



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL FUN FOR EVERYONE

October Newsletter

HARRISON FAMILY YMCA

1000 Independence Drive Rocky Mount, NC

252-972-9622

www.harrisonfamilyY.org | Stay Connected



DID YOU KNOW?

October is Family Health Month. Fall is in the air; the kids are back in school and hopefully, your family is settling back into a routine. October is Family Health Month, and a great time to make family-time a priority and develop healthy eating habits for everyone. When families work towards being happy, healthy and motivated together, amazing things can happen!

FALL FAMILY FESTIVAL!

Saturday, October 20th

5:30-7pm

SUPER HERO costumes, floating pumpkin patch, arts & crafts, treat trail, cornhole & more!

BUILD YOUR BASKETBALL SKILLS!

Rookie Fall Basketball

Help your **5-6 yr olds** learn how to transition their skills into **competitive game situations** and **team play!** Sign up today online or at the Y! Fall Basketball is held on Mondays from 5:30-6:30 p.m. until Nov 19th. Winter Indoor Soccer will begin Jan 8th and is also available for registration! Financial Assistance available.



DEVELOP, GROW, PLAY!

Tots Play Fall Basketball

Your toddlers, **ages 2-4**, will be introduced to the game of basketball, to discover if this is the sport for them! Each weekly lesson is designed with age appropriate skill level and developmental growth. Sign up today online or at the Y! Tots Play Fall Basketball is held on Tuesdays or Thursdays from 5:30-6:30 p.m., beginning Oct 16th and until Nov 27th. Winter Variety Sports and Indoor Soccer begin this December or January and are also available for registration! Financial Assistance available.



FRIDAY FUN WITH LEGOS!

Let's Go LEGO Parents' Night Out | Friday October 12th

Parents! Drop off the kids for a night full of fun with LEGOs, while you enjoy some rest, relaxation or run to the store! Pizza, snack and juice will be provided. Small fee applies. **Must register by Thursday Oct 11th online or at the Y!**



IN THE COMMUNITY

NC Wesleyan College Costume Run

On Saturday October 27th, the Exercise Science Club will be putting on a Costume Run at 5 p.m., on the entire new fitness trail around campus! YMCA members only pay \$11! Register online at ncwc_5k_costume_run.eventbrite.com

Twin Counties Heart Walk

Sign up to walk and/or fund raise for the walk on Saturday November 10th at the Rocky Mount Mills. Check-in and activities begin at 10 a.m. with the walk starting at 11 a.m. All proceeds go back to the American Heart Association in our area, to help fight heart disease and stroke. Register online at TwinCountiesNCHearWalk.org

LOYAL MEMBERS!

Congratulations to all of our loyal member winners for the month! We appreciate your membership and hope that you will share your story of how the Y has impacted your life! If interested, email marketing@rmymca.org. Remember to pick up your prizes at the front desk!

2-5 YEARS: HEATHER PERRY

6-10 YEARS: BENJAMIN SKAGGS

11-20 YEARS: NICOLE ALLEN

21-30 YEARS: HERBERT TILLMAN

CEO MESSAGE

"Fall is now in full swing with the kids back in school and the family settling back into a routine at home. With October being National Family Health Month, we want to stress the importance of getting the whole family involved in healthy living and recreational activities together. Whether it be playing a game of racquetball, walking the track at the Y, deciding to eat healthier or blocking out time to play together, we hope that you can take that small step towards continuing a healthy lifestyle. I also encourage the community to attend our Fall Family Festival on October 20th to have a great time with our Super Hero theme and fun activities!"



GYMNASTICS EVENTS

Upcoming Fall Gymnastics Events

Whether you are a cheerleader, dancer, gymnast or just interested in building friendships and skills, these events are for you! You must register ahead of time online or at the Y!

Lock-Ins

Nov. 30th - Dec. 1st

Open Gym Event

Nov. 10th

Tumbling Clinic

Oct. 27th

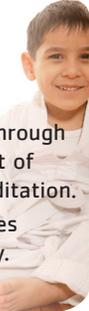


LEARN DISCIPLINE

Martial Arts

This program teaches a combination of self-defense, competition, mental discipline and personal development through a blend of Japanese and Korean disciplines. Classes consist of warm-up and cool-down stretches, kicking, forms, and meditation.

Ages 5 & up Mondays and/or Thursdays (days & times differ with beginner or intermediate level) Fees are monthly. Register online or at the Y! Financial Assistance available.



CARE WHEN YOU NEED IT

School Break Camp

The Y is here for you when school is closed for the kids. We know that with the demands of work, it can be difficult to find care for the kids. That is why we offer our School Break Camp. The next school closing is a **Teacher Workday on October 22nd**. Care is provided from 6:30 a.m.- 6 p.m. at our YMCA Future Leaders Child Care Center. Register online or at the Y!

BURN THE BIRD!

Turkey Triathlon Challenge



Challenge yourself to stay on track this holiday season! The Turkey Tri is a triathlon for individual adults or families/teams and a half triathlon for youth! That's a swim, bike and run/walk combo that you have an entire month to finish! There is no cost, but you must register ahead of time! To track your time, you will fill out a tracker sheet in a notebook provided at the front desk. **All who**

complete the challenge will win a FREE t-shirt and entry into a drawing for a \$100 Gift Card to Dunham's Sporting Goods!

November 1st - 30th

Adult Group: Ages 16 and up | Youth Group: Ages 16 and under

COLOR RUN PROVIDES FUNDRAISING FUN!

The run this year brought out families, students and other locals for a 1 mile and 5K on the beautiful first day of fall. The Outland family was covered in color by the time they finished their 5K run. "We started throwing the color on one another before the race even began," Charlene Outland said with a grin. The Outlands are members of the YMCA. Tommy Outland, Charlene's husband, said the family decided a couple of years ago that they wanted to get in better shape. "This plan eventually evolved into mainly running and we try to get involved in several 5K events a year," Outland said. Their son, Jackson, 10, said this event was especially enjoyable. "It was fun and good way to spend time as a family," he said. Outside of all the fun, the YMCA raised over \$6,000 towards their Annual Campaign with over 150 participants! Thank you to all!



IMPACTSTORY

Lynne Jaffe has been a member of the Y for several years, with the original goal of coming with her family to work out. For a while, Lynne would come to the Y with her family and walk around the track while her family used the exercise equipment. She recently decided to be more productive and improve her health and fitness goals. Deciding to try out several group classes, Lynne found that the morning Yoga class and the Low Impact Cardio Fusion class were great classes for her. She says she really enjoys both classes and the instructors make them even better. "I enjoy the Yoga class as Kathleen Loucks guides you through the moves and provides alternative ways of doing the exercises for those who need it and she makes the class very fun. Sharon Simons makes the Low Impact Cardio Fusion class very fun by changing things from class to class to prevent boredom!" Lynne loves both classes, but what she enjoys most is being able to have fun with other members and the welcoming feeling the Y has. "In neither class does anyone care what you look like or how fit or unfit you are, it is very non-judgemental. The welcoming feeling from these classes keeps me motivated to come to class and the motivation even continues to my job and other areas of my life! I only wish I would have started attending these classes sooner!"



CAUSE-DRIVEN LEADER

SPOTLIGHT

Carrie Tyson | Child Watch Attendant



"I have worked for the Y for 6 months. To me being a Cause Driven Leader means being actively involved in the my community and providing support to those in need. My role here in Child Watch is cause driven because it allows members to have time to exercise and relax, and maintain a healthy life style. My favorite thing about working at the Y is working with children. My favorite hobby is spending time with my grand children and a fun fact about me is I used to race cars in my free time!"