVELOPMENT

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SOCIAL RESPONSIBILITY

Annual Campaign 2017

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APRIL 1ST-30TH

Sign up for Personal Training at the Y for

10% OFF

(if you are a current member)

or 15% off

(if you become a new member)!

*available for any session package
*15% off for new members applies to those purchasing personal training while joining in the month of April.

SUPPORT & SUCCESS

Save this April on Personal Fitness Training!

Personal Training offers you a one-on-one experience to become your best self. Our trainers will give you that individual attention you need, a personalized program tailored to individual goals and structured, safe and effective workouts.

DISCOUNT FOR Y MEMBERS

Sign up for the 2nd Annual Rocky Mount Rotary Tackle the Tar to support scholarships for local students attending local colleges!

WHEN: May 20th, 9am-3pm

THE FIRST 25 Y MEMBERS TO SIGN UP WILL RECEIVE 40% OFF, STARTING MARCH 1ST!

Visit tacklethetar.com. Use code: TTTYMCA



YOUTH DEVELOPMENT

BEST SUMMER EVER!

Summer Day Camp- Registration now open!

At the Y, we are passionate about quality and safety. Parents can enjoy peace of mind knowing that their child is participating in meaningful activities and experiences that align with their needs and abilities. Activities include field trips, a **Color Run**, water week, various sports and much more!

CAMP OPTIONS: MEGA CAMP, SPORTS CAMP, GYMNASTICS CAMP

WHEN: Mondays-Fridays; 6:30am-6:00pm; June 12th-Aug 25th



MESSAGE FROM OUR CEO

"Every March, we begin our community phase of our Annual Giving Campaign. By this time, our staff and board have finished or are working towards raising money internally. Because our staff and board members are so committed and passionate about our cause, we are already at 40% of our goal this year. I cannot stress how amazing these people are; how grateful I am for having these people working alongside myself to reach our community in so many ways. This campaign not only helps the Y keep our doors open to all, it helps families and individuals struggling, to continue thriving. Each dollar raised could mean the



world to someone right here in our neighborhood. Let's all pitch in. Let's all lend a helping hand, to give back to our community."

Jacquelyn Price, CEO



TAKE IT TO THE NEXT LEVEL

Personal Basketball Training-NEW!

This is a year-round program, helping young athletes reach their potential and achieve their athletic goals. Our experienced trainer will teach the skills that will give each player the advantage on the court! **REGISTER TODAY!**

10 SESSION PACKAGE: \$275/Members \$300/Non-Members

HOURLY: \$35/Members \$45/Non-Members

SKILLS & DRILLS

Group Basketball Lessons-NEW!

Group Basketball Lessons is a co-ed, year-round program aimed for youth interested in improving their basketball skills. Participants will complete drills, play games, and work on strength and conditioning exercises to enhance their skills! **REGISTER TODAY!**

AGES: 5-18 **WHEN:** Tuesdays & Thursdays from 5-6PM

MONTHLY FEES: \$100/Members \$130/Non-Members



A HOPPIN' HEALTHY GOOD TIME



Healthy Kids Day/Easter Family Event

Come out and have a bunny hoppin' good time with the family while you enjoy multiple activities outside and inside, Easter egg hunts, the Easter Bunny, games, exercise classes for kids, vendors will various healthy food samples, and giveaways! **OPEN TO THE COMMUNITY!**

WHEN: Saturday, April 8th 10am-1pm

SOCIAL RESPONSIBILITY



BRENDA'S STORY.

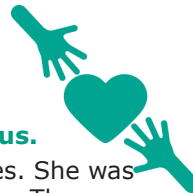
Annual Campaign 2017 Story. For a better us.

Brenda Yde hasn't always had the easiest of lives. She was awarded guardianship of her three grandchildren, Thomas (pictured above), Sierra, and Alex due to the deprivation and uncertainty that they were experiencing the early part of their lives. She is raising them with the help of her husband, who is

83, disabled and unable to work. Brenda also lost her job due to breast cancer a couple of years ago. As anyone can imagine, these circumstances can make life tough. Her situations have made it a struggle to stay healthy and provide the best care possible for her grandchildren. But **Brenda doesn't give up.** She found the Y and explained her situation to them. Thomas and Sierra were already enrolled in previous Summer camps and after school care with the Y. The Department of Social Services was funding their access until Brenda was awarded guardianship. Due to the financial burdens and situations in their lives, the Y was able to offer financial assistance for both grandchildren to continue attending after school care, **thanks to funds raised by the Y's Annual Campaign.** Brenda credits and thanks the Y every day for helping her have the strength to get her health back on track and providing an outlet for every day socialization. She says that she only made it through her problems with the assistance and support of the Y.

Donate Today, to help more people, just like Brenda.

Member Notice: On Friday, March 31st from 9am-2pm, we will be temporarily blocking off the back parking lot with cones for a Special Needs Easter Egg Hunt with the Rocky Mount Police Department, Rocky Mount Parks & Rec and Nash Rocky-Mount School System. This is in order to ensure safety and easier accessibility for the children and families partaking in the activities. All other areas of the parking lot will be open. We apologize for any inconvenience this may cause.



MARCH LOYAL MEMBERS:

2-5 years: James Benson

6-10 years: Lisa Stone

11-20 years: Ricky Pitt

21-30 years: Myrtle Rose

STAFF SPOTLIGHTS

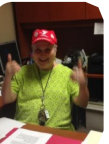
Alexis Barfield, Membership Services Representative

"I have worked for the Y for just 4 months! My favorite food is pizza. I enjoy the relationships I build with members that come often. I love eating ice cream as I watch Criminal Minds! I lived in Germany for a while and came back to go through Dental School. I really enjoy coming to the Y to play wallyball with a group of friends I made at the Y!"



Joy Andrews, Human Resources Director

"I have worked for the Y over 20 years. My favorite food is carrots. I enjoy being around "Y" people, a breed of their own! I love doing things with my Grandkids. I am the oldest child. Growing up, everything they did bad was my fault because you knew better! I love using the weight machines at the Y, and speaking to members."



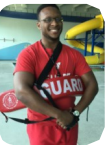
Joel Melvin, Wellness Floor Staff

"I have worked for the Y for about 3 and a half years. My favorite food is peaches. I enjoy engaging with all of our great members! I love going on long runs in a peaceful spot in the country on a beautiful day! My fun fact is I am bald! I enjoy working out and talking to everyone at the Y."



Osborne Bingham, Lifeguard

"I have worked for the Y for 2 years. My favorite food is mac & cheese. I enjoy the low stress environment of my job. I love music production. A fun fact is that I can't float, but I am very skilled at teaching others to float! My favorite thing to do at the Y is work! - a lot!"



Shari Braswell, Lead After School Teacher for 5 year olds

"I have worked for the Y for more than 12 years. My favorite food is mostly all! I like feeding other people. I enjoy interacting with kids and making a difference. I love people, and anything I can do to help them, I am willing to do. I enjoy meeting new people, making them smile and feel good about themselves, especially kids."



Tyrell Branch, Gym Monitor

"I have worked for the Y for only 2 weeks. My favorite food is pizza and Chinese food. The environment at the Y is comfortable. The people are easy to get along with. My favorite hobby and favorite thing to do at the Y is play basketball! I am a workaholic and I like to make jokes and laugh!"

