

STAYING CONNECTED THE Y'S MARCH NEWS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HARRISON FAMILY YMCA

March 2018

252-972-9622

harrisonfamilyY.org

DID YOU KNOW?

MARCH IS NATIONAL NUTRITION MONTH! NUTRITION EXPERTS SAY THAT THE FOLLOWING SUPERFOODS NEED TO BE IN OUR DIETS: BLUEBERRIES, AVOCADOS, WALNUTS, CHIA SEEDS, COCONUT, LEAFY GREENS & WILD SALMON.

Social Responsibility

FOR A BETTER US. US...IS A PROMISE

Every day, the Y strengthens communities and helps the "us" who live in them achieve our individual and collective promise. We can't do it alone. Sign up to VOLUNTEER AND DONATE FOR A BETTER US. Our Annual Campaign kicks off the last week of March! Contact Alyssa Matthews at amatthews@rmymca.org today if interested in being one of our volunteer storytellers! The Y. For a better us. harrisonfamilyy.org/support-y



Sign up for our **Superhero Spin-a-thon Fundraiser** Saturday, March 3rd 7:30-9:45am

Your support and your ride this day lends superhuman strength to YMCA healthier lives for all, day camps, scholarships, programs, and helps reveal the superhero inside kids, families, and our whole community.

Member Info

Basketball Court Schedule: Will be available at the Y, online, and on our mobile app coming this March!

Facility Area Shutdown Notice: On March 16th, the back parking lot will be shut down from 9am-1pm, and the multi-purpose room, teen center, and all basketball courts will be in use from 8:30am until 1:30pm for our Special Needs Easter Egg Hunt.

Pickleball Notice: Due to special events, program will not be held on March 16th and 30th. Beginning on Tuesday, April 3rd, it will be held on Tuesdays, Thursdays, and Fridays from 8am-noon.

FINANCIAL ASSISTANCE

BABY BLANKETS & BOOKS!

Togetherhood Volunteer Project

Now-March 9th | Donate baby blankets and/or books to the Y.

March 10th 11am-12pm | Prepare/distribute items collected to families at South Rocky Mount Community Center.

Sign up to volunteer via this link: harrisonfamilyy.volunteermatters.org

Youth Development

Catch a glimpse of Summer Day Camp this year with our

CAMP OPEN HOUSE!

Friday, March 30th | 6:30 a.m. - 6:00 p.m.

Day camp fosters achievement, relationships, and belonging. Ages 5-14. June 11th-Aug 25th. Register: harrisonfamilyy.org/programs/summer-camps or at the Y. Located at the YMCA and **A NEW LOCATION - COOPERS ELEMENTARY!**

Opening and Closing Ceremonies give campers the chance to assemble as a large group. **Huddle Groups** allow campers to get to know each other during small-group. **Variety Activities** allow campers to explore a range of activities, discovering interests. **Mastery Activities** give campers a chance to select an activity they want to build on. **Weekly Themes and Field Trips** allow campers to explore and have fun!

INSURING YOUR FINANCIAL HEALTH

Free Financial Education Series

Presented by Coastal Credit Union.



March 2nd 10am | Financial Goals

March 9th 10am | Budget Busters

March 16th 10am | Wealth Management

March 23rd 10am | Identity Theft

BEST. SUMMER. EVER!

MARCH LOYAL MEMBERS

2-5 years: Jeanna Bryan

6-10 years: Richard Walker

11-20 years: Jenniffer Lewis

21-30 years: James Lee

MESSAGE FROM OUR CEO

"As we kickoff our Community Phase of the Annual Campaign this month, I want to encourage members and participants who are passionate about the work we do here at the Y and about the community, to sign up as a volunteer storyteller. Your time and talents are needed to help keep our doors open to all every year. I greatly appreciate all volunteers who give back so much to the Y and the people impacted by our programs and services. We could not do the work we do without you. We also have many events, programs and a summer camp open house coming up in March. We hope to see everyone here with smiling faces!"

-Jacquelyn Price, CEO



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TOTS PLAY PROGRAM | SPRING SESSIONS

Tots Play has proven to be a highlighted program of ours, developing toddlers through introductory sports and recreation. Dates and activities are now planned and open for registration for the Spring Season. Bounce by with your toddler and sign up today! Or online! Ages: 2-4.

Spring Sessions

Tots Variety Sports Session

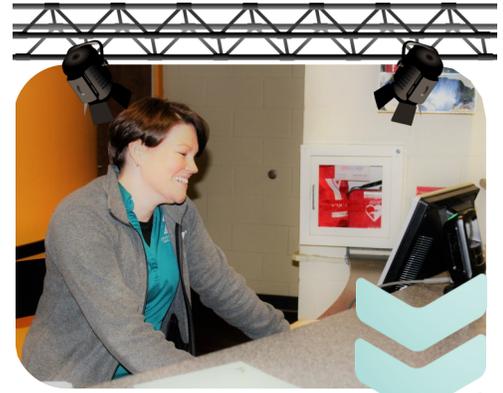
⇒ April 3rd-May 3rd

⇒ Tuesdays OR Thursdays 5:30-6:30PM

Tots Soccer Session

⇒ May 8th-June 7th

⇒ Tuesdays OR Thursdays 5:30-6:30PM



Staff Spotlight Jennifer Radosevich

Membership Services Representative

"I have worked for the Y since August 2017. My favorite food is Italian food. I love being able to meet new people with my job and the people I work with! My favorite hobbies are gardening and going to the beach. My fun fact is that I love to sing. I enjoy brightening others days at the Y!"

GIRLS ON THE RUN | REGISTER BY MARCH 2ND

Girls on the Run (GOTR) is a non-profit prevention program that encourages preteen girls to develop self-respect and healthy lifestyles through running. For girls in 3rd-5th grade. Practices begin the week of March 12th. Scholarships are available- **Thanks to Rocky Mount Mills for being our Sponsor! Sites are available here: YMCA, Impact Center, G.W. Bullock Elementary**



A HOPPIN' GOOD TIME!

Come out to the Y's Easter Themed Family Event and have a bunny hoppin' good time with the family! Free Community Event!

**Saturday, March 24th | 10am-noon
Harrison Family YMCA**

Easter Bunny
Prizes for Special Eggs
Arts & Crafts
LEGO Activities

Save the Date for our Annual
Healthy Kids Day!

**Saturday, April 21st
10:00am!**

Opportunities for vendors and
multiple activities for kids & families!



WE ROCKED THE BLOCKS!

RMY Racers Swim Team had 6 swimmers qualify for the North Carolina Short Course Age Group Championship meet last weekend in Charlotte this year, Isabella Daza, Kaylee Eggers, Maddie Girouard, Brandon Miller, Lance Norris, and Hunter Proctor. Both Isabella Daza and Lance Norris earned invitations to "Select Camp" for top five finishes, which allows them the opportunity to go to camp with some of the top athletes in the state. Isabella Daza scored a third place finish in the 50 freestyle, and Lance Norris finished the meet with TWO State Championship titles, in the 1000 free and the 400 IM, earned 4 second place and 2 sixth place finishes in a very competitive field. Lance also earned the chance to compete at USA Open Water Junior National event in Tempe, Arizona in May. Maddie and Isabella are newcomers to the meet, and Kaylee, Brandon, Lance and Hunter have all qualified for previous championships. We expect to see them at many more in the future! This meet really shows the quality of our swimmers and how much work they've put in this season, and the coaches could not be prouder!



Catherine's Story

"Prior to my son being born, I exercised regularly. Exercising was "my time" to decompress after a long day at work. Exercising always makes me feel better about myself. Toward the middle of my pregnancy, walking around my block was the only exercise I was getting. After my son was born, I focused all of my attention on his needs. As a new mom, I wasn't focused on myself or ensuring I had any "me time". When my son was 9 months old, I felt I had a better grasp on motherhood and began looking for an exercise center that offered a reputable and reasonably priced childcare. I wanted to start exercising again and lose my baby weight while feeling comfortable with leaving my son with trustworthy and caring staff. I called, priced, and visited multiple facilities, and the YMCA was the only exercise facility that met all of my standards. Upon my first visit to the YMCA, I saw the childcare teacher that I was practically raised by when I was a child! That made me feel right at home. My son, Uriah, loves child watch and does not even cry when I leave. This gives me the peace of mind that I need. As a new mother and working professional, I am thankful to be a member of the YMCA where my physical health and the well-being of my child comes first."



Sugar Run!

April 14th | 7-11am
Station Square - Rocky Mount
5K & 1 Mile Fun Run

Help support the education of and assist those with diabetes in the Twin Counties!

Special Guests: Kendall Simmons, Two Time Super Bowl Winner & Novo Nordisk Diabetes Patient Ambassador
Register at: <http://bit.ly/SugarRun18>



TWIN COUNTIES
SUGAR RUN