

STAYING CONNECTED THE Y'S MAY NEWS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HARRISON FAMILY YMCA

May 2018

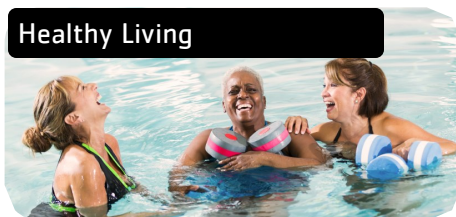
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harrisonfamilyY.org

DID YOU KNOW?

MAY IS NATIONAL WATER SAFETY MONTH! RESEARCH SHOWS THAT PARTICIPATION IN FORMAL WATER SAFETY AND SWIM LESSONS CAN REDUCE THE RISK OF DROWNING AMONG CHILDREN 1 TO 4 YEARS OF AGE.

Healthy Living



JUST ADD WATER

Teaching children how to swim and be safe around water is one of the most important life skills parents can help their children learn. It not only saves lives; it builds confidence. But learning to swim does not

always come at an early age for everyone. That is why we offer swim lessons for all ages. Swimming is not just a life skill, but also great exercise and a challenging sport. We offer group and private lessons, a competitive swim team, a variety of water fitness classes and lifeguard training. **SPLASH INTO THE Y!**

Tell your friends to Join the Y May 15th-31st to receive a pair of GOGGLES or a BEACH MAT TOTE!

*while supplies last *1 per unit



ACTIVE OLDER ADULT & FITNESS FUN WEEK

Celebrate National Older Americans Month & Physical Fitness Month with our fun packed, active week for members!



Beach Ball Deep Water Class	Mon, May 7 th	9-10am	
Nutrition Talk w/ Chef Frank	Mon, May 7 th	10-11am	front lobby
Outdoor Speedwalk	Wed, May 9 th	7:30-8am	front lobby
Beach Ball Aquacise Water Class	Wed, May 9 th	8-9am	
Beach Ball Shallow Water Class	Wed, May 9 th	10-11am	
Beach Party Line Dance	Thurs, May 10 th	10:30-11:30am	Studio 1
Beach Ball Arthritis Water Class	Friday, May 11 th	11:15am-12pm	

TAKE CONTROL TODAY | DIABETES ACADEMY

The Diabetes Academy is a free class given by a Novo Nordisk Diabetes Educator to help you learn about managing diabetes. They are offered at the YMCA quarterly throughout the year. **May 17th, 2018 | 5:30pm | Teen Center**

ELEVATE YOUR GAME | NEW! ADULT BASKETBALL

Join us for a little friendly competition! Whether you miss "suing up" or are new to team sports, the Y's Adult Basketball League provides a perfect opportunity to be active, social and to reconnect or start fresh with a sport you love. You may sign up as a individual, and we will place you on a team, or you can register as a team. Register by June 4th. Games begin June 24th.

AGES: 18 & up, Co-Ed.

FEES: \$50/YMCA Members | \$60/Non-Members



THANK YOU!

Partners and collaborations help our community thrive. Thank you to these grant funders for making this happen.

Thanks to funding from the **Pfizer Community Grant**, we are able to offer free swim lessons to the children enrolled in **Peacemaker's Freedom School Program** this Summer.



Thanks to funding from the **Michael Phelps Foundation**, we are able to offer free swim lessons & healthy eating education to kids at **Boys & Girls Club of the Tar River Region** this Summer.



CHECK OUT OUR NEW GROUP EXERCISE SCHEDULE & NEW INSTRUCTORS!



MAY LOYAL MEMBERS

2-5 years: Joanne Hazle
6-10 years: Francisco Alfaro
11-20 years: Gary Williams
21-30 years: Derrick Smith

MESSAGE FROM OUR CEO

"With a focus on swimming and aquatic programs during the month of May, I want to first thank our partners and funders for their support of and collaboration around teaching others to swim and be safe around water. According to the Centers for Disease Control, drowning is the second leading cause of unintentional injury-related death for children ages 1-14, and we hope to decrease this risk as much as possible. We pride ourselves on our aquatic programs and hope that you will take advantage of National Water Safety Month to try one of them out or learn more about the importance of learning to swim and the benefits of exercise in the water."
-Jacquelyn Price, CEO



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TOTS PLAY PROGRAM | SOCCER

⇒ May 8th-June 7th
⇒ Tuesdays OR Thursdays 5:30-6:30PM



BEST. SUMMER. EVER. SUMMER DAY CAMP

Register for Day Camp before spots fill! Camp this year has 50 MANY awesome options for your kids! Art, Sports, Coding, Swim, Gymnastics, STEM, LEGO, Cooking and more!

June 11th-August 25th | Mondays-Fridays | YMCA & Coopers Elementary | Ages 4-14

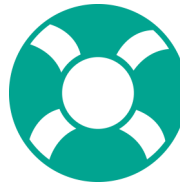
TAKE A STAND | LIFEGUARD TRAINING COURSES

With Summer just around the corner, many are looking for a pool to work at. Be sure to go ahead and sign up for our upcoming courses to save your spot. Only 10 seats are allowed per course.

Complete Lifeguard Certification Course

Mon, May 14th - Thurs, May 17th | 4pm - 7:30pm

Mon, May 21st - Thurs, May 24th | 4pm - 7:30pm



RAISE THE BAR | GYMNASTICS TEAM TRY-OUTS

As one of our competitive team participants, you will build strong friendships, continue to learn and gain gymnastics skills, and "raise the bar"!

Saturday, May 12th and Saturday, May 19th
4-10 yr olds 9:30-11:00am | 11 & up 11:00am-1:00pm



SHOOT & SCORE | HOT HOOPS YOUTH BASKETBALL



Register by June 4th for our Hot Hoops Youth Summer Basketball League! Program Dates: June 11th-August 4th. Practices will be held during the week, beginning June 11th. Games will be held on Saturdays, beginning June 23rd. Age groups: 5-6; 7-9; 10-12; 13-15

Social Responsibility



AMAZING ARTISTS COLORING CONTEST & GALA

Get creative, bring your inner superhero out, and let your artistic talents shine as we invite youth in the community to enter our coloring contest. Entry forms are available at the front desk or online under the events tab.

You're Invited to the Art Gala! | Friday, May 25th | 5:30-7:30pm

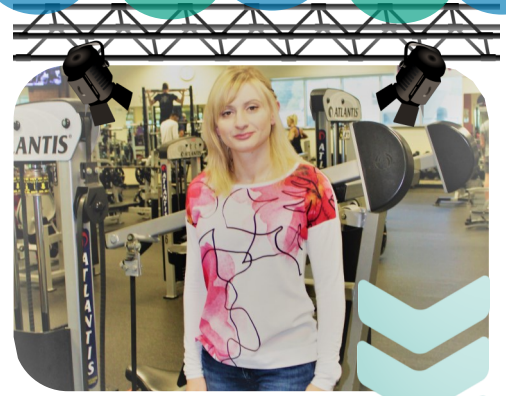
Gala will include contestant's displays of their art, announcement of winners and more. Tickets will be available to vote on the art beginning May 23rd, and all proceeds will go to our 2018 Annual Campaign.

BE A HERO. SAVE THE DATE!

Annual Campaign Victory & Volunteer Spirit Awards Celebration

Thurs, June 7th | 5:30-7:30pm | Rocky Mount Mills Beer Garden

A time to celebrate the closing of our campaign, recognize campaign volunteers, and other volunteers throughout the Y for their dedicated service. Food provided. Beverages nearby at your favorite local Mills restaurant or brewery. Event is open to the community and we encourage you to nominate your favorite Y volunteer by visiting this link: goo.gl/NKurM1 and filling out our short nomination form. **Keynote speaker:** Michael Goodman, Vice President of Real Estate for Capitol Broadcasting Company, Inc.



Staff Spotlight Ekaterina Belaya-Sykes Group Exercise Instructor

"I have worked for the Y for 4 months. My favorite food is sushi and Russian cakes. I love to research new exercises and routines that are interesting and challenging, and sharing my enthusiasm for exercise with other Y members. My hobby is photography and my fun fact is that I was born and raised in Russia, and I also love obstacle course races. The Y has a great family-friendly atmosphere and various fitness classes. My 7 year old daughter and 4 year old son love to attend the children's programs."

Bill's Story

Bill Craig is an advocate for the Y, mainly our Post-Rehab Program. He wants to share his story in hopes of impacting others. "November of 2015, I had a stroke, which left me totally paralyzed on the left side. I ended up going to rehab and had to

use a wheelchair. I finally got to the point where I could use a walker. This was right around the time that our Y was launching the post-rehab program. This was a no brainer for me. It was the perfect time. So, I made that decision and was the very first client of this brand new program. I worked with Sharon Simons, and she started me out lightly. I wasn't sure what to expect, but with progression, I got to the point where I was walking with just a cane. Post-rehab is not like regular therapy. It is individualized to you and your own situations. I love to credit Sharon for the work she has done. She is quick to identify limitations and mental capabilities, and will communicate with your doctor when needed. This program most definitely changed my life and it is not a threat to physical therapy. It is simply a next step and progression. One can't be overly optimistic, but this program will get you back to 95%! I will continue to go out and share my testimony with others because I want others' lives to be changed as mine was."

