



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

A HEALTHIER LIFE FOR ALL

September Newsletter

HARRISON FAMILY YMCA

1000 Independence Drive Rocky Mount, NC

252-972-9622

www.harrisonfamilyY.org | Stay Connected



DID YOU KNOW?

September is Childhood Obesity Awareness Month. Children in the nation are becoming more tuned in to technology with a lack of healthy eating and active living. The Y offers multiple activities and programs to keep children active.

IT'S BETTER TOGETHER



REFER A FRIEND AND **YOU BOTH WILL WIN** WITH OUR **NEW** MEMBER REFERRAL PROGRAM!

You get the choice of a **FREE** t-shirt or entry into our quarterly **FREE** 1 & 3 month memberships, while the new member gets **\$20 off!**



WELCOMING DAY FESTIVAL

Friday, Sep. 21st 5:30-7:30pm at the Y

Free Community Event! Vendor Opportunities available.

This event promotes cross-cultural understanding and raises awareness of the benefits of welcoming everyone!

We encourage all to come out and experience the activities going on including vendors with cultural information and food samples, cultural exercise and dance samplers, and much more!

THE UNITED STATE OF

US

Welcoming Week
September 14-23



FOR YOUTH DEVELOPMENT®
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A CHANCE FOR ALL

Color Run 2018

September 22nd 5K & 1 Mile Fun Run

Benefiting the Y's Annual Campaign, keeping our doors open to all

REGISTER AT HARRISONFAMILY.ORG TODAY!
SPONSORSHIP OPPORTUNITIES AVAILABLE



At North Carolina Wesleyan College

Must register by September 3rd to guarantee your shirt!

Pre-registration closes on September 19th at 11:59pm

INFO TO KNOW

We will be closed on Monday, Sep. 3rd for Labor Day.

GRANDPARENTS' DAY! Sep. 9th

Children are encouraged to stop by our booth in the Front Lobby on this day to write a special letter to their grandparent or grand-friend in recognition of National Grandparents' Day!

It is **renewal time for Financial Assistance applicants**, with a deadline of 9/14. If you are in need of applying, please make sure to pick up our new revised application at the Front Desk.

LOYAL MEMBERS!

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

2-5 YEARS: PAMELA BASS

6-10 YEARS: LEONA JACKMAN

11-20 YEARS: COREY JONES

21-30 YEARS: DR. RICHARD MICHAL

CEO MESSAGE

"As everyone begins getting back into the swing of things with Summer coming to a close, we are promoting our many initiatives around creating healthier lifestyles for all. Because we know that our loved ones mean the most to us, we are relaunching our New Member Referral Program to better serve our current and new members. Exercise with someone else tends to keep you motivated and on track with your own individual health journey. Be sure to check into that program! We are also offering many new events and programs including our new Welcoming Day Festival, promoting cross cultural understanding and other youth programs and activities. Get involved in the healthy option of your choice!"



WALK WITH ME



Pet Partners World's Largest Pet Walk | Sat., Sep. 29th 7:30am

This walk encourages everyone to enjoy the health benefits of being active with pets. Because of our use of these dogs through our MINDful Movement Program, we want to help support! We will be hosting this walk with therapy dogs at the Y and encourage everyone to join us!

DEVELOP, GROW & PLAY

Tots Play Program Fall Sessions

Ages 2-4 Tuesdays or Thursdays 5:30-6:30pm

Variety Sports September 4th-October 9th

Basketball October 16th-November 27th

Register online at harrisonfamilyy.org/programs/tots-play-program two weeks in advance.

BUILD SKILLS & TEAMWORK

Rookie Sports Fall Basketball

This **NEW program** is a progression from our Tots Play Program for the next age level, teaching more sport related skill building and how to transition those skills into game situations and team play!

Ages 5-6 Mondays 5:30-6:30pm

September 17th-November 5th

Register online at harrisonfamilyy.org/programs/rookie-sports two weeks in advance.

LEARN DISCIPLINE

Martial Arts

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

Ages 5 & up Mondays and/or Thursdays (days & times differ with beginner or intermediate level) Fees are monthly.

Begins September 10th and runs through May 2019.

Register online at harrisonfamilyy.org/programs/martial-arts

FRIDAY FUN NIGHTS

PARENTS' NIGHTS OUT

Sep. 14th Swimming
Oct. 12th Let's Go Lego
Dec. 14th Winter Olympics
Jan. 11th Active Arcade
Feb. 8th Art+Science=Messy
March 8th Sports!
April 12th Swimming
June 14th Le'go Again

FAMILY NIGHTS

Dec. 7th Movie Night
March 1st Game Night
May 3rd Kickball & Picnic Night
July 26th Swim & Movie Night

*Register online at harrisonfamilyy.org/programs/friday-fun-nights the Thursday before event.

GYMNASTICS EVENTS

Upcoming Fall Gymnastics Events

Whether you are a cheerleader, dancer, gymnast or just interested in building friendships and skills, these events are for you!

Lock-Ins

Sep. 14th - 15th Team Only
Nov. 30th - Dec. 1st

Open Gym Event

Nov. 10th

Tumbling Clinic

Oct. 27th



FALL INTO FAMILY FUN

Fall Family Festival | Sat., October 20th 5:30-7pm at the Y!

Time for some fun with the family for this harvest and Halloween season! Open to the community! Activities will include our Treat Trail, Face Painting, Arts & Crafts, Family Exercise, & More.

TIME TO EXPLORE!



Before & After School Care / Teen Academy

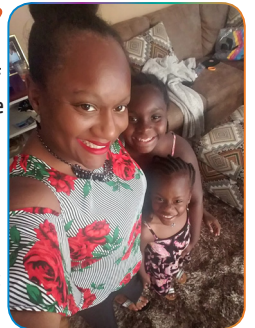
School Aged Before & After School Ages 4-14

12 Locations | Children will expand their learning beyond the classroom. We use a balanced curriculum with opportunities for character development, STEM, arts and humanities, community service and physical activity.

Teen After School Academy Ages 13 & up | Learning doesn't stop after the school day ends. The Y provides the academic support needed to help teen students achieve their full potential. Each day is filled with educational activities that also incorporate health, team building, homework support, and leadership training.

IMPACTSTORY

Sherron Patterson has been a member of the Harrison Family YMCA for around three years. She originally joined the Y because she was looking for a place where she could exercise and know that her children were in a safe place. The Y offers so much for her children to do while she works towards her health goals. "When my oldest daughter is in gymnastics and I am working out, my youngest is able to go to child watch." After joining, Sherron started to participate in various exercise classes, which made exercising easier for her. "Once I became a member, I started participating in things like zumba and spin class which were great!" She says the Y has been there for her when she needed help. "I became a single mother of two girls and I wanted them to be able to participate in different sports. I applied for financial assistance and was approved, which helped me get my oldest daughter in gymnastics, after school, and summer camp while I was at work. Receiving financial assistance helps to alleviate some of the stress and financial burdens that I would otherwise face without it." The Y has become a place that Sherron's family truly enjoys coming to. "I think at the Y, the people listen to what members and community members are interested in and they try to make it available. The staff is amazing; everyone here is nice and is willing to help out those who need it which is what keeps us coming back!"



CAUSE-DRIVEN LEADER SPOTLIGHT

Ashley Cooper | COMMUNICATIONS & OUTREACH COORDINATOR



"I have worked for the Y for 3 years. My favorite type of food is Mexican and Japanese. My favorite part of my job at the Y is being able to meet new people and informing the community about the Y. My favorite thing to do here is to take pictures and videos of different activities and events. A fun fact about me is I am an only child."