



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



HELPING YOU LIVE BETTER

Membership & Program Guide

HARRISON FAMILY YMCA

Updated 9.20.19

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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



Johnson Family- Vicki joined the YMCA almost 20 years ago simply looking for a place to be healthy and get some exercise. Back then, she had a set of twins so she needed time to decompress and enjoyed having structure and routine in her life with her crazy schedule. She fell in love with what the YMCA offered for her and her family. Not only did she gain the opportunity to get some exercise, but her children thoroughly enjoyed child watch and other youth programs. Years later, life blessed her with another set of twins who are currently enrolled in the YMCA's after school and summer camp programs. They are always walking down the hallways with smiles all over their faces. "The counselors are great and help my girls become leaders as they help younger children with their homework," said Vicki. Life quickly took a turn for Vicki and her children when her husband passed away a few years ago due to diabetes leading to a stroke. "That was certainly a wake-up call for me to stay fit, keep my children healthy and do whatever needed to be done to raise these girls. That became easier said than done now that I was handling all of life's necessities on one salary. As a newly single parent, I wanted to continue all of the things that would help my family stay healthy and engaged, and I dreaded the thought of having to not keep the YMCA in our lives. My husband would not have wanted that for us. That is when the Y opened up their arms to us. They blessed us with their financial assistance program allowing my children to continue with their programs and our membership. The YMCA is our safe haven and a place I can trust. If it wasn't for the YMCA, I don't know where I would be today. After everything that happened in our lives, the after-school counselors would call and make sure we were okay. That meant so much to me. They are so in tune with the families here and they care about our well-being. The YMCA is our 2nd home and our biggest support system still today. They build a lifetime of care."

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



STAFF DIRECTORY

CEO: Jacquelyn Price jprice@rmymca.org

Finance & Human Resources Director: Misty Schmitt mschmitt@rmymca.org

Human Resources Manager: Vanessa Perry vperry@rmymca.org

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Aquatics Coordinator: Carolyn Hartney- Correa ccorrea@rmymca.org

Swim Team Coordinator: Yvonne Wilkins ywilkins@rmymca.org

Gymnastics Coordinator: Courtney Mizelle cmizelle@rmymca.org

CONNECT WITH US



DOWNLOAD OUR MOBILE APP TODAY!

(Android & Apple): Daxko

Features:

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



FOLLOW US ON SOCIAL MEDIA!

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

Instagram: instagram.com/harrisonfamilyymca

Twitter: twitter.com/HarrisonFamilyY

LinkedIn: [Harrison Family YMCA](https://www.linkedin.com/company/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. To apply, please bring the following to the Front Desk at the YMCA. You will be contacted by our Member Experience Coordinator, Shanna Etheridge. Feel free to contact her at 252-972-9622 x. 258 or setheridge@rmymca.org.

- Completed Financial Assistance Application
- A copy of previous year federal income tax returns
- Two most recent paycheck stubs or letter from your employer verifying employment and stating annual salary.
- A letter of request explaining your situation

All will be kept confidential.

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



MEMBERSHIP RATES

Youth: Ages 6 weeks to 12

- ⇒ monthly rate: \$15
- ⇒ joining fee: none

Teen: Ages 13-18

- ⇒ monthly rate: \$23
- ⇒ joining fee: \$30

Young Adult: Ages 19-29

- ⇒ monthly rate: \$33
- ⇒ joining fee: \$30

One Adult: Ages 30-59

- ⇒ monthly rate: \$44
- ⇒ joining fee: \$30

Two Adults: Two adults living in the same household

- ⇒ monthly rate: \$60
- ⇒ joining fee: \$50

One Adult Plus: One adult and dependents (22 & under) living in the same household

- ⇒ monthly rate: \$56
- ⇒ joining fee: \$30

Two Adult Plus: Two adults and dependents (22 & under) living in the same household

- ⇒ monthly rate: \$72
- ⇒ joining fee: \$50

Three Adult Plus: Three adults and dependents (22 & under) living in the same household

- ⇒ monthly rate: \$87
- ⇒ joining fee: \$50

One Senior: Ages 60 and over

- ⇒ monthly rate: \$39
- ⇒ joining fee: \$30

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

- ⇒ monthly rate: \$54
- ⇒ joining fee: \$50

*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 Membership:

- ⇒ \$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

Allowing all new members the opportunity to become acquainted with all equipment. A 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. Mondays from 9 - 10 AM and 6 - 7PM

MEMBER, GET A MEMBER REFERRAL PROGRAM

As a current member, when you refer a friend you both will win! The referring member will get a FREE Y-Gear t-shirt OR entry into our quarterly drawing for a FREE 1 month of 3 month membership! The new member will get \$20 off their first full month of membership!

MY Y IS NOW EVERY Y IN THE NATION!

With Nationwide Membership, Y members have the flexibility to use other Y facilities throughout the United States, at no extra charge. Simply present your active 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.

PICKLEBALL

This is a fun game, complementary to all members, played on the court with a net, plastic baseball, and paddles. It is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players.

ROCK CLIMBING WALL

This is available free for all Y Members and is a great option for kids and families! It can also be rented for Birthday and Climbing parties. Please see separate event rental page (34) for more information.

VOLUNTEER OPPORTUNITIES

Volunteers provide essential assistance in the administration of each department, serve on committees, work with staff to meet the needs of our members and participants, and provide many other valuable contributions to the organization. Sign up at harrisonfamilyy.org/support-y/volunteer-opportunities.

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 - 1:15 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.



KIDFIT PROGRAM

Your kids will learn all about and have fun with active living! Kids will play various games, try different sports, and learn all about healthy habits.

- ⇒ Free to Y members
- ⇒ Ages 6-12

Hours:

- ⇒ Mondays 9:00 - 10:00 a.m. & Thursdays 6:30 - 8:00 p.m.

For more information, please contact Ivy Jones, Youth Development Coordinator at 252-972-9622 x. 227 or ijones@rmymca.org.

FACILITY RULES & GUIDELINES

GUEST GUIDELINES

- ⇒ Each guest 16 years of age and older must provide a valid photo ID on each visit.
- ⇒ Each guest 16 years of age and older will be scanned through our Raptor database (National Sex Offender Registry). Access will be denied to any individual registered as a sex offender.
- ⇒ All guests 17 years of age and younger must be accompanied and signed in by a current YMCA member or registered guest 18 years of age or older at each visit. The current YMCA member or guest will be held responsible for any discipline issues of their guest(s) up to and including suspension or termination of membership. The YMCA member or guest 18 years of age or older must remain with a guest(s) 17 years of age or younger while they are in the facility.
- ⇒ A member may not sign in more than 2 guests per visit.
- ⇒ Each guest must be properly registered and checked in through Membership Services.
- ⇒ The hours of 4 pm until closing and Monday through Thursday are members only time. Exceptions are made when a member has an out of town guest they wish to bring to the YMCA during those times.
No guest passes will be issued after 4 pm Monday-Thursday UNLESS the guest resides outside of Nash or Edgecombe counties and is visiting with a member.

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 have completed T-N-T (will be given a red bracelet) must be with an adult and may only use the Precor & Cardio areas.
 - ⇒ Ages 13-14 have completed T-N-T (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

LOCKER ROOM GUIDELINES

- ⇒ Lockers are available for day use by members and guests in the Day Use Lockers section of the locker room. Locks left on overnight will be removed. Lockers are also available to rent for the year in the Rental Lockers section of the locker room. See the front desk for details.
- ⇒ For the privacy of others, cameras and other recording devices should never be used in locker rooms. Please be courteous and limit phone calls to the lobby area.
- ⇒ Be sure to lock all belongings in a locker for their safekeeping.
- ⇒ Help us conserve water by turning off showers and faucets when not in use and do not hold or prop steam room doors open.
- ⇒ Children should use the appropriate boys or girls locker room, or the family locker room. Adult locker rooms are for ages 18+.
- ⇒ The family locker room is available for use by anyone who needs adult assistance in a locker room or by others by special arrangement. If adult assistance is not needed or arrangements with Y staff have not been made, please use the appropriate adult or children's locker room.
- ⇒ For your convenience bath towels and locks are available to purchase at the front desk.
- ⇒ For the safety and comfort of all of our guests, please do not eat, use hair dyes/colors, or use products with strong smells in locker rooms or bathrooms.
- ⇒ To help maintain an environment that is safe and comfortable for all please use a towel when leaving the showers.
- ⇒ So that everyone has the opportunity to use the changing stalls and benches, please refrain from leaving your belongings in or on them while you exercise or shower.

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 rim or net
- ⇒ No Food, Drinks, or Bags allowed in the gym
- ⇒ Respect other YMCA members and staff
- ⇒ Proper attire must be worn at all times
- ⇒ Only non-marking shoes allowed on gym floor
- ⇒ Anyone 10 and under must be accompanied by an adult (Family Gym)
- ⇒ The YMCA is not responsible for lost or stolen property
- ⇒ If rules are broken then you will be asked to leave the facility. (May be suspended due to offense)
- ⇒ Kids 10 and under should be with a non-participant parent if they are in the main gym.



YOUTH GUIDELINES

Area/Activity	Age of Child/Youth			
	6 weeks - 4 years	5-10	11-14	15-18
Child Watch	Yes	Yes	No-12 & under only	No
YMCA Programming	Yes- with parent sign in	Yes- with parent sign in	Yes- with parent sign in	Yes
Basketball Court 1 (front)	No	No	No- unless court is not busy; see gym monitor	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- unless court is not busy; see gym monitor	No
General Lobby 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
Pools	Yes- adult must be in 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- must be under direct adult supervision at all times.	Yes- unsupervised for a maximum 4 hours per day	Yes
Strength/Cardio Area	No	No- age 10 may use this area upon completion of T-N-T, under the direct supervision of an adult at all times, and may use Precor area only	Yes- only upon completion of T-N-T*. Ages 10-12 must be under the direct supervision of an adult at all times, and 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- Ages 11-14 must be under direct adult supervision at all times. 13-14yr olds who have completed TNT do not require supervision	Yes
Rock Climbing Wall	Ages 3 & up- must be under direct supervision at all times.	Yes- must be under direct supervision at all times.	Yes	Yes
Group Exercise/Water Fitness Classes	Yes- only at the discretion of the instructor or group exercise coordinator & with a parent	Yes- only at the discretion of the instructor or group exercise coordinator & with a parent	Yes- only at the discretion of the instructor or group exercise coordinator & with a parent for 11 and 12 yr olds	Yes- for ages 16 & up

Program	Age Range
Parent & Child Swim	6-36 Months
Progressive Group Swim Lessons	3-12 Years
RMV Racers Swim Team	5- 18 Years
Parent & Me Tumbling	18-36 Months
Preschool Tumbling	3-5 Years
Progressive Gymnastics Lessons	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) motivates youth in a non-competitive atmosphere to become their personal best. Participants complete both a written and practical exam to be eligible for Graduation. For ages 10-14. 1st & 3rd Saturdays of each month from 11am - 1pm. Ages 10-12 must be accompanied by a parent, even upon completion of T-N-T.
- 13-14 year old may use Precor area unsupervised for no more than 2 hours per day.
- For all youth programs mandatory sign in/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.

CODE OF CONDUCT

The YMCA is committed to providing a safe, comfortable and welcoming environment for all. We expect people using YMCA programs and our facility to behave in a mature and responsible way, and to respect the rights and dignity of others. To promote safety and comfort, we ask all people to act appropriately at all times when in our facility, on our property or participating in our programs.

The actions listed below, which are not intended to be an all-inclusive list of behaviors, are considered inappropriate and are prohibited in our facilities or programs:

- Card sharing, presenting false identification, or intentional abuse or non-compliance of YMCA policies.
- Using or possessing alcohol or illegal drugs on YMCA property, in YMCA vehicles or facilities, or at YMCA-sponsored programs is prohibited.
- Smoking on YMCA property – All YMCA buildings and grounds are smoke and tobacco product-free environments. This includes vaping and e-cigarettes.
- Carrying or concealing a weapon or any device or object that may be used as a weapon.
- Harassment, verbal abuse or intimidation by words, gestures, body language, or any type of menacing behavior.
- Physical contact with another person in an angry, aggressive, or threatening way.
- Verbally abusive behavior, including profanity, angry language, swearing, name-calling, or shouting.
- Inappropriate sexual conduct including explicit conversations or any sexual contact with another person.
- Wearing inappropriate (i.e., containing profanity or illegal product marketing), immodest or revealing attire.
- Theft or behavior that results in the destruction or loss of property.
- Loitering within facilities or on the grounds of the YMCA after being requested to depart the YMCA's property
- Inappropriate use of cell phones in locker room or bathrooms.
- Use of social networking websites in a manner that is contrary to the YMCA's mission, is detrimental to the community or is in violation of the law.

The YMCA reserves the right to deny, suspend or revoke access or membership privileges to any person if, in the YMCA's sole discretion, the actions or inactions of a person are detrimental to the health, safety or enjoyment of its employees, volunteers, members or participants. In addition, the YMCA reserves the right to deny access or membership to any person who has been accused or convicted of any crime involving sexual abuse, is or has been a registered sex offender, has ever been convicted of any offense related to the sale, possession and/or transportation of illegal drugs, is currently under the influence of illegal or dangerous drugs or chemicals, narcotics, or intoxicating beverages, or has been arrested for or convicted of any crime involving weapons or violence.

Please notify a YMCA staff person immediately if there is an accident, injury, unusual incident or you believe that our Code of Conduct is being violated.

Suspension or termination of YMCA membership or guest privileges may result from a violation of this Code of Conduct. While an incident is being investigated, the membership of the person(s) accused of violating this Code of Conduct may be temporarily suspended pending a final decision.

Our YMCA utilizes video technology to protect all persons. Cameras are installed in open/public areas only and not in private areas such as locker rooms, restrooms, etc.

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.

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 100% 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 (\$3/month minimum).

For more information, please contact Liz Lord, Member and Community 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

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, Member Experience Manager at 252-972-9622 x. 258 or setheridge@armymca.org



FAMILY FRIDAY FUN NIGHTS

The Y offers a place to come together and have a good time as a family. We encourage families to participate in a variety of fun activities at the Y, share, communicate and strengthen their relationships, and meet other families. Family Night activities include mixers, pool games, arts and crafts, family fitness, games, volunteer opportunities and more.

Family Nights

Family Night activities include mixers, pool games, arts and crafts, family fitness, games, volunteer opportunities and more.

- ⇒ Time: 5-8pm
- ⇒ Fee: FREE!
- ⇒ Ages: All Families

Parents' Nights Out

Do you need a night out? We have lots of activities for your kids on Friday nights. At our Parents' Night Out, parents can drop off the kids for a night full of fun while you enjoy some time to yourself. Pizza, snack, and juice provided.

- ⇒ Time: 5:30-8pm
- ⇒ Fee: \$10/YMCA Members and \$15/ Community Members
- ⇒ Ages: 5-12; 5 yr olds must be in Kindergarten
- ⇒ Location: YMCA Multi-Purpose Room



EXCETIONAL CHILDREN'S SUPERHERO NIGHTS OUT

This program is designed for children with developmental and intellectual disabilities. **There will be a Superhero Night Out one Friday of each month that will provide sensory sensitive activities, fun challenges, socialization with peers, and self-care for parents and caregivers.**

Each evening will have a different focus for the participant such as music, arts, physical activity, science, and more! Some evenings will be for participants only, and others will also include a support group for parents/caregivers, listed with each date.

Registration is required the Monday before each event. Limited to the first 8 registrations (waitlist available).

⇒ **Time: 5:00 - 8:00 p.m.**

⇒ **Ages: K - 12th Grade**

⇒ **Fee: \$5 for YMCA Member and Community Members**

Sponsored by Nash Autism Seeking Hope.



BEFORE/AFTER SCHOOL CARE & TEEN ACADEMY

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. 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 and a Teen After School Academy for ages 13 & up!

SCHOOL SITE LOCATIONS

FUTURE LEADERS CHILD CARE CENTER

HARRISON FAMILY YMCA
STATE LICENSED PROGRAM
FIVE STAR RATING

YMCA TEEN CENTER FOR 13 & UP

ON - SITE SCHOOLS

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

*=These locations also offer Before School Care



RATES:

One Time Enrollment Fee: \$25

Future Leaders Child Care Center
M-F from the end of school day until 6:00 PM

Monthly Rates

YMCA Member (plus account): \$230
Standard Rate: \$250

School Sites

Standard Monthly Rates

After School: \$175

Before & After School: \$215

Before School: \$75

School Break Camp

(All Day Care when school is out)

Offered at YMCA Site Only

6:30 AM—6:00 PM weekdays

After School Participant: Included in monthly pricing

YMCA Member (plus account): \$30/day

Standard Rate: \$35/day

Drop-In After School Care

Future Leaders: \$65 for 5 day booklet

School Site: \$50 for 5 day booklet

Teen Academy: \$55 for 5 day booklet

Teen Academy (YMCA Teen Center)

Monthly Rates

YMCA Member (plus account): \$200

Standard Rate \$210

PARENT NEED TO KNOW INFO

- ⇒ All monthly rates cover days school is in session, school break days, early release and make-up days.
- ⇒ \$10 late fee applies after the 5th of the month.
- ⇒ All rates are per child.
- ⇒ We follow the NRMPs Calendar.
- ⇒ All Teacher Workdays and Holidays will be billed separately at the School Break Camp rate, only if child is not enrolled and paid for current month.
- ⇒ There will be no refunds for snow/weather days.
- ⇒ YMCA Member Rates apply only to Family Memberships (One Adult Plus, Two Adult Plus or Three Adult Plus).
- ⇒ There is a \$25 enrollment fee for all before & after school care. Enrollment fees are annual, mandatory, non-transferable and non-refundable.
- ⇒ Teachers must show school ID to get teacher rate (10% off), only for NRMPs teachers.
- ⇒ Transportation provided from some locations to the Future Leaders Childcare Center After School Care. Please check with the Child Care Office for these locations.
- ⇒ Drop-In Booklets must be used within the month purchased.

For more information, please contact the Child Care Office at 252-972-9622 x. 239



SUMMER DAY CAMP



Today, day camp is more vital than ever. To deliver on the Y's commitment to nurture the potential of every child and teen, day camp fosters achievement, relationships, and belonging. These are essential dimensions of well-being that the Y cultivates through day camp: Discovering skills (achievement). Campers experience achievement when they try different activities, learn what they like, and discover what they are good at. Building friendships (relationships). Campers have the opportunity to form healthy relationships with other children, caring adults, and role models, which helps them feel good about themselves and learn to get along with others. Finding a place to belong (belonging). Campers connect through significant camp traditions and rituals that create a sense of belonging, so they feel included, accepted, and part of a community.

CAMP SCHEDULE & ACTIVITIES

Each age group will have a weekly schedule that will include the following activities below. Daily schedules create an intentional and well-paced experience for campers.

Opening and Closing Ceremonies. Acknowledging the start and end of each day with a ritual gives campers the chance to assemble as one large group, participate in fun and engaging routines, recognize and celebrate campers and counselors, and experience an inclusive and positive social environment.

Huddle Group. Getting to know campers' names, interests, and qualities during small-group interactions creates a positive social environment, promotes friendships among campers, and reduces and resolves behavior conflicts and bullying.

Variety Activities. Exploring a range of activities throughout the camp session allows campers to discover their interests and talents. Variety activities tend to be more general than mastery activities, focused less on skill building and more on trying new things and connecting with others.

Crew Service. Cleanup time or other responsibility activities encourage campers to feel a sense of ownership for maintaining the camp. Crew activities offer a simple and fun way to build character through the Y's core values: caring, honesty, respect, and responsibility.

Mastery Activities. Giving campers a chance to select an activity to practice at least three times during a camp week helps them build a sense of achievement. When campers return to an activity with a clear goal in mind, they are able to build skills in that activity.

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

RATES

- ⇒ **Weekly Fee:** \$135/Y Plus Members \$150/Non-Members
- ⇒ **Daily Drop-In Rates:** \$40/Y Plus Members \$45/Non-Members
 - ⇒ 2 day & 3 day drop-in options available as well.

For more information, please contact the Child Care Office at 252-972-9622 x. 239



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: \$25
- Non-Member fee: \$32

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, Senior Program Director, at 252-972-9622 x. 235 or kbillups@rmymca.org



RMY 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
\$74 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!

Monthly Team Fees:

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

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

Thank you to our other sponsors!



YOUTH RECREATION

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.



TOTS PLAY PROGRAM

The Tots Play Program is a sports instructional program that is created specifically for all children ages two to four years old. Each weekly lesson is designed with age appropriate skill level and developmental growth. The curriculum will also include many unique and fun activities to capture their attention and develop their love and excitement for various sports and activities. It also fosters a routine centered around an active lifestyle, which will help them develop that lifestyle for the future.



ROOKIE SPORTS

This program is a progression from our Tots Play Program for the next age level of five through 6 years old. It is an instructional program, teaching sport related skills and how to transition those skills into game situations and team play. There are seasonal sessions which each offer a different sport.



YOUTH BASKETBALL

This is more than a youth basketball league. It's about mentoring youth, encouraging friendships, healthy living, and creating future leaders within the community. This program is for ages five through 15. Your children will be taking their shot in our basketball program. Youth will practice with their coach and team, play games and build on their basketball skills, while also learning teamwork and friendly competition. We will be incorporating the Jr. NBA curriculum into our new summer league! The Jr. NBA welcomes all. Just like the YMCA, they celebrate and encourage diversity and inclusion.



GIRLS ON THE RUN

This is a non-profit prevention program that encourages preteen girls to develop self-respect and healthy lifestyles through running. The Y is proud to offer this terrific after school program for young girls, 3rd-5th grade. Throughout the season, the girls make new friends, build their confidence and celebrate all that makes them unique. At the end of each session, the girls participate in a Girls on the Run 5K event. This celebratory, non-competitive event is the culminating experience of the curriculum.



MARTIAL ARTS (KARATE)

Martial Arts is a general term for different traditions of combat practice that exist in many cultures around the world. These traditions teach a combination of self-defense, competition, mental discipline and personal development through a blend of Japanese and Korean disciplines. Martial arts classes at the Y consist of warm-up stretches, kicking, forms, cool-down stretches, and meditation. This program is for ages 5 and up and runs September-May.

For more information, contact Ivy Jones at 252-972-9622 x. 227 or ijones@rmymca.org.

GYMNASTICS

PRESCHOOL AND SCHOOL AGED RECREATIONAL GYMNASTICS CLASSES

Developmental classes

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.

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.

Piedmont Service Group
Building Efficiency and Sustainability
A Service Logic Company

GYMNASTICS EVENTS

Whether you are a cheerleader, dancer, gymnast or just interested in building friendships and skills, these events are for you! Between our Lock-Ins, Open Gym Events, and Tumbling Clinics you are sure to build your skills while also building friendships.

For more information, please contact Courtney Mizelle at 252-972-9622 x. 255 or cmizelle@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

- ⇒ Abs - 15 minutes of strictly abdominal workout!
- ⇒ Body Sculpt - Muscle toning using hand weights, resistance tubing and other tools to strengthen major muscle groups.
- ⇒ Boot Camp - You're in the Army now! A high intensity class designed to increase cardio-vascular endurance.
- ⇒ Butts & Guts - A class set up in cardio and toning intervals, designed to strengthen the core, glutes and thighs.
- ⇒ Cardio Fusion - A variety of low impact moves and activities designed to achieve and maintain lifelong fitness, themed around the season!
- ⇒ Cycle & Core* - Start things off with an intense cycle session followed up with some core work!
- ⇒ Cycle and Pilates Props* - A blend of Cycle and Pilates using various pieces of equipment
- ⇒ Cycle* - A challenging "no impact" ride of your life!
- ⇒ Dance Fusion - A fusion of dance and body sculpting exercises designed to help you meet your fitness goals and get your groove on!
- ⇒ Enhance Fitness - An evidence-based group exercise program for older adults that uses simple, easy-to-learn movements that motivate individuals (particularly those with arthritis) to stay active throughout their life.
- ⇒ HIIT - High Intensity Interval Training!
- ⇒ HIIT and yoga - 30 minutes of HIIT then 30 minutes of yoga to stretch it out.
- ⇒ HIIT Step - A High Intensity class that combines the use of the step with other cardio movements to give you a great full body workout!
- ⇒ Kettlebell Interval - A total body workout using intervals that mixes strength and conditioning training in a fun and high energy class!
- ⇒ Line Dancing - Variety of pop and country line dancing! Join the fun!
- ⇒ Pedal & Pump* - If you like cycle class then add some weights and you have pedal & pump! Come get your cardio and strength all wrapped up in one!
- ⇒ Pilates - This class has an emphasis on core stabilization with proper body alignment to help improve strength, flexibility, balance and coordination.
- ⇒ Power Sculpt - Muscle toning combined with intense power moves and cardio intervals.
- ⇒ Power Sculpt & Core - Traditional Power Sculpt class including muscle toning and power moves combined with intense core work!
- ⇒ 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 and more. This is targeted for Seniors and chairs will be provided for support.
- ⇒ Yoga - Coordinated stretches and poses to improve flexibility and core body strength.
- ⇒ Zumba - Let's Dance! This popular class features movements inspired by various styles of international dance and popular music of today.



WATER FITNESS CLASSES

All Water Fitness Classes come with a Y membership and 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.

Aqua Zumba: Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss!

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.

For more information, contact Rebecca Bauguess, Group Exercise Coordinator at 252-972-9622 x. 246 or rbauguess@rmymc.org

100 Class Pass Challenge!

Earn a free month of membership! Take 100 group or water fitness classes to get there. You **MUST** have the instructor initial the card after the class that day, not at a later date. There is no time frame that the classes need to be completed in. Take as long as you need to complete this challenge **BUT** if you complete by January 1, 2020 you will receive a **FREE 100 CLASS PASS T-SHIRT!**

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.

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



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. 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! Senior option available as well.

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

ENHANCE FITNESS

Enhance@Fitness is geared toward older adults of all fitness levels. **If you have a chronic condition, such as arthritis, you may be able to gain more strength and independence.** You will feel energized—physically, mentally and socially— and be surrounded by people who care. Participants move at their most comfortable pace and are never pushed to do more than they can handle. Each class is taught by a certified instructor and focuses on cardiovascular endurance, strength, flexibility and balance.

Monday, Wednesdays, and Fridays 1:30–2:30p.m.

16 Session Fees:

- **\$80/YMCA Members**
- **\$100/Community Members**

See website for session dates

CLASS SEGMENTS

- ⇒ warm-up
- ⇒ movement to fun music
- ⇒ cool-down
- ⇒ strength training
- ⇒ stretching

*Instructors also incorporate exercises that improve balance.

MEASURING SUCCESS

At the beginning of each session, participants will complete three fitness assessments to establish baselines. Those assessments are repeated at the end of the 16 weeks to measure progress.



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, Healthy Living Director, at 252-972-9622 x. 245 or bvanpelt@armymca.org or Member & Community Engagement Director, Liz Lord, at x. 256 or llord@armymca.org.



TEENS IN TRAINING (T-N-T)

Get ready for our NEW and IMPROVED Teens In Training Program! T-N-T motivates youth in a non-competitive atmosphere to become their personal best. Participants in this program meet with an instructor and receive information on how to carry out a safe, effective exercise program. Instruction for healthy nutrition and proper use of cardio and strength equipment are included. Participants complete both a written and practical exam to be eligible for Graduation.

Ages

10-14

Cost

\$10 per participant

When

1st & 3rd Saturdays of each month from 11am - 1pm.

- 11 - 12pm will be a classroom session in the Teen Center
- 12 - 1pm will be upstairs learning the equipment

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 strength equipment. Youth 13-14 years old may use the strength area unsupervised for no more than two hours per day.

*A 24 hour cancellation notice is required.

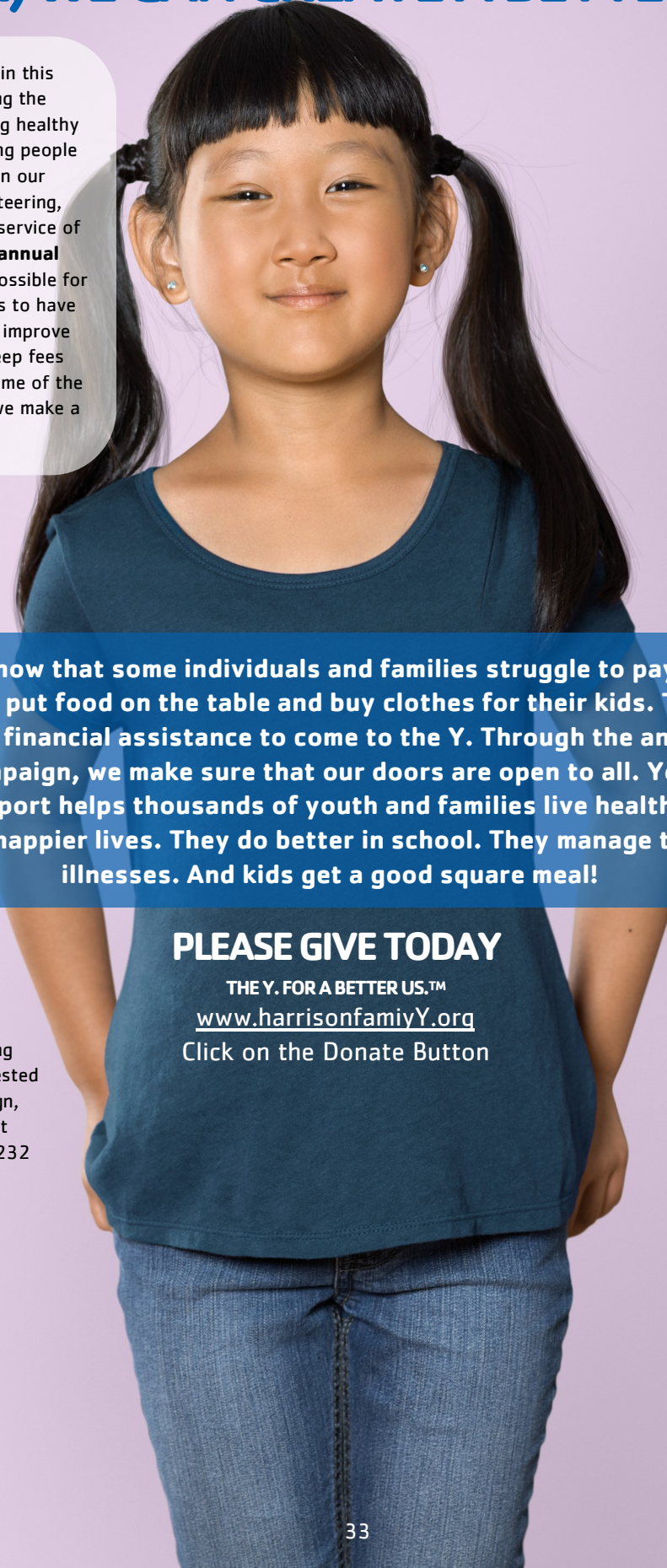
*No-shows will be charged \$10.

For more information, contact Brett Van Pelt, Healthy Living 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.

Please follow this link to see all of our opportunities and to set up your login account!

<https://harrisonfamilyy.volunteermatters.org/project-catalog>

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 Volunteers:** Assist with various events throughout the year.

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.
- ⇒ **Togetherhood:** Committee or Project Member. Participants can sign up to lead or participate in service projects throughout the year! This is the Y's Signature Social Responsibility Program.

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.
- ⇒ **Color Run Volunteers:** Large amount of volunteers needed for the annual 5K and 1 Mile Fun Run.
- ⇒ **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**

YOUTH DEVELOPMENT

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

For more information, contact Ashley Cooper, at 252-972-9622 x. 224 or acooper@rmymca.org



FACILITY RENTALS

Book your next event or party at the Y today! Pricing below is for YMCA members. Pricing increases by \$10 for non-members.

MULTI-PURPOSE ROOM

Small Side: \$50/Y Members and \$60/Community Members
Large Side: \$75/Y Members and \$85/Community Members
Whole: \$125/Y Members and \$135/Community Members
Hourly Rate includes Tables/Chairs

GYMNASTICS AREA

\$100/Y Members and \$115 /Community Members
Rate includes 45 minute gymnastics/1 hour party room for up to 15 participants. Additional \$70 up to 25 participants.

POOL AREA

\$100/Y Members and \$115/Community Members
Add small side MPR: \$40/Y Members and \$50/Community Members
Add large side MPR: \$60/Y Members and \$70/Community Members
Add whole MPR: \$105/Y Members and \$115/Community Members
Hourly Rate Includes Tables/Chairs and Lifeguards|
Private Use (1-25 Max)

THE CHAPEL

\$25/Y Members and \$35/Community Members
Hourly Rate includes Tables/Chairs

SMALL GYM

\$50/Y Members and \$60/Community Members
Add small side MPR: \$40/Y Members and \$50/Community Members
Add large side MPR: \$60/Y Members and \$70/Community Members
Add whole MPR: \$105/Y Members and \$115/Community Members
Hourly Rate includes Tables/Chairs

CLIMBING WALL

\$60/Y Members and \$70/Community Members
Add small side MPR: \$40/Y Members and \$50/Community Members
Add large side MPR: \$60/Y Members and \$70/Community Members
Add whole MPR: \$105/Y Members and \$115/community Members
Hourly Rate includes Tables/Chairs

For more information, contact at 252-972-9622 x. 222.





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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WELCOME TO OUR COMMUNITY THE Y

