



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



HELPING YOU LIVE BETTER

Membership & Program Guide

HARRISON FAMILY YMCA

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QUOTE FROM THE CEO:

"The focus each day is to find ways to make a difference in the lives of people who live in Rocky Mount and the surrounding areas. I am more than blessed to be working for such a great organization and mission."

MISSION IN ACTION

Allen Dickens- "Because of my exercise and education at the Y, I learned to notice when something was not going right with my body. I began noticing problems and to make a long story short, ended up having to go through surgery for an aortic valve replacement. This became very serious and I found a lot of support through people here at the Y. During my surgery, I missed the Y so much, more than anything else because losing weight, becoming a healthier person and getting involved with the community of people here is my life and what really makes me happy. I survived this because I worked out and noticed abnormal symptoms with my body and knew I had to do something. I can't say enough about how different and grateful I feel from this life-changing experience and the support of the Y."



ABOUT THE HARRISON FAMILY YMCA

The Y's mission is our reason for being, and the Y's cause is our mission in action—a promise to do everything in our power to inspire the common good and make life better for individuals, families and communities. The Harrison Family YMCA is dedicated to building healthy, confident, secure and connected children, families and communities. We've made a difference in people's lives from 1911 when the Rocky Mount, Atlantic Coast Line Railroad YMCA was opened and began offering an overnight dormitory for hot meals and showers to Railroad employees. That difference grew throughout the years that ultimately lead to the opening of our current facility in 2005. Today we continue to support our members and community by having state of the art equipment, instructors, staff and programs available to serve our community. Our Y is guided by our mission, identity, and impact and strives to deliver transformative responses to community needs in our service area of Nash and Edgecombe Counties.

MISSION

"To put Christian principles into practice to improve the quality of life in our communities with programs and services that strengthen the spirit, mind and body for all."

PROMISE

At the Y, strengthening community is our cause. Everyday, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income, or background, has the opportunity to learn, grow and thrive.

FOCUS AREAS

- ⇒ YOUTH DEVELOPMENT: Nurturing the potential of every child and teen
- ⇒ HEALTHY LIVING: Improving the nation's health and well-being
- ⇒ SOCIAL RESPONSIBILITY: Giving back and providing support to our neighbors

CHARACTER DEVELOPMENT

- ⇒ CARING: Put others before yourself
- ⇒ HONESTY: Tell the truth
- ⇒ RESPECT: Treat others as you would have them treat you
- ⇒ RESPONSIBILITY: Do what you should

CONTACT US

Feel free to contact us with any questions/concerns you may have or simply great things you would like to share :) We love to hear your input. We also have a comment box located at the front desk should you wish to give us any suggestions or let us know of any concerns, positive feedback, etc. that you may have.

HOURS OF OPERATION

Monday-Friday: 5am-9pm

Saturday: 7am-5pm

Sunday: 1pm-5pm

CONTACT INFO

⇒ **Phone:** 252-972-9622

⇒ **Fax:** 252-972-3580

⇒ **Website:** www.harrisonfamilyY.org

⇒ **Physical Address:** 1000 Independence Drive Rocky Mount, NC 27804

⇒ **Mailing Address:** PO Box 4063 Rocky Mount, NC 27803



STAFF DIRECTORY

CEO: Jacquelyn Price jprice@rmymca.org

Executive Assistant: Stephanie Webb swebb@rmymca.org

Finance Director: Misty Schmitt mschmitt@rmymca.org

Marketing/Development Director: Alyssa Matthews amatthews@rmymca.org

Membership/Engagement Director: Liz Lord llord@rmymca.org

Membership Accounts Specialist: Shanna Etheridge setheridge@rmymca.org

Maintenance/Facility Director: Lee Bell lbell@rmymca.org

Wellness Director: Brett Van Pelt bvanpelt@rmymca.org

Post Rehab Exercise/Wellness Coordinator: Sharon Simons ssimons@rmymca.org

Childcare Director: Jennifer Rankin jrankin@rmymca.org

Childcare Coordinator: Vanessa Gaston vgaston@rmymca.org

Childcare Coordinator: Donna Manning dmanning@rmymca.org

Aquatics Director: Kaila Billups kbillups@rmymca.org

Swim Team Coordinator: Yvonne Wilkins ywilkins@rmymca.org

Sports Director: Kyree Bethel kbethel@rmymca.org

CONNECT WITH US



DOWNLOAD OUR MOBILE APP TODAY!

(Android & Apple): Harrison Family YMCA

Features:

- ⇒ Easy to Use
- ⇒ Mobile Check-In
- ⇒ Exercise Schedules
- ⇒ Facility Status Updates
- ⇒ Important Notifications
- ⇒ Mobile Program Registration



FOLLOW US ON SOCIAL MEDIA!

Facebook: facebook.com/Harrison.Family.YMCA/

Twitter: twitter.com/HarrisonFamilyY

LinkedIn: Harrison Family YMCA



SUBSCRIBE TO EMAILS!

Via our Website, Facebook Page, or just by giving your email address to the Front Desk!



FINANCIAL ASSISTANCE PROGRAM

THE ESSENCE OF THE Y

With a commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility, the Harrison Family Y ensures that every individual has access to the essentials needed to learn, grow and thrive.

EVERYONE IS WELCOME

The YMCA welcomes all who wish to participate and believes that no one should be denied access to the Y based on their ability to pay. Through our Financial Assistance Program, the Harrison Family Y provides assistance to youth, adults and families based on individual needs and circumstances. Assistance may be provided for membership and most youth programming.

COMMITTED TO OUR COMMUNITY

Determining assistance amounts is handled in a fair and consistent manner. Every Y member receives the same membership benefits, regardless of whether or not they receive financial assistance. Members and participants can feel confident knowing that they are a part of an organization that cares greatly for the well-being of all people, and is committed to youth development, healthy living and social responsibility.

HOW TO APPLY

If you feel that you may qualify for financial assistance, please fill out a Financial Assistance Application, available online or at the Y. You will be asked to provide your income, expenses, number of people living in your household, dependent and spouse information. You will be contacted by our Membership Accounts & Financial Assistance Specialist, Shanna Etheridge. Feel free to contact her at 252-972-9622 x. 258 or setheridge@rmymca.org.

Funds raised through our volunteer-led Annual Fundraising Campaign are used to assist with providing Financial Assistance.



MEMBERSHIP RATES

Youth: Ages 5-12

- ⇒ monthly rate: \$11
- ⇒ joining fee: none

Teen: Ages 13-18

- ⇒ monthly rate: \$23
- ⇒ joining fee: \$25

Young Adult/Student Rate: Ages 19-29 or full-time student

- ⇒ monthly rate: \$31
- ⇒ joining fee: \$25

One Adult: Ages 30-59

- ⇒ monthly rate: \$42
- ⇒ joining fee: \$25

Two Adults: Two adults living in the same household

- ⇒ monthly rate: \$57
- ⇒ joining fee: \$40

One Adult Plus: One adult and dependents (18 & under) living in the same household

- ⇒ monthly rate: \$53
- ⇒ joining fee: \$25

Two Adult Plus: Two adults and dependents (18 & under) living in the same household

- ⇒ monthly rate: \$68
- ⇒ joining fee: \$40

Three Adult Plus: Three adults and dependents (18 & under) living in the same household

- ⇒ monthly rate: \$83
- ⇒ joining fee: \$40

One Senior: Ages 60 and over

- ⇒ monthly rate: \$38
- ⇒ joining fee: \$25

Two Seniors: Two adults living in the same household where one is age 60

- ⇒ monthly rate: \$52
- ⇒ joining fee: \$40

*Beginning 1/1/2017, joining fees apply if membership is inactive for longer than 30 days and you have not paid a joining fee in the past 12 months.

WE ALSO WELCOME GUESTS

Guest passes are offered for anyone interested in trying out the Y. They can be issued by the front desk and have to be authorized by a staff member. All guests must present ID upon entry. Please see page 11 for guest guidelines/rules.

Daily Guest Fees:

- ⇒ \$8 age 17 & under
- ⇒ \$12 ages 18 & over
- ⇒ \$25 for families

Two Week Guest Fees:

- ⇒ \$25 for any age individual
- ⇒ \$50 for families

MEMBERSHIP BENEFITS

Y Members receive full access to the entire facility!

CHILD WATCH CARE (2 HOURS A DAY)

GROUP EXERCISE CLASSES

WATER FITNESS CLASSES

RECREATIONAL & COMPETITION POOL FOR OPEN SWIM

RACQUETBALL COURTS

BASKETBALL GYMS (3 COURTS)

FREE WEIGHTS

WALKING TRACK

UPDATED STRENGTH & CARDIO EQUIPMENT

SPA

SAUNA

STEAM ROOMS

LOCKER ROOMS

MONTHLY LOYAL MEMBER RECOGNITION & PRIZES

MEMBER PROGRAM DISCOUNTS

COACH APPROACH PROGRAM TO GET YOU COMFORTABLE

**basketballs, racquets, wallyballs are provided for use at the Front Desk.*

WELCOME TO ALL

Financial Assistance is available to those who apply and qualify. Annual Support Campaign Funds are raised each year to help provide this program to the community. Please ask for a financial assistance form at the front or download and print from our website.

NEW MEMBER ORIENTATION

This allows all new members the opportunity to get acquainted with all work out equipment. Let us show you the keys to a safe, effective workout. A YMCA Staff Member will demonstrate how to use the Wellness Center Weight Machines and Cardio Equipment. Policies related to Wellness Center usage will also be covered. Meet at the front desk: Mondays, 9:00-10:00 AM

SPREAD THE WORD. SHARE THE HEALTH.

As a current member, when you refer a friend you can both benefit! When that friend officially joins the Y, they get **\$10 off their first 4 months of membership**. After they have been a member for a complete two months, you get a **whole entire month free!**

MY Y IS NOW EVERY Y IN NORTH CAROLINA & VIRGINIA!

Your Y just got a whole lot bigger! We want to encourage members to utilize the Y as often as they can. Sometimes, it's more convenient for members to utilize a Y in a different location when traveling, near a workplace or in another region. Now, full facility/full privilege YMCA members have the flexibility to use other Y facilities throughout North Carolina and Virginia, at no extra charge. Simply present your active YMCA membership card and photo ID at the Y you're visiting and enjoy free access. Some restrictions and exclusions may apply. Prior to visiting a Y we recommend members contact them for more information. Now get out, explore and stay connected to the Y!



CHILD WATCH CARE

At the Y you won't have to worry about childcare while you workout. We've got that covered. Our Child Watch staff are more than capable of giving your child the attention they need and making them feel right at home, while you are being active and staying healthy. They will love it so much, it will be tough getting them to leave when you are finished! Child Watch is located in the Front Lobby of the Y.

- ⇒ Free to Y members (when your child is on your account) or
- ⇒ Non-members (\$5/hr)
- ⇒ 2 hours a day (any 2 hours of your choice)
- ⇒ Available to children 6 weeks– 12 years of age

Hours:

- ⇒ Monday-Friday: 8:00 am – 1:00 pm & 3:30 pm – 8:00 pm
- ⇒ Saturday: 8:00 am – 2:00 pm
- ⇒ Sunday: 1:30 pm – 4:30 pm

*CW may close 15 minutes earlier than posted if there are no children.

Guidelines:

- ⇒ Parent/Guardian must remain on the premises at all times and must be actively using the facility
- ⇒ Diaper bags must be clearly labeled with the child's first and last name
- ⇒ Infants and toddlers should be brought with full tummies, fresh diapers and clean hands and face
- ⇒ Toddlers who are not 100% potty trained should wear a pull-up or diaper. If your child is in the process of being potty trained, let us know we can encourage them to use the restroom.
- ⇒ Snacks and juice are permitted, but containers must be clearly labeled with your child's name. Please do not bring a meal, any items that need to be heated, microwaved or cut up, or fast food. If you bring a meal you may take your child to the café area and sit with them while they eat before entering Child Watch.
- ⇒ Please do not bring any glass containers or bottles, gum, lollipops or small hard candy.
- ⇒ Staff are accustomed to comforting/distracting children. However, if a child is still inconsolable after 10 minutes, the parent/guardian will be asked to return for their child. If you are paged by staff while your child is in our care, you are expected to return as soon as possible.
- ⇒ A child may not participate in Child Watch if any of the following symptoms have existed in the past 24 hours: fever, vomiting or diarrhea, symptoms of mumps or chicken pox including any unexplained rash, common cold onset (through 1 week), sore throat, croup, sickly cough, any skin infection, yellow or green nasal discharge, pink eye or lice. *Children not well enough to attend school cannot attend Child Watch.



KIDS DISCOVERY ZONE PROGRAM

Discovery Zone is designed to provide a supervised, innovative programming experience for kids, giving parents some time to run their errands and get stuff done! The kids are well taken care of and more than entertained with our Discovery Zone list of activities such as arts & crafts, swimming, science projects, cooking demonstrations and more!

- ⇒ Free to Y members
- ⇒ Ages 6-12

Hours:

- ⇒ Tuesdays & Thursdays: 6:30 pm – 8:30 pm

For more information, please contact Liz Lord, Membership and Engagement Director at 252-972-9622 x. 256 or llord@rmymca.org

FACILITY RULES & GUIDELINES

GUEST GUIDELINES

- ⇒ Each guest 16 years and older must provide a valid photo ID each visit.
- ⇒ Each guest 18 years and older will be scanned through Raptor database (National Sex Offender Registry). Access will be denied to any individual registered as a sex offender.
- ⇒ All guests 17 years and younger must be accompanied and signed in by a current Y member over the age of 18 on each visit. The current Y member will be held responsible for any discipline issues of their guest(s) up to and including suspension or termination of membership. The Y member 18 years and older must remain with a guest(s) 17 years or younger while they are in the facility.
- ⇒ A Y member may not sign in more than 2 guests per visit.
- ⇒ Each guest must be properly registered and checked in through Membership Services at the front desk. This includes completing a guest application annually and checking in with a membership services representative with each visit.
- ⇒ The hours of 4pm until closing, Monday-Friday, and all day Sunday are our members only time. No guest passes will be issued after 4pm.

FITNESS/WELLNESS CENTER

- ⇒ No one under the age of 15 allowed in the Wellness Area unless:
 - ⇒ They are on the walking track with an adult
 - ⇒ They are taking T-N-T (teens in training)
 - ⇒ Ages 10-12 (will be given a red bracelet) must be with an adult and may only use the Precor & Cardio areas.
 - ⇒ Ages 13-14 (will be given a green bracelet) may use the Precor and Cardio areas only for up to 2 hours.
- ⇒ Do not drop weights on the floor
- ⇒ No sandals may be worn in the Wellness Area
- ⇒ Do not remove equipment from respective areas
- ⇒ Wear proper attire for all wellness activities
- ⇒ No member to member personal training
- ⇒ Limit use of cardio equipment to 30 minutes
- ⇒ Wipe equipment down after every use
- ⇒ Do not deny access to equipment you are not using
- ⇒ Do not enter class more than 10 minutes after start
- ⇒ Turn off cell phones before coming upstairs

BASKETBALL COURTS

- ⇒ Court 1: (front) For ages 15 and up ONLY
- ⇒ Court 2: (back) For ages 11-14 ONLY
- ⇒ Court 3: (Family Gym) For ages 10 & Under, as well as families ONLY
- ⇒ **NO UNSPORTSMANLIKE CONDUCT**
- ⇒ **NO PROFANITY OR ABUSIVE LANGUAGE**
- ⇒ **NO LOUD VERBAL EXCHANGES**
- ⇒ **NO THREATENING GESTURES OR CONTACT**
- ⇒ **NO DUNKING OR HANGING FROM THE RIM OR NET**
- ⇒ **NO FOOD ALLOWED IN THE GYM**
- ⇒ **RESPECT OTHER YMCA MEMBERS AND STAFF**
- ⇒ **PROPER ATTIRE MUST BE WORN AT ALL TIMES**
- ⇒ **ONLY NON-MARKING SHOES ON GYM FLOOR**
- ⇒ **AGE 10 & UNDER MUST BE ACCOMPANIED BY AN ADULT**
- ⇒ **THE YMCA IS NOT RESPONSIBLE FOR LOST OR STOLEN PROPERTY**



YOUTH GUIDELINES

Area/Activity	Age of Child/Youth			
	6 weeks - 4 years	5 -10 years	11 -14 years	15 -18 years
Child Watch	Yes	Yes	No—12 & under only	No
YMCA Programing	Yes	Yes	Yes	Yes
Basketball Court 1 (front)	No	No	No	Yes
Basketball Court 2 (back)	No	No	Yes	No
Basketball Court 3 (family gym)	Yes—must be under direct adult supervision at all times	Yes— must be under direct adult supervision at all times	No	No
General Area	Yes—must be under direct adult supervision at all times	Yes—must be under direct adult supervision at all times	Yes—unsupervised for a maximum 4 hours per day	Yes
Pool	Yes—an adult must be in the water at all times within arms reach	Yes—must be under direct adult supervision at all times	Yes—unsupervised for a maximum 4 hours per day	Yes
Whirlpool/Sauna	No	No	No—minimum age is 14	Yes
Racquetball Courts/Wallyball *Protective eyewear required	Yes—must be under direct adult supervision at all times	Yes—if actively participating, adult must remain on court with child at all times	Yes—unsupervised for a maximum 4 hours per day	Yes
Strength/Cardio Area	No	No	Yes—only upon completion of T-N-T*, must be under the direct supervision of an adult at all times, may use Precor area only	Yes
Indoor Track	Yes—must be under direct adult supervision at all times	Yes— must be under direct adult supervision at all times	Yes—unsupervised for a maximum 4 hours per day	Yes
Climbing Wall	No	Yes	Yes	Yes
Aerobics/Water Fitness Classes	No	No	No	Yes—for ages 16 & up

Program	Age Range
Parent-Tot Swim	6-36 Months
Preschool/Progressive Swim Lessons	3-12 Years
Y Racers Swim Team	5- 18 Years
Parent & Me Tumbling	18-36 Months
Preschool Tumbling	3-5 Years
Progressive Gymnastics Lesson	5-18 Years
Gymnastics Team	5- 18 Years
Karate	5-18 Years
Inquire at membership desk for age ranges for seasonal programs	

- An adult is defined as a person at least 18 years of age.
- 10 year olds are permitted in Strength/Cardio Area upon completion of T-N-T with adult supervision.
- Teens-N-Training (T-N-T) is a 2 hour course for ages 10-14 that teaches participants about health, nutrition, and proper workout technique. This course is scheduled at the participant's convenience. See the membership desk to schedule a session.
- 13-14 year old may use Precor area unsupervised for no more than 2 hours per day.
- Youth under the age of 16 may attend aerobics classes with a doctor's prescription.
- For all youth programs mandatory sign-in and sign-out policy is required by authorized parent/guardian. See program instructor for sign in/sign out policy.
- In order to support schools and education, school aged children who are not participating in an organized school program are not allowed in the YMCA prior to 3:00 pm on scheduled school days.
- Please refer to pages 16-17 for After School & Camp age guidelines.

LOYAL MEMBER RECOGNITION

As a loyal member of the Y, we want to show you our appreciation for sticking with us! On the first of every month, we will choose a member from each of these categories, listed below, to receive a gift as a special appreciation from Y Staff! Within that category, members who have used the facility at least 10 times within the past two months, will go into a drawing. From there, the winner will be chosen at random! Don't worry— we will not let the same person win more than once within the same year!

2-5 years loyal member

6-10 years loyal member

11-20 years loyal member

21-30 years loyal member

31 + years loyal member

We also ask the Loyal Member Winners and anyone who has been impacted by the Y to

share their story!

Your story—whether it's about you, the people you know, or an entire community—has the potential to motivate others with real-life tales of how the Y not only promises, but also delivers positive change. Through your unique and special voice, the Y can share your story to bring people together to invest in our kids, our health, and our neighbors. If a story about the Y has meaning for you and you're willing to tell it, then we believe it's worth hearing. The only thing more important than the words you have to say is the untold lives your story touches. **You** can share **your story** by asking the Front Desk for a “share my story” form or email us at marketing@rmymca.org! Everyone who shares their story will win a “My story makes an impact” t-shirt!



CORPORATE MEMBERSHIPS

WHY OFFER A CORPORATE HEALTH PROGRAM?

Healthy, happy people are good employees. A well-rounded benefits package, one that includes a YMCA membership, is attractive to current and potential employees. An estimated 25-30% of companies' medical costs/year are spent on employees with excess, often preventable, health risk. Other benefits that companies see include:

- ⇒ Increased Productivity
- ⇒ Employee Stress Relief
- ⇒ Better Time Management
- ⇒ Improved Memory Retention
- ⇒ Decreased Employee Absenteeism

YMCA PLANS

The Harrison Family YMCA offers an employee wellness program with two levels. We hope that one of these levels will be perfect for your company. Each level requires a minimum of only 10 new YMCA memberships.

ADVERTISING

Participating in a Corporate Membership Plan will also give you advertising benefits. With over 8,000 members coming in and out of our facility and looking at our website, you will be sure to showcase the benefits of your business. We will list you and your logo with a link to your website as a Community Partner on our website and digital signage throughout the facility. We will also invite you to our various events throughout the year as a vendor.

LEVEL 1

Your employees will receive 25% off the joining fee at any time, for any membership category (excluding youth & teen). Your company doesn't pay anything.

LEVEL 2

We will waive 100% of the joining fee at any time, for any membership category (excluding youth & teen). Your company doesn't pay anything towards the joining fee. However, your company pays a portion of each employee's monthly membership fee (\$15/month minimum).

For more information, please contact Liz Lord, Membership and Engagement Director at 252-972-9622 x. 256 or llord@rmymca.org



MILITARY OUTREACH INITIATIVE

We understand that military families are under enormous strain, and that military life comes with unique challenges. Deployments and frequent moves can be a stressful and uncertain time for our nation's servicemen and women and their families. Thank you for all you do for our Country!

WHAT IT IS

We are proud to announce that the Armed Services YMCA, in partnership with the Department of Defense, has extended the Military Outreach Initiative until March 2017. In partnership with the Armed Services YMCA, we are proud to offer memberships and respite child care services to eligible military families and personnel. The Military Outreach Initiative provides qualified military personnel (typically families of deployed National Guard or Reserves and independent duty personnel) with a Y membership that renews every six months.

HOW TO GET STARTED

To check your eligibility please stop by our front desk to pick up a Military Outreach Initiative Information packet. All the forms you will need to process your request are provided.

For more information, please contact Shanna Etheridge, Membership Accounts and Financial Assistance Specialist at 252-972-9622 x. 258 or setheridge@rmymca.org



AFTER AND BEFORE SCHOOL CARE

Y After School Care is more than just supervision. We understand the importance of developing the "whole" child. This program provides children with a safe, nurturing environment that is stimulating and challenging for the kids. In addition, we offer opportunities for your child to learn about and embody the Y character values of Caring, Honesty, Respect and Responsibility every day. The Harrison Family Y is a 5 star licensed Childcare facility in Rocky Mount, NC serving Nash and Edgecombe Counties, titled the Future Leaders Childcare Center. We also offer various school site locations to serve you!

SCHOOL SITE LOCATIONS

Bailey Elementary*
Benvenue Elementary*
Coopers Elementary
Englewood Elementary*
M.B. Hubbard Elementary*
Nashville Elementary*
Red Oak Elementary
Spring Hope Elementary*
Swift Creek Elementary
Winstead Avenue Elementary*
Rocky Mount Preparatory
Martin Millennium Academy

*=These locations also offer Before School Care

PARENT NEED TO KNOW INFO

- ⇒ Ages 4 & up for school site (must be enrolled in Pre-K). Ages 5 & up for Y Future Leaders Center (must be enrolled in Kindergarten).
- ⇒ All Monthly Rates cover only days school is in session, as well as early release and make-up days. \$10 late fee applies for payments made after the 5th of the month.
- ⇒ All Monthly Rates are per child.
- ⇒ All Teacher Workdays and Holidays will be billed separately at the Holiday Camp Rate.
- ⇒ There will be no refunds for closings due to weather.
- ⇒ YMCA Member Rates apply only to Family "Plus" Memberships (One Adult Plus, Two Adult Plus or Three Adult Plus).
- ⇒ Enrollment fees are mandatory, non-transferable and non-refundable.
- ⇒ Teachers must show a school ID to get the teacher rate.
- ⇒ Transportation is provided from some locations to the Future Leaders Childcare Center (YMCA Site) After School Care. Please check with Childcare Office for these locations.
- ⇒ Drop-In option is as space allows.
- ⇒ Drop-In booklets must be used within the month purchased.

For more information, please Jennifer Rankin,
Childcare Director at 252-972-9622 x. 239 or
jrankin@rmymca.org

RATES:

Annual Enrollment Fee: \$25

After School Care only

M-F from the end of school day until 6:00 PM

Monthly Rates

School Site- Standard: \$165,
Teachers: \$145

Rocky Mount Prep- Standard: \$175,
Teachers: \$155

Y Site- Standard: \$240, Y Plus
Members: \$220

Before School Care only

Offered at school sites only

M-F from 6:30-8:00 AM

Monthly Rates

Standard: \$65, Teachers: \$55

Before & After School Care

M-F from 6:30-8:00 AM and from
end of school day until 6:00 PM

Monthly Rates

Standard: \$205, Teachers: \$185

Holiday Camp (All Day Care when school
is out)

Offered at YMCA Site Only

6:30 AM -6:00 PM weekdays

Daily Rates

Y Plus Members: \$30/day, Standard:
\$35/day

Drop-In After School Care only

School Site: \$50 for 5 day booklet

Y Site & Rocky Mount Prep: \$65 for
5 day booklet

*as space allows



SUMMER DAY CAMP



Whether your child is a regular Summer Camper, or if you are looking for new, enriching summer activities for your children, the Y offers a safe, nurturing environment to grow, play and experience new things. Get your child active and involved during summer in our enriching, safe and exciting summer camp programs! We are extremely proud of our Summer Camp programming and the opportunities it offers your child for adventure and social growth. Our goal is to create a fun environment and instill core values that help children flourish physically, mentally and spiritually so that they may achieve their greatest potential. You may choose all weeks of summer camp or specific weeks of interest.

TYPES OF DAY CAMP

Mega Camp (Y Future Leaders Childcare Center): Ages 5-14 (must have completed Kindergarten)
Campers will participate in a variety of recreational and educational activities based on weekly themes. Mega Camp is a five-star licensed program here at the Y location.

Sports Camp: Ages 5-14 (must have completed Kindergarten)
Campers will receive training in the technical and fundamental aspects of different sports in a safe, non-competitive atmosphere. Our goal is to help participants learn team work, discipline, goal setting, cooperation and character development. This camp includes a variety of different sports each week.

Gymnastics Camp: Ages 5-14 (must have completed Kindergarten)
Gymnastics Camp combines fun activities along with age appropriate gymnastics skill building. This camp provides an enriched environment for children to develop socially and physically while learning gymnastics skills and routines.

WHEN AVAILABLE

Day Camp will begin the week after school gets out for the Summer and will end the week before children return to school.

Camp Operational Hours: Monday– Friday 6:30am-6:00pm

- ⇒ 6:30-9AM: Welcome & summer activities
- ⇒ 9AM-4PM: Themed activities, outdoor play, swimming and field trips (as planned)
- ⇒ 4-6PM: Preparing for pick-up & summer activities

RATES

- ⇒ **Weekly Fee:** \$130/Y Plus Members \$150/Non-Members
- ⇒ **Daily Drop-In Rates:** \$35/Y Plus Members \$45/Non-Members
- ⇒ **Registration Fee** (one-time): \$25



SWIM LESSONS

GROUP SWIM LESSONS FOR KIDS

This new curriculum will help bridge the gap between learning to swim and water safety. Parents can also use our Lesson Selector to easily determine stage placement for where their child will start. Also, each child gets to take a photo on our Achievement Banner after passing their session!

Stage Descriptions

*Please ask front desk for lesson selector form to determine stage placement for your child.

Swim Starters: Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

- A/Water Discovery: Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.
- B/Water Exploration: In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

Swim Basics: Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: (1) Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit (2) Jump, push, turn, grab

- 1/Water Acclimation: Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This stage lays the foundation that allows for a student's future progress in swimming.
- 2/Water Movement: Students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.
- 3/Water Stamina: Students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage introduces rhythmic breathing and integrated arm and leg action.

Swim Strokes: Having mastered the fundamentals, students learn additional water safety skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

- 4/Stroke Introduction: Students develop stroke technique in front crawl and back crawl and learn the breast-stroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.
- 5/Stroke Development: Students work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.
- 6/Stroke Mechanics: Students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

GROUP SWIM LESSONS FOR ADULTS

Swim lessons are for all ages. Swimming is a very important life skill that every-one should learn. Adult/Teen group lessons are available for ages 13 & up.

- Member fee: \$49
- Non-Member fee: \$64

PRIVATE SWIM LESSONS

Our private swim lessons are for ages 3 to adult for people who are interested in individual attention

- Beginner to Advanced
- Personalized Program based on Individual goals

For more information, contact Kaila Billups, Aquatics Director, at 252-972-9622 x. 235 or kbillups@rmyymca.org



Y RACERS SWIM TEAM

Our Racers Swim Team is a competitive swimming organization providing the finest instruction and training to participants in Rocky Mount and the surrounding areas. The year round program gives youth a chance to experience success and achievement through a wholesome, healthy activity. Y Racers Swim Team is a member of USA Swimming, the national governing body of the most successful Olympic sport in history, as well as the Greater Sunbelt Swim Association and the East Carolina Swim League. Participants range in age from 5 to adult. The team welcomes new members of all ages and ability levels.

MISSION

"To develop and promote swimming for all ages and abilities, to encourage health and fitness and to produce athletes who are a credit to their sport and community."

REQUIREMENTS & FEES

Required: Harrison Family Y Membership

\$70 Annual registration fee for USA & GYSSA membership.

To promote swimming and improve the overall health of our community, Envolve is sponsoring all K-12 students by paying this Racers Swim Team Annual Registration Fee of \$70!

Monthly Team Fees:

Gold -\$74 Silver- \$69 Bronze - \$64 Racers - \$59 Mini-Racers - \$59 HS Development - \$64

*\$5 discount for each additional family member

envolveTM

For more information, contact Yvonne Wilkins, Swim Team Coordinator at 252-972-9622 x. 236 or ywilkins@rmymca.org.



SEASONAL YOUTH SPORTS

At the Y, sports and recreational activities are something special. Friendly competition (even with yourself), lots of variety and a supportive environment means team sports and recreation is fun again, and it makes for a healthier lifestyle and a good story or two. The Y also believes in incorporating the values of honesty, caring, respect, and responsibility into all youth programs. These traits help children to succeed in life. For each Sport, kids will be separated into teams based on skill level and age group. Each team will have a volunteer coach and will practice and play games, unless otherwise specified. They will build on skills, learn teamwork and build positive relationships in a safe and fun atmosphere. If there is ever a cancellation of the program due to low participation, clinics will be offered.

- ⇒ **Price Range for Members:** \$35-\$50
- ⇒ **Price Range for Non-Members:** \$45-\$60
- ⇒ **Age Range:** 3-18 (varies depending on the program and participation interest)

Please refer to specific brochures on the brochure wall or online for dates and details.



BASKETBALL

Basketball was invented in 1891. While teaching at the International YMCA Training School, James Naismith was given the challenge of creating a game that could be played indoors during the cold winter months. Hanging simple peach baskets and using a soccer ball, Naismith created the game of basketball and wrote the first 13 rules of the game.

- ⇒ **Offered in Summer & Winter**



SOCCER

Known as the beautiful game for a reason - soccer combines fitness with finesse and strategy with skill. This sport is a very popular sport in our area and around the world!

- ⇒ **Offered in the Spring**



FLAG FOOTBALL

The game of flag football has been around for as nearly as long as tackle football. Flag football was played as a recreational activity for American military personnel in the 1940s. Recreational leagues began in the 1940s and 50s. Currently, the sport has a strong amateur following, with several national and international competitions each year. Flag football is popular among many!

- ⇒ **Offered in the Spring**

Other sports are offered at various times throughout the year depending on interest level such as floor hockey, volleyball, t-ball, etc.

For more information, please contact Kyree Bethel, Sports Director at 252-972-9622 x. 227 or kbethel@rmymca.org



GYMNASTICS

PRESCHOOL AND SCHOOL AGED RECREATIONAL GYMNASTICS CLASSES

Developmental classes (Ages 3 and up)

All classes follow USA Gymnastics Skill Progressions for safety and proper skill development. The primary focus is the safety of all participants. Developmental classes combine fun activities along with age appropriate skills. These classes are taught in a fun and creative way to encourage a healthier mental, physical and emotional lifestyle for the participants. In addition to skill development, classes also include character trait education including persistence, independence, problem solving and decision making. To help develop a positive self-image, students are taught to break down goals into manageable steps instead of huge overwhelming objectives that can bring failure and frustration. All coaches are USA Gymnastics members and hold a USA Gymnastics Instructor Certification. Our coaches are role models picked carefully to provide you with the most positive, encouraging influences for your child. Coaches are chosen not by their gymnastics trophies, but by their CHARACTER. They're energetic, imaginative beings, knowledgeable in what gets children excited to learn and want to learn more.

Pricing varies. Check the brochure for details.

Fees and types of classes

- ⇒ Parent & Tot (18 months-3 years; parent must attend with gymnast)
- ⇒ Preschool (3-5 years old; no parents in class)
- ⇒ Beginner (5 years old and up; no prior gymnastics required)
- ⇒ Intermediate (5 years old and up; some prior gymnastics required)
- ⇒ Advanced (5 years old and up; some prior gymnastics required)
- ⇒ Parkour (8 years old and up)



GYMNASTICS PRE-TEAM

This is a year round program, preparing advanced gymnastics students who wish to participate on our competitive gymnastics team in one year. Participants will practice all four event areas of competitive gymnastics (floor, beam, vault and bars) in a safe and controlled environment. Gymnasts will condition and practice two times a week. Pre-team is designed to prepare gymnasts for the high demands of competition and to be a stepping stone for gymnasts to participate for 1-2 years before trying out for the competitive team.

- ⇒ Pre-team participants are not required to be members of the Y.
- ⇒ If interested, please ask the front desk or check online for a printable registration form and bring/fax/email in to the Y with attention to the Sports Director.

GYMNASTICS COMPETITIVE TEAM

This is a year round program for competitive gymnasts who wish to compete against outside teams and gymnasts within the state of North Carolina. Competition season runs from December through April with approximately 6 meets/invitationals in addition to an end of season State Meet. The Sports Director will give the participant and parent specific details of when and where the meet will be. Team is by invitation only from the coaches. Gymnasts who wish to try out must attend the summer or fall try out. Gymnasts will not be permitted to join the team half way through the season.

- ⇒ Ages: 5 and up
- ⇒ Participants must be a Harrison Family YMCA member
- ⇒ Participants are required to be members of USAG (USA Gymnastics) and NC Gymnastics

KARATE

This program is a year round Goju-Shorin Karate program, founded in North Carolina. It is designed to teach participants self-defense through confidence building. It is also designed to teach discipline, instill confidence and increase body strength with a focus on core muscles and balance. Not only will participants gain better discipline and focus, they will also support a healthy, active lifestyle.

Age Groups:

- ⇒ Ages 5-12
- ⇒ Ages 13 & up

Fees:

- ⇒ Y Members: \$45/month
- ⇒ Non-Members: \$55/month



INSTRUCTOR INFORMATION

Joe Dixon has an extensive background in Martial Arts. He holds a 3rd degree black belt in Karate, extensive training in Tae Kwan Do, Judo and Isshin Ryu. Drawing on his background, Sensei Joe Dixon teaches techniques and maneuvers designed to enhance discipline and self-confidence.

UNIFORM AND BELT PROGRESSIONS- 5 BELT SYSTEM

- ⇒ Uniform & White Belt- Earned when participant can demonstrate the Four Basic Principles
- ⇒ Yellow Belt- Green Tips
- ⇒ Green Belt- Brown Tips
- ⇒ Brown Belt- Black Tips
- ⇒ Black Belt- Degrees

BELT TESTING

Testing dates are determined on the class and each individual participant's progressions within the class. There is no testing fee for this program. Required belt testing skills available upon request.

CLASS GUIDELINES

- ⇒ To ensure the appropriate number of instructors, registration is due by the 25th of the month prior to the session.
- ⇒ Enter & Exit through Front Lobby. Plan to arrive and pick up your child on time.
- ⇒ ONLY participants and coaches are allowed on Karate Mats.
- ⇒ All observers must remain in observation area.
- ⇒ No food, drink, or gum allowed in class.
- ⇒ Proper Karate attire: Comfortable shorts/pants & tee shirt or Karate Uniform.
- ⇒ Socks or bare feet only. No shoes. Long Hair should be tied back.
- ⇒ Sparring Gear Recommended: Headgear, mouthpiece, shin guards and gloves.
- ⇒ Uniform & Sparring Gear can be ordered at www.awma.com

For more information, please contact Kyree Bethel, Sports Director at 252-972-9622 x. 227 or kbethel@rmymca.org

HOME SCHOOL PHYSICAL EDUCATION

Do you need a place for your home-schoolers to engage in physical exercise as well as develop relationships with their peers? This program is tailored to students who are home schooled and will include structured physical activities, use of the climbing wall, open swimming and gymnastics activities, geared to certain age levels.

Ages:

K-12th Grade

Fees:

Y Members: \$20/month

Non-Members: \$25/month

When:

Mondays & Wednesdays 2:30-3:30PM



ADVENTURE GUIDES FAMILY PROGRAM

The Adventure Guides program launches parents and their children on a journey of discovery, with the child as the explorer and the parent as the guide. Adventure Guides encourages parents to bond and have a blast with their kids with group activities such as games, crafts, songs, stories, skits, ceremonies, and outdoor pursuits such as camping, hiking and swimming. The one-on-one time in a fun, special environment builds important bonds through shared experiences. This program offers parents with children 5 years old through 4th grade the opportunity to laugh, love, learn and grow together. Parent-child pairs meet in small groups called circles. This program incorporates a variety of recreational and educational activities focused on nature, community and family.

Fees:

Y Members: \$70

*Both parent and child must be Y members to qualify for member rate

Non-Members: \$80

For more information, please contact
Kyree Bethel, Sports Director at
252-972-9622 x. 227 or
kbethel@rmymca.org





GROUP EXERCISE CLASSES

As a member of the Y, you are given complete and total access to all of our Group Exercise Classes. Options are available for everyone, from beginner to advanced. See schedule for time, date and instructor of each class. Schedules change seasonally.

CLASS DESCRIPTIONS

- ⇒ 20-20-20: 20 minute intervals of cycle, step and kickboxing
- ⇒ ABS: A 15 minute strictly abdominal workout
- ⇒ AEROBIC DANCE: Come to dance, have fun, and get a little workout in too
- ⇒ BODY SCULPT: Muscle toning using hand weights, resistance tubing and other tools to strengthen major muscle groups
- ⇒ BODY PUMP: Get your body ready to pump it up
- ⇒ BOOT CAMP: You're in the Army now! A high intensity class designed to increase cardiovascular endurance
- ⇒ BOXERCISE: circuit class including boxing style stations and techniques
- ⇒ CYCLE: A challenging "no impact" ride of your life
- ⇒ CYCLE & PILATES: A combination class getting the best of both Cycle and Pilates
- ⇒ DANCE FUSION: A fusion of dance and body-sculpting exercises designed to help you meet your fitness goals and get your groove on
- ⇒ CARDIO CLASS: A variety of low impact moves and activities designed to achieve and maintain lifelong fitness
- ⇒ GOLDEN OLDIES: Move and groove to the best music created
- ⇒ HIGH ENERGY: high-intensity exercise intervals intermingled with periods of lower intensity intervals of active recovery
- ⇒ HIIT: High Intensity Interval Training
- ⇒ INSANITY: The name speaks for itself! Come join our intense class
- ⇒ JAMMIN' CARDIO: An hour of heart pumping low to medium impact dance aerobics. Fun for all ages and walks of life
- ⇒ KETTLEBELL: A total body workout that mixes strength and conditioning training in a fun, high energy express class
- ⇒ LINE DANCING: Variety of pop and country line dancing, join the fun
- ⇒ PILATES: This class has an emphasis on core stabilization with proper body alignment to help improve strength, flexibility, balance and coordination
- ⇒ PEDAL & PUMP: If you like cycle class then add some weights and you have pedal & pump. Come get your cardio and strength all wrap up in one
- ⇒ POWER SCULPT: Muscle toning combined with intense power moves and cardio intervals
- ⇒ SILVER SNEAKERS: Increase muscle strength, range of movement and activities of daily living while moving to the music with the use of hand held weights, bands etc. Chairs provided for support
- ⇒ SHAKE IT UP: A class for everyone no matter your age or fitness level
- ⇒ SILVER SNEAKERS CIRCUIT: Silver Sneakers, but with a twist! Come join the fun
- ⇒ STEP INTERVAL: Step with intervals of strength training
- ⇒ STRENGTH TRAINING : Total muscle workout
- ⇒ TRX: Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously
- ⇒ YOGA: Stretches and poses to improve flexibility and core body strength are coordinated with breathing and relaxation techniques
- ⇒ ZUMBA: Join the Party! ZUMBA is fun and effective, using interval training combining fast and slow rhythms for an aerobic workout

For more information, contact Brett Van Pelt, Wellness Director at 252-972-9622 x. 245 or bvanpelt@armymca.org



WATER FITNESS CLASSES

All Water Fitness Classes come with a Y membership and are also offered to non-members at a small rate. Our classes are taught at all levels of intensity. We suggest that you check with your doctor before starting any exercise program, and that you bring any special limitations to the attention of your instructor. Shallow Water exercise classes do not require swimming ability. Water Fitness classes provide low and no impact exercises using the resistance and buoyancy properties of the water.

Ai Chi: A form of aquatic exercise used for recreation, relaxation, fitness, and physical rehabilitation. Using breathing techniques and progressive resistance training in water to relax and strengthen the body, it integrates mental, physical, and spiritual energy.

Aquacise: This class is designed to allow individuals to exercise with less impact on the joints. It is a safe, efficient and fun way for people of all fitness levels to exercise. The workout involves nearly all muscle groups, while the water's buoyancy provides extra cushion. Each class allows you to exercise at your own pace, helping to tone and improve your strength and flexibility.

Arthritis Aquatic Program: This recreational class was designed for participants with arthritis, to safely keep your joints moving and improve your sense of well-being. Water is a safe, ideal environment for relieving arthritis pain and stiffness.

Deep Water Aerobics: A fun and aerobic workout, this class works each major muscle group of the body through various cardio-respiratory activities. For this class swimming ability is required because it is conducted in the deep end of the pool with each participant wearing a floatation belt.

Shallow Water Aerobics: This challenging class is fast paced and uses prolonged periods of aerobic activity to increase the capacity of your heart and lungs. Participants use large muscle groups in rhythmic continuous motions.

These classes are available for non-members as well at a monthly rate. Please see our website, brochure or mobile app for schedules and fees.

For more information, contact Kaila Billups, Aquatics Director at 252-972-9622 x. 235 or kbillups@rmymca.org

PERSONAL TRAINING

Personal Training offers you a one-on-one experience to become your best self. Our trainers will give you that individual attention you need, a personalized program tailored to individual goals and structured, safe and effective workouts. All trainers are certified by nationally accredited fitness associations. They have experience working with a wide range of clients. Some are specially qualified to address specific health issues such as Type II diabetes, Hypertension, Osteoporosis, Arthritis, etc. Motivation, empowerment and succeeding in your personal goals are three very good reasons to work with a personal trainer. A personal trainer prepares your workout agenda, keeps you on task, and encourages you to try your hardest and do your best. Plus, knowing he or she is waiting for you makes it harder to quit! Personal trainers are for everyone. Look around the wellness floor; personal trainers are working with teens, seniors and adults; anyone interested in a healthier lifestyle. Private yoga sessions are also offered as an option for personal training. These sessions enhance your experience with intensive guidance and support to create overall health with your spirit, mind and body. Rates (Personal Training or Private Yoga Sessions)

FEES

Y Member

- ⇒ Single Session: \$35/hr
- ⇒ Five Sessions: \$150
- ⇒ Ten Sessions: \$275
- ⇒ Consultation: \$35/hr

Non-Member

- ⇒ Single Session: \$40/hr
- ⇒ Five Sessions: \$175
- ⇒ Ten Sessions: \$300
- ⇒ Consultation: \$40/hr

For more information, contact
Brett Van Pelt, Wellness Director
at 252-972-9622 x. 245 or bvanpelt@armymca.org



COACH APPROACH

As a New Y Member, we would like the opportunity to connect with you and help you meet your personal, health & wellness needs/goals. Your coach will get you started and give you the tools to keep going. We will help you identify and overcome your exercise challenges.

HOW IT WORKS

We will meet with you one-on-one over a 3 week period with a 30 minute session per week. During these sessions, we will evaluate your goals together, give you advice and lead you in the right direction that will be most valuable on your health and fitness journey! You will also be introduced to our programs, classes, machines and become acquainted with our certified Wellness Staff.

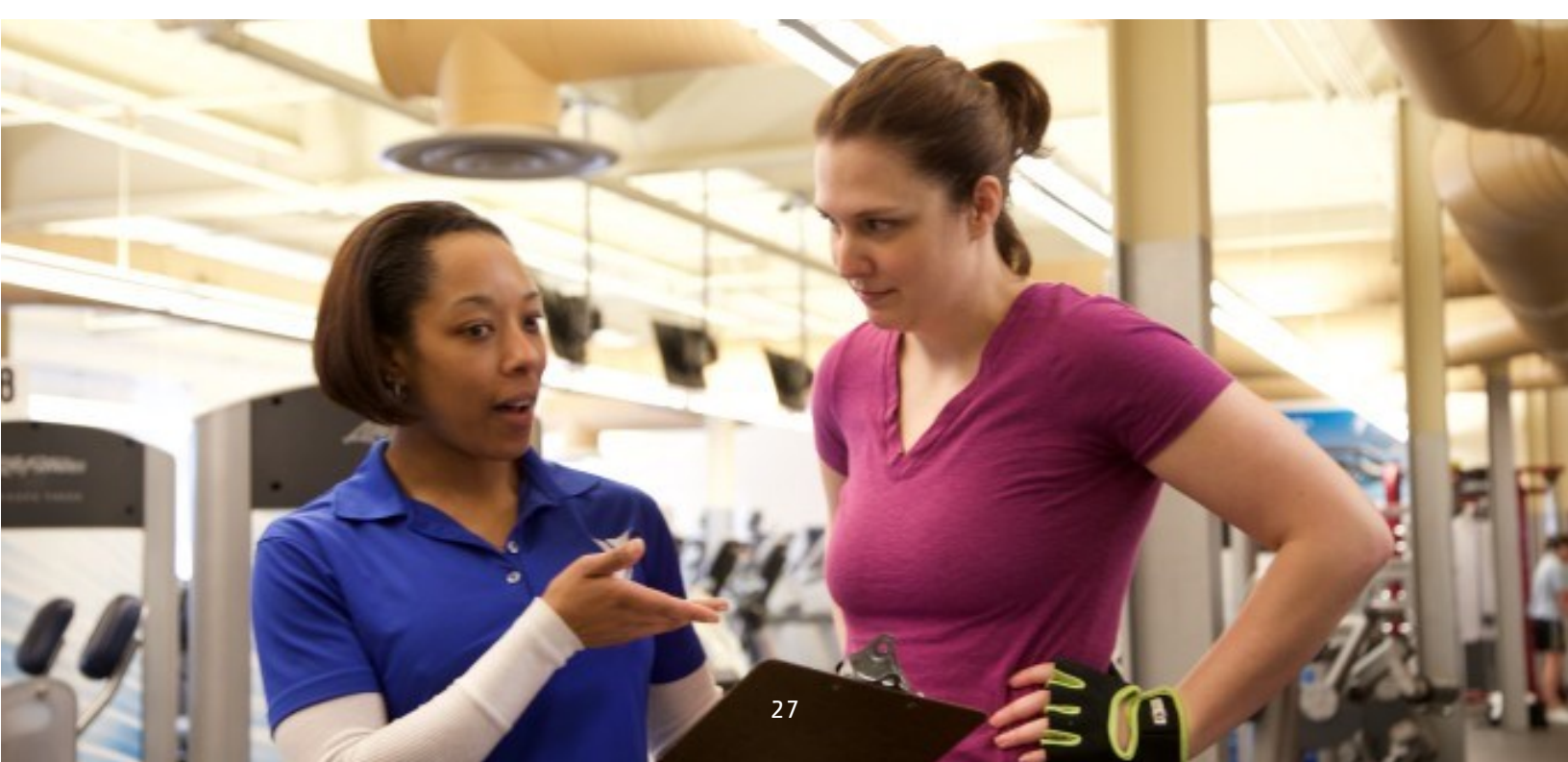
HOW TO SIGN UP

You may sign up at the front desk to participate in this program. After you sign up, a Wellness Staff Member will contact you via telephone to set up your initial appointment with your coach.

Once you finish your Coach Approach Program, you will be given a discount for our Personal Training Program! Show this to a front desk representative to receive your discount!

We also offer a more focused Coach Approach Program for Senior Members, that is tailored for older adults. See the Senior page or check out the Senior Coach Approach Brochure online or on the brochure wall for details.

For more information, contact Brett Van Pelt, Wellness Director, at 252-972-9622 x. 245 or bvanpelt@rmymca.org.



SENIOR ACTIVITIES

At the Y, we are committed to providing health and wellness opportunities to everyone, at every stage of life. Our programs are designed for older adults and promote fitness and well-being while fostering friendships and connection. Our volunteer opportunities also help build lasting relationships, community ties and provide an environment for giving back and making an impact.

SENIOR COACH APPROACH

Senior Coach Approach is open and free for new and renewed Senior members. We will meet with you over a 6 week period, with a 30 minute session per week. During these sessions, we will evaluate your goals together, give you advice and lead you in the right direction that will be most valuable to keep you moving and staying connected! You will also be introduced to our programs, classes, machines and become acquainted with our certified Wellness Staff.

How to sign up

You may sign up at the front desk to participate in this program. A wellness staff member will then give you a call to set up an appointment that works with your schedule.



SILVER SNEAKERS AND SILVER & FIT INSURANCE BENEFITS

Silver Sneakers and Silver & Fit are programs for older adults to help them live a healthier, more active lifestyle. Your insurance health plan may include Silver Sneakers or Silver & Fit as part of your health benefit package. Check with the Front Desk today to find out how you can take advantage of all that Silver Sneakers or Silver & Fit has to offer! You will gain a free membership to the Y with access to all amenities, customized Senior classes designed exclusively for you, health education and more! Various health plans offer this award-winning program to people who are eligible.

For more information, contact Brett Van Pelt, Wellness Director, at 252-972-9622 x. 245 or bvanpelt@rmymca.org or Membership & Engagement Director, Liz Lord, at x. 256 or llord@rmymca.org.

POST-REHAB EXERCISE PROGRAM

This is a fitness program developed for clients that have been released from physical therapy, as advised by their doctor. It is also intended for clients who suffer from chronic diseases, disabilities and potentially debilitating medical conditions. Please know that our Post-Rehabilitation Fitness Specialist will not provide any aspect of medical treatment of a client's condition. The benefits from a comprehensive fitness program will improve your quality of life and increase independence in daily living. Using an individualized approach, we will be able to assess, motivate, educate and train clients of all ages regarding their specific health and fitness needs.

FEES

- ⇒ Single Session: \$40/hour YMCA Members & \$50/hour for Non-Members
- ⇒ Five Session Package: \$175 for YMCA Members & \$225 for Non-Members
- ⇒ Ten Session Package: \$300 for YMCA Members & \$400 for Non-Members



ABOUT OUR AFPA POST-REHAB EXERCISE SPECIALIST

Sharon Simons: Our specialist is knowledgeable about anatomy, exercise physiology, injury prevention, monitoring of exercise intensity, and also certified in cardiopulmonary resuscitation (CPR) as well as first aid. You will always be given a customized program and encouraged to go at your own pace.

HOW TO REGISTER

Please complete a registration form and turn into the front desk to register. After registering, our specialist will call you to schedule an appointment. We will require a medical clearance from your physician and indications of any limitations that you may have related to your conditions.

*If a client must cancel, they must notify the specialist at least 12 hours in advance or it could result in forfeiting a session.

*In the case of cancellation by the participant, 15% of the program fee will be non-refundable.

For more information, contact Brett Van Pelt, Wellness Director, at 252-972-9622 x. 245 or bvanpelt@rmymca.org OR Sharon Simons at x. 246 or ssimons@rmymca.org.



TEENS IN TRAINING (T-N-T)

By staying physically active, teenagers can reduce the risk of stress, depression and other mental health issues. Physical activity can also help teenagers maintain a positive body image because physical activity is so beneficial to the human body. This program motivates youth and teens in a non-competitive atmosphere to become their personal best. They will learn the proper ways to work out and how to eat healthier to produce the best result for their bodies.

Ages

10-14 years old

Fee

\$10 per participant (members only)

T-N-T YOUTH POLICY

Following successful completion of this program, youth 10-12 years old must be supervised by a parent or guardian over the age of 18 while using the Precor equipment. Youth 13-14 years old may use the Precor area unsupervised for no more than two hours per day.

For more information, contact Brett Van Pelt, Wellness Director, at 252-972-9622 x. 245 or bvanpelt@rmymca.org.

ANNUAL CAMPAIGN

TOGETHER, WE CAN CREATE A BETTER US.



The Y is a positive force in this community. From tackling the achievement gap to teaching healthy habits for a lifetime or giving people the chance to strengthen our community through volunteering, everything the Y does is in service of building a better us. Our **annual campaign donors** make it possible for children, families and adults to have access to Y programs that improve their lives. We strive to keep fees affordable by subsidizing some of the real costs. That's one way we make a difference.

We know that some individuals and families struggle to pay the rent, put food on the table and buy clothes for their kids. They need financial assistance to come to the Y. Through the annual campaign, we make sure that our doors are open to all. Your support helps thousands of youth and families live healthier and happier lives. They do better in school. They manage their illnesses. And kids get a good square meal!

PLEASE GIVE TODAY

THE Y. FOR A BETTER US.™

www.harrisonfamilyY.org

Click on the Donate Button

To take your first step in making a difference or if you are interested in volunteering for our Campaign, please contact our Development Director at 252-972-9622 x. 232 or amatthews@rmymca.org

VOLUNTEER OPPORTUNITIES

Volunteers are the backbone of our organization. Without volunteers we could not provide our community with the extensive services and programs we currently offer. Volunteers provide essential assistance in the administration of each department division, serve on committees, work with staff to meet the needs of our members and participants, and provide many other valuable contributions to the organization. We offer year-round volunteer opportunities for members and non-members from the community and surrounding areas to give back and help build a better community. Opportunities range throughout the year and are based upon need within a program or department. Our manual is designed to guide and assist Volunteers and Volunteer Supervisors to effectively share the message of the Y.

Please see our volunteer information online or on the brochure wall for everything you need!

- All volunteers are required to go through the Raptor Screening Process in which volunteers are notified of the process, required to give their legal name as it appears on their birth certificate, date of birth, and signature. Volunteers regularly working >5 hours are required to go through the hiring process to include work verification, reference checks, a background check, and drug screen, which could take up to 6 weeks to complete.
- Temporary volunteer coaches for sport seasons or Annual Campaign volunteers are not required to go through the hiring process of the Harrison Family YMCA.
- To volunteer, you will need to fill out an employment application with the Volunteer box checked, along with a few other forms and send back to Alyssa Matthews via email (amatthews@rmymca.org), mail (PO Box 4063 Rocky Mount, NC 27803) or fax (252-972-3580).

MARKETING & DEVELOPMENT DEPARTMENT

- ⇒ **Annual Campaign Volunteers:** Under the supervision of the Marketing & Development Director, your most important job is telling the YMCA story to friends and the community in order to fundraise for the annual campaign.
- ⇒ **Event Assistant:** Volunteer will assist Marketing Director with coordinating events, here at the Y.
- ⇒ **Marketing Intern:** Perform duties as assigned related to this department.

MEMBERSHIP DEPARTMENT

- ⇒ **Greeter:** Minimum age of 16 years. Required duties are to greet every member and guest at the front with a smile and warm wishes. Must also be comfortable and willing to give a tour of the facility based on membership guidelines.
- ⇒ **Child watch:** Minimum age of 18 years. Help assist staff in Child watch. Children range from 6 months to 12 years old.

WELLNESS DEPARTMENT

- ⇒ **Equipment Upkeep:** Assist Wellness staff in the cleaning and upkeep of all machines, weights, mats, bars, etc. Guidelines and training will be provided on site.
- ⇒ **Glow Run Volunteers:** Large amount of volunteers needed for the annual Light Up the Runway Glow Run 5K and 1 Mile Fun Run each July.
- ⇒ **Girls on the Run Volunteers:** Female volunteers to partner with elementary and middle school girls to encourage a healthy lifestyle, positive self esteem, and positive self image.

AQUATICS DEPARTMENT

- ⇒ **Swim Meet Volunteers:** Help keep lane timing, manage refreshments, hospitality, etc.
- ⇒ **Adaptive Swim Volunteer:** Help assist staff in our adaptive swim program for special needs children.

MAINTENANCE AND FACILITIES

- ⇒ **Facility Cleaning**

SPORTS

- ⇒ **Coaches and Team Parents:** Needed for all sports seasons.





SPONSORSHIP OPPORTUNITIES

If you are looking for a way to make a difference in the community as well as advertise your business, consider becoming a sponsor of the Harrison Family YMCA. Sponsoring a program with the Y is giving to a cause and promotion community involvement. Your contributions support and help us further our mission of "putting Christian principles into practice to improve the quality of life in our communities with programs and services that strengthen the spirit, mind and body for all."

CHOOSE THE LEVEL FOR YOUR BUSINESS/ORGANIZATION

LEVEL 1 (\$250):

Name on the back of a team jersey
Name/Logo on marketing material
Recognition on website and social media sites

LEVEL 2 (\$350):

Name on the back of a team jersey
Name/Logo on marketing materials
Recognition on website and social media sites
Individual sponsor sign

LEVEL 3: (\$450):

Name on the back of a team jersey
Name/Logo on marketing materials
Recognition on website and social media sites
Individual sponsor sign
Individual sponsor banner

WANT TO RENEW?

Level 2: \$300 annually after the first year of sponsor.

Level 3: \$400 annually after the first year of sponsor.

- All advertising will last through the entire season

JUST AN INDIVIDUAL SPONSOR BANNER? To be displayed on field/in the gym during the season

\$150 RENEWAL: \$100



For more information, contact Alyssa Matthews, Marketing and Development Director at 252-972-9622 x.232 or amatthews@rmymca.org

FACILITY RENTALS

Book your next event or party at the Y today!

TEEN CENTER

\$50

Hourly Rate includes Tables/Chairs

MULTI-PURPOSE ROOM

Small Side: \$50

Large Side: \$75

Whole: \$125

Hourly Rate includes Tables/Chairs

GYMNASTICS AREA

Members: \$100

Non-Member: \$115

Rate includes 45 minute gymnastics/1 hour party room for up to 15 participants. Additional \$70 up to 25 participants.

POOL AREA

Members: \$100

Non-Members: \$115

Add small side MPR: \$40

Add large side MPR: \$60

Add whole MPR: \$105

Hourly Rate Includes Tables/Chairs and Lifeguards

Private Use (1-25 Max)

THE CHAPEL

\$25

Hourly Rate includes Tables/Chairs

SMALL GYM

\$50

Add small side MPR: \$40

Add large side MPR: \$60

Add whole MPR: \$105

Hourly Rate includes Tables/Chairs

CLIMBING WALL

\$60

Add small side MPR: \$40

Add large side MPR: \$60

Add whole MPR: \$105

Hourly Rate includes Tables/Chairs

For more information, contact 252-972-9622



COMMUNITY PARTNERS

Collaboration and partnerships are crucial to help our community grow and thrive. We appreciate all of our community partners for their efforts and support!

United Way of the Tar River Region Funder for Adaptive Swim, Childcare and Water Fitness

Nash Rocky Mount Public School System Partner for After School and Healthy Kids Day

Nash County Health Department Partner for Childhood Obesity Initiative (Triple P Program)

Rocky Mount Preparatory School Partner for After School and Sports Program

Martin Millenium Academy Partner for After School

Life 103.1 Sports Sponsor

Envolve Benefit Options Swim Team Sponsor

Holiday Inn Swim Meet Sponsor

Chick-Fil-A of Cobb Corners Food Sponsor

Rocky Mount-Wilson Regional Airport Glow Run Sponsor

Zaxby's of Rocky Mount Food Sponsor

Omega Sports of Wilson Glow Run Sponsor

Atlantic Natural Foods Glow Run Sponsor

First Media Advertising Trade and Glow Run Sponsor

Signs Now of Rocky Mount and Wilson Glow Run Sponsor

WHIG-TV Glow Run Sponsor

Sheetz of Rocky Mount Food Sponsor

Southern Bank Senior Wellness Supporter

Vidant Edgecombe Community Benefits Program Senior Wellness Supporter

Sweet Taters Swim Meet Food Sponsor

Olive Garden of Rocky Mount Swim Meet Food Sponsor

Nash UNC Health Care Annual Campaign and Capital Campaign Supporter

Junior Guild of Rocky Mount, Inc. Annual Campaign Supporter

Turner B. Bunn and Catherine Eagles Bunn Foundation Annual Campaign Supporter

All individual staff, board and community Annual Campaign and Capital Campaign Supporters



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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WELCOME TO OUR COMMUNITY THE Y

