

WE CAN DO SO MUCH MORE BECAUSE OF YOU

March Newsletter

IMAGINE
THE POSSIBILITIES



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?

March 4th – 6th are National Advocacy Days. They take place in Washington, D.C., and bring together Y leaders from across the U.S. to gain a deeper understanding of Y-USA's legislative priorities and what it means to be a Y advocate. Y leaders then get the chance to meet with their elected officials and discuss important issues to Ys at the local, state, and national level.

COME TOGETHER FOR OUR PUZZLE PALOOZA

2019 Annual Campaign Community Kickoff!

Thursday, March 28th | 5:30 – 7:30 p.m.

Rocky Mount Mills, Main Mill Second Floor Lobby

FREE AND OPEN TO THE COMMUNITY!

RSVP HERE: harrisonfamilyy.org/events/puzzle-palooza-campaign-kickoff

Artsy Community Puzzle Project: Don't miss out on including and showcasing your part in being a piece to the puzzle of strengthening our community! The finished project will be showcased in the Imperial Center during the month of April and then stationed at the YMCA! #Don'tbetheMissingPiece

Enter puzzle – theme raffles and play games

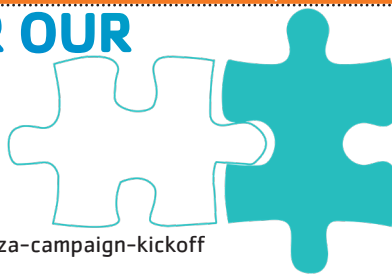
Mingle & engage with Y program impact stations

Learn how these programs are a piece of the Y's campaign.

Listen to Y impact stories and hear from campaign & staff leadership

Learn the Campaign goal and the Y's impact in the community

Enjoy appetizers & cash bar sponsored by TBC West & The Rocky Mount Mills



INFO TO KNOW

OPERATING HOURS & YOUTH RIDES HOME

As a reminder, our operating hours are Monday – Friday from 5 a.m. – 9 p.m., Saturday 7 a.m. – 5 p.m. and Sunday 1 p.m. – 5 p.m. Please ensure that all youth ages 11 – 17 in the facility without an adult are picked up by closing time.

PICKLEBALL

Due to School Break Camp, we will not hold Pickleball on Tuesday, March 19th. Hours have also been extended for Tuesdays and Thursdays. For all hours visit: harrisonfamilyy.org/membership/membership-benefits

ROCK CLIMBING WALL

The rock climbing wall will be open on Mondays and Fridays in March from 4:30 – 8:30 p.m..

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: LESLIE KEEN

6-10 YEARS: ADAM HOPKINS

11-20 YEARS: JOE GRANT

21-30 YEARS: ANDY WILLIAMS

CEO MESSAGE

"March begins the season of Spring and our campaign season. We begin to turn our focus towards the very intentional education and awareness of our annual campaign and our cause to strengthen the community. I encourage all to attend our community wide kickoff at the Mills on March 28th. There, you will learn the many ways that we strive to impact our community with each day, and how annual campaign donations support those efforts. Camp registration is also in full swing, along with our many Spring programs and community family events. We are excited for some sunnier weather and smiling faces this March."



the Y
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

A CHANCE FOR ALL COLOR RUN 2019

5K & 1 Mile Fun Run
Benefiting the Y's Annual Campaign, keeping our doors open to all

SAVE THE DATE!

Saturday, September 28th

7:30 – 9:30 a.m.

NC Wesleyan's Campus
Registration Open Soon!
NOW A TIMED RACE WITH
CONTINUOUS FAMILY FUN!

BEST SUMMER EVER!

Summer Day Camp 2019 | Hurry & register to secure your spot!

Camp will be here before you know it! Start planning now and reserve your child's spot before they start filling up! Camp will have weekly themes, mastery activities that the child can pick, variety activities, huddle times, and more! Some specific offerings are coding, art, sports, gymnastics, swim, STEM, cooking and more!

May 28th – August 23rd

Deadline for Financial Assistance applications is Friday, April 12th

Mondays – Fridays | 6:30 a.m. – 6:00 p.m.

YMCA Plus Account Members: \$135/week

Standard: \$150/week

*Daily drop in options available



CARE WHEN YOU NEED IT



School Break Camp: Teacher Workdays

Activities include swimming, games, sports, fitness, arts & crafts, homework help and more! Please bring swimwear and a towel. Breakfast, lunch, and snack will be provided to you. Please pay fees and complete registration forms in advance.

March 18th - 19th | 6:30am - 6:00pm

LEARN GROW PLAY

Tots Play Program - Spring Variety Sports & T-ball

The Tots Play Program is a sports instructional program, created specifically for children ages two to four years old.

Variety Sports Season: March 12th - April 9th

T-ball Season: April 23rd - May 21st



BUILD SKILLS & TEAMWORK

Rookie Sports - Spring T-ball

This program is a progression from our Tots Play Program for the next age level, five and six years old. It teaches sport related skills and how to transition skills into game situations and team play.

T-ball Season: March 26th - May 13th



A NIGHT OUT OR A NIGHT TOGETHER

Friday Family Fun Nights & Parents' Nights Out

Be sure to sign up for one of our Friday Fun Nights!

Sports! Parents Night Out

March 8th 5:30-8pm

Swimming Parents Night Out

April 12th 5:30-8pm

WHISTLE WORTHY?

Complete Lifeguard Certification Course

Learn the skills and knowledge necessary to prevent and respond to aquatic emergencies. Register today!

Monday - Thursday | 4:00 p.m. - 7:30 p.m.

March 11th - 14th & 18th - 21st



UPCOMING EVENTS

Spring Family Easter Event & Healthy Kids Day

Save the Date for these fun, annual events at the Y! Spend time with the family with Easter egg hunts, vendors and activities!

Spring Family Easter Event

April 13th

Healthy Kids Day

April 27th

POWER YOUR PULSE

2019 February/March Member Challenge

The "Power Your Pulse" 60-day Challenge keeps members pushing forward on their health journey after the New Years' Resolutions wear off, as well as offers an opportunity to get more involved with what our cause-driven organization has to offer! **Keep going with your March tasks to win prizes!**



SIMPLE AND SATISFYING

MED Instead of MEDS Healthy Eating Class Series

Learn Med tips, life hacks, and recipes that will help you eat the Mediterranean Way every day.

Time: 6:30-7:30 p.m. at the Y

Fee: \$20 | Register with Regina Moseley, Area Agent, Family & Consumer Sciences at 252-459-9810

HELPING YOU GET CONNECTED, ON THE GO!

New Mobile App and Help Booth

We're excited to announce our new mobile app, which brings the Harrison Family YMCA right to your fingertips! With our new app, you can view schedules, scan in with a digital membership card, and register for programs, all from your smartphone.

NEW APP IS AVAILABLE MARCH 12TH. YOU WILL BE REQUIRED TO DELETE YOUR OLD APP AND INSTALL THE NEW ONE BY APRIL 12TH.

Our Marketing and Communications Team will be holding a Help Booth on the below dates & times to help you navigate and learn the new app!

Come see us!

Wednesday, March 13th

12-1 p.m.

Tuesday, March 19th

12:30-1:30 p.m.

Monday, March 25th

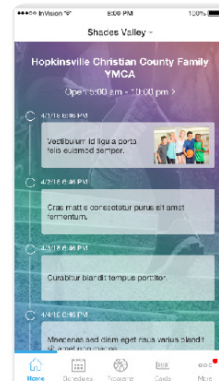
9:30-10:30 a.m.

Friday, April 5th

12:30-1:30 p.m.

Wednesday, April 10th

12-1 p.m.



IMPACTSTORY

Carl Koger

"Carl suffered a stroke years ago which caused him to be in the hospital for several months. After leaving the hospital Carl needed a caretaker and ended up staying with his parents due to his limited motion and ability to walk. Carl's mom Lynette started to work with Carl on regaining some of his skills but felt like he needed something else to keep him active. She heard good things about the Y in the past and decided she would give it chance. With the help of financial assistance, Lynette and Carl were able to start coming to the Y, which Lynette says has been very helpful. "As you can imagine we spend a lot of money on medical bills so getting financial assistance helps us out a whole lot." Since joining the Y, Carl has been able to get involved with different programs that Lynette says has helped him tremendously! **"Coming to the Y has helped Carl open up and become more active. He has become so much more independent and motivated and when he can't come to the Y he is disappointed! Carl now can show me how to exercise on some of the different equipment and he has even motivated his dad to start coming to the Y."** Being a part of the Y gives the whole Koger family a much-needed outlet. "I am able to get a little bit of time to relax, Carl is able to be social, and we are all able to stay active!"



CAUSE-DRIVEN LEADER

Allison Braswell | Membership Services Representative



"I worked for the Y from 2014-2016, moved away for a couple of years and then came back in March of 2018. To me being a Cause Drive Leader means being a role model and an inspiration to others. My favorite example of how my role in the Y is Cause Driven is when

I received a compliment on a comment card about how I made a new member feel at home and welcomed when joining the Y. My favorite thing about working at the Y is conversing with friendly members and guests. Working here also helps me break out of my shell. My favorite thing to do at the Y is run on the track. My favorite hobby is to coupon and shop clearance sales and a fun fact about me is that I could eat Chic-fil-A every day of the week!"