

SPLASH INTO WATER SAFETY

May Newsletter



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?

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. Help your kid feel safe in and around the water. #WaterSafetyMonth
harrisonfamilyy.org/programs/our-programs/swimming-aquatics

COMMITTED TO WATER SAFETY

May Water Safety Month Activities

May is National Water Safety Month! Using a variety of fun methods, children and adults overcome fears, build confidence in the water, learn water safety and develop skills that last a lifetime. During the month we will be offering the following water safety activities:

ALL MAY

DROWNING PREVENTION ANNUAL CAMPAIGN DISPLAY

ALL MAY

LAP SWIM CHALLENGE

ALL MAY

WATER FITNESS CHALLENGE

ALL MAY

SUMMER SWIM LESSON SESSIONS AVAILABLE

MAY 15TH - 31ST

JOIN TO RECEIVE GOGGLES & \$10 OFF AN AQUATICS PROGRAM

MAY 3RD

WATER FITNESS SOCIAL - CINCO DE MAYO STYLE!

MAY 13TH - 16TH

LIFEGUARD COMPLETE CERTIFICATION COURSE

& 20TH - 23RD

SKILLS & DRILLS SWIM CAMP FOR AGES 6 & UP! FOCUS ON STROKES

MAY 28TH - 31ST

THROUGH THE DECADES

Active Older Adult Specialty Classes

Celebrate National Older Americans Month this May with our fun "through-the-decades" theme classes just for our Active Older Adult Y Members!

THROUGH THE DECADES WATER FITNESS CLASSES

Wednesday, May 8th 11:15 a.m. - 12:00 p.m.

Wednesday, May 22nd 11:15 a.m. - 12:00 p.m.

THROUGH THE DECADES DANCE & SOCIAL

Thursday, May 30th 10:30 a.m. - 12:30 a.m.



TAKE CONTROL OF YOUR DIABETES

Diabetes Awareness Program with the Nash County Health Department

Next Session: Monday, May 13th | 5:30 p.m.

These 1 hour classes are held on Mondays, quarterly throughout the year to learn how to:



MANAGE BLOOD & A1C LEVELS

TRACK FAT & CALORIE INTAKE

PRACTICE HEALTHY EATING HABITS

MANAGE STRESS

Free and open to the community with registration required in advance.



KIDNEY SMART

Kidney Education Classes

Next Session: Friday, May 3rd | 5:30 p.m.

We will begin holding these awareness classes here at the Y quarterly on Fridays to help educate the community on kidney disease and treatment options. Free and open to the community with no registration required.

INFO TO KNOW

MEMORIAL DAY

We will be closed on Monday, May 27th for Memorial Day. Enjoy your holiday and take time to remember and honor those who have died while serving and fighting for our country.



NEW SPIN BIKES!

Our new iC6 bikes by Life Fitness will be available for use by May 13th, with **GLOW RIDES** that entire week! These bikes will be so much fun as they light up and change colors based off of your level of effort. This makes them perfect for a great workout for the first time rider to the trained triathlete. Normal spin classes from May 7th - 11th will be on hold as we prepare for these new bikes. Stay tuned for more!



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: DEBORAH FRYAR

6-10 YEARS: KAREN HAMMIEL

11-20 YEARS: USHA BHANSALI

21-30 YEARS: WILBERT BROWN

CEO MESSAGE

"May's recognition as National Water Safety Month allows us to spread our message regarding the importance of swimming and water safety. Swimming is not only great exercise, but a very important skill to have throughout your life. Starting early is always the best option, but don't ever refrain from learning to swim just because of your age. We have many adults participating in swim lessons here at our YMCA. And, it is a great thing to see. Drowning is a huge issue across the nation. We want to prevent this as much as possible, especially right before Summertime. Please check out all of our activities this May around water safety."



STRONG WOMEN UNITE

Women on Weights "WOW" Program | May 1st - 23rd

Wednesdays 9 a.m. - 10 a.m. OR
Thursdays 5:30 p.m. - 6:30 p.m.

Interested in learning more about free weights and how to incorporate them into your workouts? This small-group beginner to intermediate program teaches women proper weight-lifting etiquette, technique, and routine. Register in advance. Only 4 participants are allowed per session.



STRETCH YOUR LIMITS

Check out everything all-gymnastics coming up!

Gymnastics Team Try-Outs

All May | Contact Courtney Mizelle to schedule a time.

Gymnastics Open Gym

May 11th | 10 a.m. - 12 p.m.

Gymnastics Bring a Parent Weeks

MOTHERS WEEK MAY 13th - 17th (MOTHERS DAY WEEK)

FATHERS WEEK JUNE 17th - 21st (FATHERS DAY WEEK)



KICK IT WITH THE FAMILY

Family Kickball & Picnic Friday Fun Night

May 3rd | 5:00 p.m. - 8:00 p.m.

Come out for a fun game of kickball with your family! This event is free for everyone and you can bring your own picnic dinners and blankets or chairs.

Some snacks and yard games will be available as well. Registration is required by Thursday, May 2nd.



BEST SUMMER EVER!

Summer Day Camp 2019 | Register to secure your spot!

May 28th - August 23rd

Camp is almost here! There will be 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!

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

YMCA Plus Account Members: \$135/week

Standard: \$150/week

*Daily drop in options available



AN EVENING OF CONNECTIVITY

2019 Annual Campaign Victory & Volunteer Spirit Awards Celebration

May 23rd | 5:30 - 7:30 p.m.

The Beer Garden at the Rocky Mount Mills

Each year, we host this event to celebrate the closing end of our Annual Support Campaign and the Volunteer Spirit Awards is to honor Y volunteers who have inspired us by giving of themselves to benefit the Y and its members; not just in the campaign. You are encouraged to nominate volunteers - either yourself or another Y volunteer - for one of the award categories listed on our web page. Please also RSVP for the event!

harrisonfamilyy.org/events/campaign-volunteer-celebration



**DON'T BE THE MISSING PIECE.
DONATE TODAY.**

YOUR DUES OPERATE OUR FACILITY. YOUR GIFT CHANGES LIVES.



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A CHANCE FOR ALL COLOR RUN 2019

5K & 1 Mile Fun Run

Benefiting the Y's Annual Campaign, keeping our doors open to all

SEPTEMBER 28TH

REGISTER ONLINE BY SEP. 3RD TO GUARANTEE YOUR SHIRT!

harrisonfamilyy.org/events/color-run

Timed Event this year! With continuous Family Fun as well!

FEES:

5K | \$25 includes entry to 1 Mile, medal & color kit

Fun Run w/ kit | \$15 includes award and color kit

Fun Run only | \$5 includes award

IMPACT STORY

Lance Norris

"I started coming to the Y when I was around 3 years old. I was involved with different activities until I turned five and started swimming. Ever since I started swimming at the Y, it has become a place I spend most of my time at. It is where I come when I am not at school. I love the atmosphere and I do not have to worry about anything else when I am here. I have met my closest friends here at the Y. One of the things that have contributed to the Y being such a huge portion of my life is the coaching I have experienced while swimming here. **Coach Yvonne has been here since day one and she is amazing. I wouldn't be who I am today without her!** I have gained so much character since being apart of the swim team. Everyone at the Y is so encouraging and polite. I have even noticed at other swim meets, people are not like they are here. It really is a different world at the Y. I love going to Y nationals over any other swim competition because I know the people from the Y are so different. After swimming at the Y for so long, I cannot imagine my life without it. I love the Y so much that I sometimes get upset when it is closed. I always say my day is not right if I don't feel chlorine! **The YMCA has helped develop me into the person that I am today and I am so thankful for that.**"



CAUSE-DRIVEN LEADER



Christy Spires | Childcare

"I have worked for the Y for 4 months. To me, a Cause Driven Leader is a leader who has a positive goal to obtain and strives to meet that goal every day. This leader doesn't allow negativity in their life to keep them from their cause. A good leader will work together with everyone to figure out solutions to any problems that arise. I feel my role at the Y is many things. The most important being keeping the children safe. I am a big believer in teamwork and helping out where ever I am needed. My favorite thing about working at the Y is seeing the kids smile and laugh. I also like getting to know my coworkers. I love listening to music and spending time with my daughter and other friends and family. My favorite thing to do at the Y is play in the gym with the kids and a fun fact about me is that I have met many of the American Ninja Warriors including Jessie Graff."