



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HELPING YOU LIVE BETTER

## Membership & Program Guide HARRISON FAMILY YMCA

Updated 2.19.18

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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](http://www.harrisonfamilyY.org)

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



## STAFF DIRECTORY

**CEO:** Jacquelyn Price [jprice@rmymca.org](mailto:jprice@rmymca.org)

**Finance Director:** Misty Schmitt [mschmitt@rmymca.org](mailto:mschmitt@rmymca.org)

**Marketing/Development Director:** Alyssa Matthews [amatthews@rmymca.org](mailto:amatthews@rmymca.org)

**Membership/Engagement Director:** Liz Lord [llord@rmymca.org](mailto:llord@rmymca.org)

**Membership Accounts Specialist:** Shanna Etheridge [setheridge@rmymca.org](mailto:setheridge@rmymca.org)

**Maintenance/Facility Director:** Lee Bell [lbell@rmymca.org](mailto:lbell@rmymca.org)

**Wellness Director:** Brett Van Pelt [bvanpelt@rmymca.org](mailto:bvanpelt@rmymca.org)

**Post Rehab Exercise Specialist:** Sharon Simons [ssimons@rmymca.org](mailto:ssimons@rmymca.org)

**Childcare Administrator:** Tracy Dodrill [tdodrill@rmymca.org](mailto:tdodrill@rmymca.org)

**Childcare Coordinator:** Vanessa Gaston [vgaston@rmymca.org](mailto:vgaston@rmymca.org)

**Childcare Coordinator:** Donna Manning [dmanning@rmymca.org](mailto:dmanning@rmymca.org)

**Aquatics Director:** Kaila Billups [kbillups@rmymca.org](mailto:kbillups@rmymca.org)

**Swim Team Coordinator:** Yvonne Wilkins [ywilkins@rmymca.org](mailto:ywilkins@rmymca.org)

**Aquatics Coordinator:** Carolyn Hartney- Correa [ccorrea@rmymca.org](mailto:ccorrea@rmymca.org)

**Gymnastics Coordinator:** Courtney Mizelle [cmizelle@rmymca.org](mailto:cmizelle@rmymca.org)

**Youth Development Coordinator:** Adam Crider [acrider@rmymca.org](mailto:acrider@rmymca.org)

**Office Manager:** Vanessa Perry [vperry@rmymca.org](mailto:vperry@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 & Announcements
- ⇒ Mobile Program Registration



## FOLLOW US ON SOCIAL MEDIA!

Facebook: [facebook.com/Harrison.Family.YMCA/](https://facebook.com/Harrison.Family.YMCA/)

Twitter: [twitter.com/HarrisonFamilyY](https://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](mailto: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

\*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

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. **Meet at the front desk: Mondays, 9-10AM.**

## 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 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. **It will be offered in the small gym on Tuesdays and Fridays from 8-12. New games will begin at the top of every hour during that time. Sign up is required.**

## 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. **Open Monday-Thursday 4-8PM; Wednesday is only from 5-8PM.**

# 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.



# 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](mailto:llord@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 18 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, Monday through Friday, and all day Sunday 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 (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 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.

## LOCKER ROOMS

- ⇒ The Family Locker Room is for anyone who needs adult assistance.
- ⇒ The Girl's Locker Room is for girls 17 years old & younger.
- ⇒ The Boy's Locker Room is for boys 17 years old & younger.
- ⇒ 18 & up should use the Men's & Women's Locker Rooms.



# 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- unless court is not crowded; see gym monitor with questions	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 crowded; see gym monitor with questions	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 <small>*Protective eyewear required</small>	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—unsupervised for a maximum 4 hours per day	Yes
Climbing Wall	Ages 3 & up- must be under direct supervision at all times.	Yes	Yes	Yes
Aerobics/Water Fitness Classes	No	No- unless participating in a class labeled "family"	No- unless participating in a class labeled "family."	Yes—for ages 16 & up

Program	Age Range
Parent & Child Swim	6-36 Months
Progressive Group Swim Lessons	3-12 Years
RMY 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) 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. 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.
- 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@rmyymca.org](mailto:marketing@rmyymca.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 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 (\$15/month minimum).

For more information, please contact Liz Lord, Membership and Engagement Director at 252-972-9622 x. 256 or [llord@rmymca.org](mailto: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](mailto: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 contact the Child Care Office at 252-972-9622 x. 239

## 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

### School Break 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



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:** \$130/Y Plus Members \$150/Non-Members
- ⇒ **Daily Drop-In Rates:** \$35/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: \$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@rmymca.org](mailto: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

\$72 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

envolve™

For more information, contact Yvonne Wilkins, Swim Team Coordinator at 252-972-9622 x. 236 or [ywilkins@rmymca.org](mailto:ywilkins@rmymca.org).



# 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. 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-\$75

⇒ **Price Range for Non-Members:** \$45-\$85

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



## YOUTH 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.



## 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. Ask about specific dates.



## 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.

For more information, contact Brett Van Pelt at 252-972-9622 x. 245 or [bvanpelt@rmymca.org](mailto:bvanpelt@rmymca.org) OR Adam Crider at 252-972-9622 x. 227 or [acrider@rmymca.org](mailto:acrider@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 Gymnastics Coordinator

## 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

For more information, please contact Courtney Mizelle at 252-972-9622 x. 255 or [cmizelle@rmymca.org](mailto:cmizelle@rmymca.org)

# 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](http://www.awma.com)

For more information, please contact Brett Van Pelt at 252-972-9622 x. 245 or [bvanpelt@rmymca.org](mailto:bvanpelt@rmymca.org)

# Y GUIDES FAMILY PROGRAM

The Y Guides Program offers Dads and their Daughters, 1st-3rd grade, the opportunity to create life-long memories together. Each grade year has a specific focus for the tribe. Participants and the fathers will get a vest the 1st year, as a 3 year long physical scrapbook of their time together!

- 1st Year: Bonding with Dad
- 2nd Year: Together with my Tribe
- 3rd Year: Giving Back

Parent-child pairs meet in small groups called tribes. Each tribe gathers once a month to hold meetings, hosted by a different Dad each month. There will also be a fun outing each month that incorporates a variety of recreational and educational activities focused on nature, community and family.

Participants have the opportunity to earn awards/patches for their vest signifying accomplishments achieved together.

## **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 Kaila Billups at 252-972-9622 x. 235 or [kbillups@rmymca.org](mailto:kbillups@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@rmyymca.org](mailto:bvanpelt@rmyymca.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.

**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](mailto: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](mailto: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.

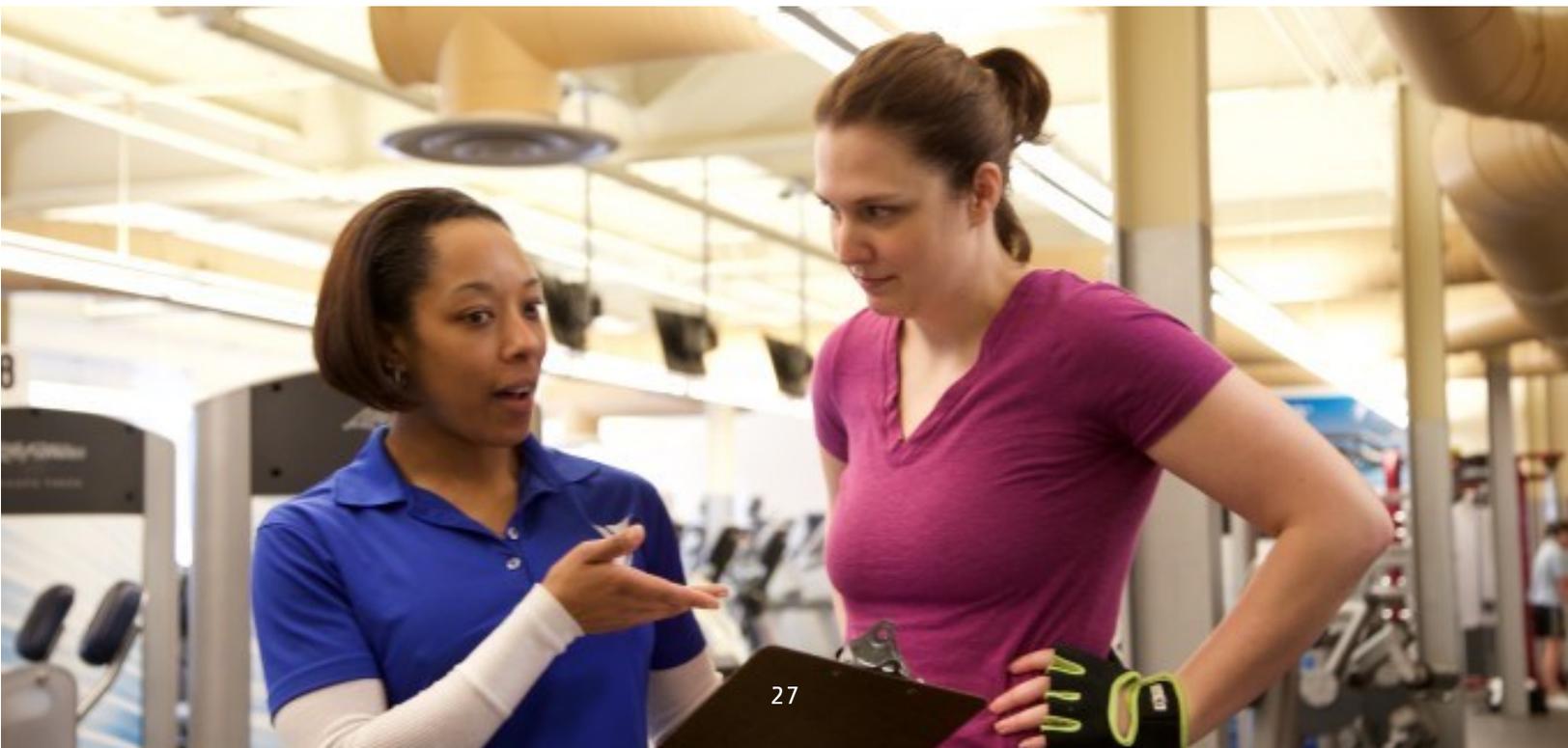
## HOW TO SIGN UP

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](mailto: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](mailto:bvanpelt@rmymca.org) or Membership & Engagement Director, Liz Lord, at x. 256 or [llord@rmymca.org](mailto: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](mailto:bvanpelt@rmymca.org) OR Sharon Simons at x. 246 or [ssimons@rmymca.org](mailto: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

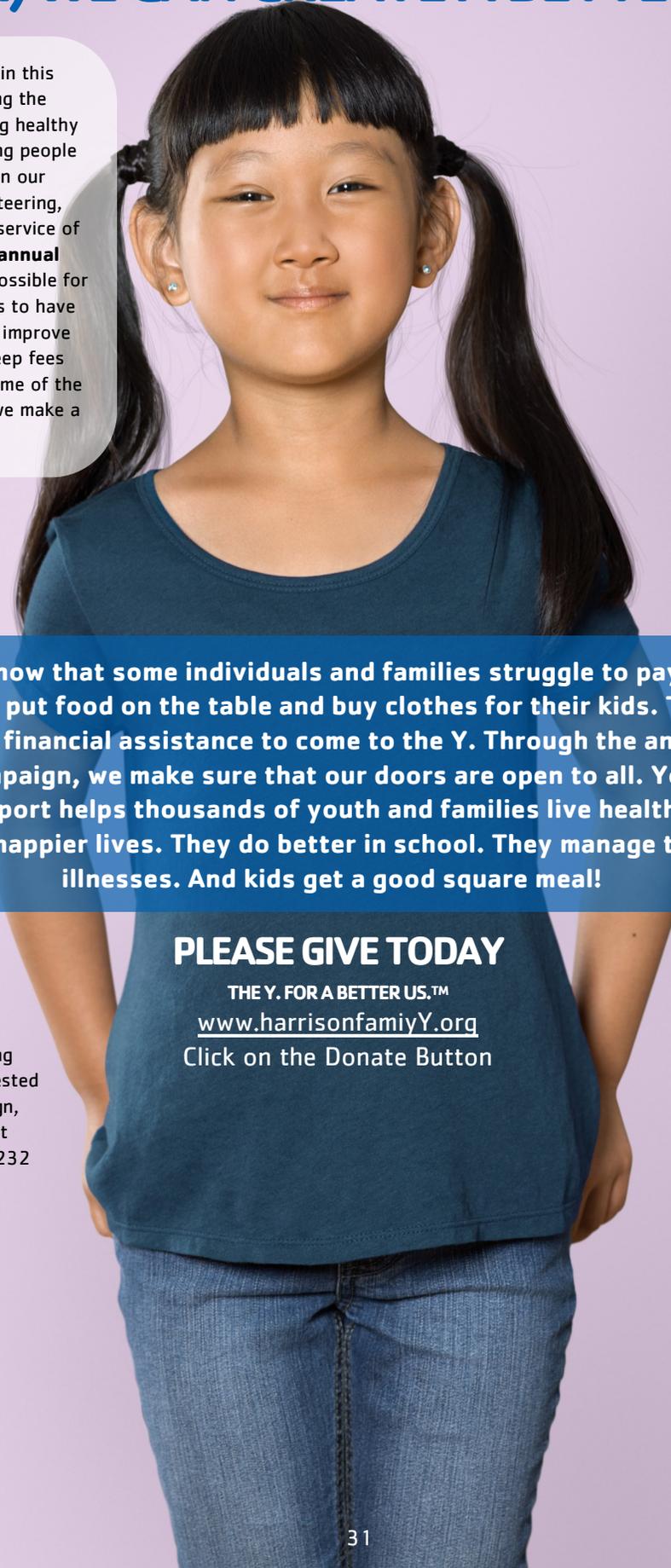
Following successful completion of this program, youth 10-12 years old must be supervised by a parent or guardian over the age of 18 while using the Precor equipment. Youth 13-14 years old may use the Precor area unsupervised for no more than two hours per day.

For more information, contact Brett Van Pelt, Wellness Director, at 252-972-9622 x. 245 or [bvanpelt@rmymca.org](mailto: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](http://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](mailto: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 Assistant:** Volunteer will assist Marketing Director with coordinating events, here at the Y.
- ⇒ **Event Volunteers:** Assist with various events throughout the year.
- ⇒ **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.
- ⇒ **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.
- ⇒ **Membership Services Intern:** Working with the Membership Coordinator and Membership Director, the Member Services Intern will assist the service desk staff and team leaders to ensure consistent service procedures that maximize member engagement and program participation and transformative experiences at the Y.
- ⇒ **Membership Services Volunteer:** Help support members and guests as they work to achieve their wellness goals in a safe, comfortable, and welcoming environment.

## 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.
- ⇒ **Home School Literacy Hour:** Literacy Hour is a brand new program that is FREE to our school age youth. Be as creative and engaging as you can to take our youth's minds and imaginations to a whole new world. With the help and support of our Youth Development Coordinator, choose the books and activities you wish to use in the program.





## 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 promoting 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](mailto: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**

**Nash Rocky Mount Public School System**

**Nash County Health Department**

**Rocky Mount Preparatory School**

**Martin Millenium Academy**

**Life 103.1**

**Engolve Benefit Options**

**Holiday Inn & Courtyard Marriott**

**Chick-Fil-A of Cobb Corners**

**First Media Advertising**

**North Carolina Wesleyan College**

**Junior Guild of Rocky Mount**

**Vidant Edgecombe Community Benefits Program**

**Nash Health Care Foundation**

**Turner B. Bunn and Catherine Eagles Bunn Foundation**



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Rocky Mount Family YMCA, Inc. (Harrison Family YMCA)  
PO Box 4063  
Rocky Mount, NC 27803  
P 252.972.9622  
F 252.972.3580  
E [marketing@rmymca.org](mailto:marketing@rmymca.org)  
W [harrisonfamilyY.org](http://harrisonfamilyY.org)

# WELCOME TO OUR COMMUNITY THE Y

