

# FALL FUN FOR ALL



## October 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?

**OCTOBER IS FAMILY HEALTH MONTH!** Every family can be a healthy family. By focusing your family's efforts to live healthier around the Y's pillars of a healthy family home, your family will be feeling stronger and living healthier.



## A MAGICAL EVENING FOR THE FAMILY

Magical Fall Family Festival | Saturday, October 19<sup>th</sup>, 5:30 p.m. - 7:00 p.m. at the Y!

**FREE AND OPEN TO THE COMMUNITY!**

Grab your magic band from the front desk for the Active Magical Trail

Live Disney Characters!

Silly Villain Maze

Magical Floating Pumpkin Patch

Disney Dash

Pirate Hook Ring Toss

Carnival Crafts

Photo Props, Face Painting & Fun!



## SUPERHERO CONFIDENCE

Superhero Friday Nights Out for exceptional children  
Music & Movement Night 🎵🎶

This program is designed for children with developmental and intellectual disabilities. These nights take place one Friday of each month, and provide sensory sensitive activities, fun challenges, socialization with peers, and self-care for parents and caregivers.

Registration required by October 24<sup>th</sup>!

Upcoming Evening: **October 25<sup>th</sup>** Ages K - 12<sup>th</sup> Grades 5:00 - 8:00 p.m.



## TAKE A NIGHT OFF

Parents Night Out: Chopt! | **October 11<sup>th</sup>, 5:30 - 8:00 p.m.**

This night will be a cooking challenge for the kids, with judges and timed challenges to put their creativity and "cooking" skills to the test! **Registration is required by Thursday, October 10<sup>th</sup>.**

## INFO TO KNOW

### NEW POOL HOURS

Effective October 1<sup>st</sup> we will be doing a trial run of new pool hours to be consistent with our facility hours of operation. This will be a benefit to our members allowing more hours of access to the pool during the week! Hours will be as follows:

**Monday-Friday:** 5:30 a.m. - 8:30 p.m.  
**Saturday:** 7:30 a.m. - 4:30 p.m.  
**Sunday:** 1:30 p.m. - 4:30 p.m.

### MEMBERSHIP RATE INCREASE

Effective October 1<sup>st</sup>, 2019 our membership rates will have a minimal increase. This increase will truly help us invest in our facility and programs and best serve our community's needs! Please speak with a membership services representative if you have any questions.

### OUTDOOR GROUP EXERCISE CLASSES

We will have outdoor Zumba and Boot Camp classes on Saturday, October 5<sup>th</sup> on the soccer field for PB&J Day. Free for members and guests.

## 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](mailto:marketing@rmymca.org). Pick up your prize at the front desk!

**2-5 YEARS: LAUREN JENKINS**

**6-10 YEARS: MAYRA VAZQUEZ**

**11-20 YEARS: SHEILA KIRTON-ROBBINSON**

**21-30 YEARS: GRADY PITTMAN SR.**

## CEO MESSAGE



"October is a time where we like to focus on families in our area and how to best serve them. We offer a variety of youth programs to serve children as well as Parents' Nights Out to give them that downtime that can be needed. We also offer family events throughout the year to allow families the opportunity to enjoy activities and time together. Our next event is a Fall Festival on October 19<sup>th</sup> here at the Y. We are excited about the magical twist to this event this year with a Disney theme and encourage all to come out. Always check out our volunteer opportunities as well. This is a great way to give back to the community and inspire a spirit of service."



## FEEL IT ALL.

**LesMills Live Bodypump™ Launch Event October 14<sup>TH</sup>!**

Beginning October 1<sup>st</sup>, enter our raffle each time you attend a virtual class for a chance to win prizes at our BODYPUMP™ launch event! The more classes you take, the better your chances! Announcement of the Raffle Winner will take place on Facebook Live and at the Studio between 5:10 - 5:15 p.m.

### Live Classes:

8:00 - 8:30 a.m. with Haywood  
 8:45 - 9:15 a.m. with Rebecca  
 5:15 - 5:45 a.m. with Haywood  
 6:00 - 6:30 a.m. with Rebecca



## KIDNEY SMART

**Kidney Education Classes**

**Next Session: Friday, October 18<sup>th</sup> | 5:30 p.m.**

This class is offered to help educate the community on kidney disease and treatment options. Get your questions answered by certified kidney care educators Free and open to the community with no registration required.

## TAKE A STAND

**Lifeguard Training Course**

**Complete Lifeguard Certification Course**

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

**Monday - Thursday | Oct. 14<sup>th</sup> - 17<sup>th</sup> & 21<sup>st</sup> - 24<sup>th</sup>  
 4:00 - 7:30 p.m.**



## BUILD SKILLS & MEMORIES

**Gymnastics Tumbling Clinic**

**Saturday, October 26<sup>th</sup> | 10:00 - 11:00 a.m.**

This clinic is open to the community, for anyone who wishes to work on building or gaining tumbling skills. We will have standing tumbling, running tumbling, and other stations available, along with our trampoline.

**Register by Thursday, October 24<sup>th</sup>!**

**Open Gym Event**

**Saturday, November 2<sup>nd</sup> | 10:00 - 12:00 p.m.**

Work on perfecting your gymnastics skills at these two hours of free play on the gymnastics equipment with supervision by YMCA Gymnastics Staff.

**Register by Thursday, October 31<sup>st</sup>!**



## HEALTHY BEGINS EARLY

**KidFit Program**

School age children will learn all about having a healthy spirit, mind, and body while having fun! Kids will play various games, try different sports, and learn all about healthy habits.

**Mondays & Thursdays 6:30 - 8:00 p.m.**

**STAY TUNED FOR A REVAMPED KIDFIT COMING THIS JANUARY!**



## REACH NEW HEIGHTS

**Rock Wall Climbing Club**

Sign up for our NEW CLUB to grow your climbing skills, beat challenges, try new courses, and have fun with friends! We will also have a leader board and will enjoy friendly competition with one another!

**CLUB HOURS:** Tuesdays 6 - 8 p.m. and Saturdays 2 - 4 p.m.



## A CHANCE FOR ALL

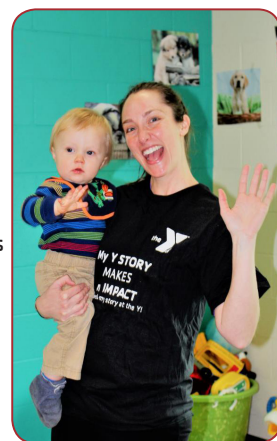
**2019 COLOR RUN IMPACT**

Our 2019 Chance for All Color Run this year was a huge success with over 160 runners, 45 volunteers, and 18 sponsors. Thanks to everyone involved and to Wesleyan for always being a great host! Stay tuned to our social media outlets for the total amount raised this year!

## IMPACTSTORY

**Catherine Ziencik**

"Prior to my son being born, I exercised regularly. Exercising was "my time" to decompress after a long day at work. Exercising always makes me feel better about myself. Toward the middle of my pregnancy, walking around my block was the only exercise I was getting. After my son was born, I focused all of my attention on his needs. As a new mom, I wasn't focused on myself or ensuring I had any "me time". When my son was 9 months old, I felt I had a better grasp on motherhood and began looking for an exercise center that offered a reputable and reasonably priced childcare. I wanted to start exercising again and lose my baby weight while feeling comfortable with leaving my son with trustworthy and caring staff. I called, priced, and visited multiple facilities, and the YMCA was the only exercise facility that met all of my standards. Upon my first visit to the YMCA, I saw the childcare teacher that I was practically raised by when I was a child! That made me feel right at home. My son, Uriah, loves child watch and does not even cry when I leave. This gives me the peace of mind that I need. As a new mother and working professional, I am thankful to be a member of the YMCA where my physical health and the well-being of my child comes first."



## CAUSE-DRIVEN LEADER

**Doreen Zastenchik**

**Cause Driven Leader On Duty**

I have been working at the Y for 7 months. To me, being a Cause Driven Leader means being able to help others. I love helping new members join the Y with their families and seeing their excitement about being able to go to ChildWatch, climb the Rock Wall, and participate in programs. My favorite thing about working at the Y is meeting new people and learning about their history in this area. My favorite hobby is reading any kind of book and a fun fact about me is while I was in high school I was a member of The Future Business Leaders, on the Volleyball and the Track Team, and I also lifted weights with the Football Team.

