

STAYING CONNECTED THE Y'S MAY NEWS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HARRISON FAMILY YMCA

May 2017

252-972-9622

harrisonfamilyY.org

MAY FUN FACT: THE WORLD IS 71% WATER. SWIM LESSONS CAN REDUCE THE RISK OF DROWNING AMONG CHILDREN 1 TO 4 YRS OLD.

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 Kids 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

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



SKILLS & DRILLS

Group Basketball Lessons

This is aimed for youth interested in improving their basketball skills. Participants will complete drills, play games, as well as do strength and conditioning exercises to enhance their skills! All levels of expertise are welcome and encouraged to have fun!

TIMES: Tuesdays and Thursdays 5:00-6:00PM **AGE GROUPS:** 5-18



HEALTHY LIVING



GET UP & STEP OUT!

Couch 2 5K Running Program

Whether it's your first 5K or you want to train for a faster time, this is the program for you! This 8-week long program is designed to prepare you for any 5K!

DATES: May 2nd-June 22nd (8 weeks long)

Meets every Tuesday and Thursday at 5:30pm

FEES: Members: \$25 Non-Members: \$35 **AGES:** 12 years and up

TAKE CONTROL OF DIABETES

Diabetes Academy- Thursday, May 18th 5:30PM

The Diabetes Academy is a free class given by a Novo Nordisk Diabetes Educator to help you learn about managing Diabetes.

- Diabetes 101: Basic diabetes information and terminology
- Staying Healthy: Tips for eating healthy & staying active
- Diabetes Medication: Basics about insulin and non-insulin injectables and demonstrates how to use injection devices



BENEFITS OF DEEP WATER AEROBICS

Deep water aerobic classes are a low-impact way to tone your muscles and get your heart rate up. This class works each major muscle group of the body through various cardio-respiratory activities.

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Togetherhood
Annual Campaign 2017
1st Annual Color Run 5K & 1 Mile
Red Cross Blood Drive

OTHER INFORMATION

May Loyal Members
May Staff Spotlights

Congratulations to two of our very own Racers Swimmers, **Kayla Miller and Thomas Wilson**. We are more than proud of them for their hard work and accomplishments!



They both qualified to compete in the 2017 YMCA Short Course Nationals!

Thomas was also chosen as Faith Christian School's Student Highlight, and **Kayla** was named Swimmer of the Year by the Telegram!

MESSAGE FROM OUR CEO

"Because it is National Water Safety Month, I want to stress the importance of learning to swim no matter what age or ability. The Y introduced the concept of group swim lessons more than 100 years ago. The latest evolution of Y swim lessons accommodates students of varying abilities to help foster a sense of achievement as swimmers progress between levels. Through this approach, advanced swimmers flow more easily to higher levels while swimmers who need more instruction can learn at their own pace. The results are more confident swimmers who stick with lessons and develop a love for swimming that can last a lifetime."



Jacquelyn Price, CEO

TACKLE THE TAR DISCOUNT!

Help send kids to college with our local Tackle the Tar, held on Saturday, May 20th! **ALL Y MEMBERS CAN RECEIVE 40% OFF REGISTRATION FEES WHEN THEY REGISTER ONLINE WITH CODE: TTTYMCA**



BUILDING HEALTHY FAMILIES

The Y. For a better family.

FAMILIES THRIVE AT THE Y

Family Memberships

For less than a week spent at the beach, families can get a year's worth of active, healthy fun for the whole family! With a family membership, the Y is a place where families can spend time together in one place. **Free Swim Time, Family Gym Time, Climbing Rock Wall, Family Walk Time on the Walking Track, Family Wellness Classes, Volunteer Opportunities together, and More!**

SOCIAL RESPONSIBILITY

LEND A HAND

New Togetherhood Volunteer Search!

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



INTERESTED IN LEADING OR VOLUNTEERING TO HELP MAKE A LARGE IMPACT IN YOUR COMMUNITY?! LET US KNOW TODAY!

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

Why should you give?

For the working families who need quality child care

For the older adults on a fixed income, needing a place to stay healthy

For the adult struggling in health with too many medical bills, needing a place to get their health back on track

FOR ALL.



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 YMCA programs and services they need, to better improve lives. The proceeds of this event will go solely to our YMCA's Annual Campaign, allowing the Y to make sure their doors are open to all.

Saturday, September 23, 2017 - 7:30am

@ North Carolina Wesleyan College

REGISTER ONLINE OR AT THE YMCA!



BLOOD DRIVE

May 31st from 3-7PM, at the Y in the Multi-Purpose Room

Register at Redcrossblood.org

MAY LOYAL MEMBERS:

2-5 years: Edwin Stewart

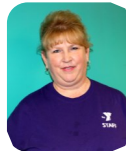
6-10 years: April Livermon

11-20 years: Richard Strawbridge

21-30 years: Julie Agan

STAFF SPOTLIGHTS

Cindy Tharrington, Child Watch Staff



"I have worked for the Y for 12 years. My favorite food is coffee! I enjoy seeing children come in, in their car seats and watching them grow up until they age out. I love watching movies with my husband. My fun fact is that I graduated from Liberty University. I enjoy going upstairs at the Y to workout after work with my co-worker, Beverly."

Alyssa Matthews, Marketing & Development Director



"I have worked for the Y for 4 years. My favorite food is mac-n-cheese! I enjoy being able to use my creativity every day at work and share the work of the Y. I love traveling and experiencing new things. My fun fact is that I grew up dancing, and took jazz and ballet classes for 15 years. I love trying out new group exercise classes at the Y!"

Gene Adams, Personal Trainer



"I have worked for the Y for 6 years. My favorite food is chicken, rice, and vegetables. I enjoy helping others achieve their goals with my job. My favorite hobby is photography. I love the mountains, beach, and playing chess. My favorite thing to do at the Y is weight train and use the stair climber."

Kelli Brantley, Lifeguard and Swim Lesson Instructor



"I have worked for the Y for 8 months. My favorite food is pizza. I love getting the chance to help so many people at work. I enjoy kayaking, going to the beach; anything adventurous! My fun fact: I swallowed money two separate times as a kid and made change. I like to swim and play basketball at the Y."

Donna Manning, Assistant Child Care Director



"I have worked for the Y for 17 years. My favorite food is ice cream. My favorite thing about my job is working with children. I enjoy reading in my downtime. My favorite thing to do at the Y is swim with my grandkids."

Marcus Williams, Gym Monitor



"I have worked for the Y for 2 months. My favorite food is mac-n-cheese. I enjoy assisting others when needed with my job. My favorite hobby is bowling. My fun fact is that I am easy to get along with. My favorite thing to do at the Y is play basketball."