

WELCOMING TO ALL

September Newsletter



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HARRISON FAMILY YMCA

1000 Independence Drive Rocky Mount, NC

252-972-9622

www.harrisonfamilyY.org | Stay Connected



DID YOU KNOW?

SEPTEMBER IS CHILDHOOD OBESITY AWARENESS MONTH. The Y provides tips to help prevent this including Eat & Drink Healthy, Play Every Day/Go Outside, Get Together, Reduce Recreational Screen Time, and Sleep Well.



FOR YOUTH DEVELOPMENT®
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A CHANCE FOR ALL COLOR RUN 2019

5K & 1 Mile Fun Run

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

SEPTEMBER 28TH

REGISTER ONLINE BY SEP. 3RD TO GUARANTEE YOUR SHIRT!

Timed Event this year! With continuous Family Fun as well!

FEES:

- 5K | \$25 includes entry to 1 Mile, medal & color kit
- Fun Run w/ kit | \$15 includes award and color kit
- Fun Run only | \$5 includes award

THE UNITED STATE OF US

Welcoming Week | September 13th - 22nd

Welcoming Week is a chance for neighbors, both immigrants and U.S.-born residents, to get to know one another and celebrate what unites us as a community. Welcoming Week is at the YMCA, free and open to the community. Guest policies still apply.

Resilience Movie on September 17th

Welcomer Guest Passes

Welcomer Pledge Signs

Where are you from? Map Activity

Voter Registration



SUPERHERO CONFIDENCE

Superhero Friday Nights Out for exceptional children

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

Upcoming Evening: September 20th

Ages K - 12th Grades

5:00 - 8:00 p.m.

INFO TO KNOW

CLOSED SEPTEMBER 2ND

We will be closed on Monday, September 2nd for Labor Day. Enjoy your holiday!

CLOSING NOTICE FOR THURSDAY, SEPTEMBER 12TH FROM 6-9 P.M.

Our Y will be holding our Annual All Staff Gathering off-site during this time and to ensure staff attendance, will be closing the facility during those hours only. Thank you for your understanding!

RETURNED FEE REMINDER

Remember that all returned payments will incur a \$10 fee to your account for membership as well as programming. Please contact our membership department should you need to update any account information.

MEMBERSHIP RATE INCREASE

Effective October 1st, 2019 our membership rates will have a minimal increase. All members have been mailed a letter with the details. Please make sure you read that letter and speak with a membership manager if you have any questions.

LOYAL MEMBERS!

Congratulations! We appreciate your membership and hope that you will share your story of how the Y has impacted your life by emailing marketing@rmymca.org. Pick up your prize at the front desk!

2-5 YEARS: BRANDON ROLLINGS

6-10 YEARS: ELONDA MANN

11-20 YEARS: CHRISTOPHER MCPHATTER

21-30 YEARS: PAULETTE PITT

CEO MESSAGE

"In September, we like to focus on our diversity and inclusion initiatives. We are holding our Welcoming Week to show members everything that we do to welcome all into our facility and programs.

We are dedicated to connecting all people together for the common good of becoming your best self. Also, don't forget to register for our 3rd Annual Color Run as well! This fundraiser event, held at Wesleyan College, helps us to create more access for individuals and families in our community. All proceeds go back into our 2019 Annual Campaign. Can't wait to see everyone there!"



A SAFE PLACE TO LEARN & GROW

Before & After School Care - Registration is open!

Locations including the YMCA Future Leaders Child Care Center, YMCA Teen Academy, Bailey Elementary, Benvenue Elementary, Cooper Elementary, Englewood Elementary, M.B. Hubbard Elementary, Nashville Elementary, Red Oak Elementary, Spring Hope Elementary, Swift Creek Elementary, Winstead Avenue Elementary, and the new Hobgood Charter School!



Starts back on September 13th!
Pajama Party/"Drive" in Movie
5:30 - 8:00 p.m.

Registration open soon!

Take some much needed time for yourself, while we have fun with the kids in our Monthly Parents' Nights Out starting back this September!

LEARN DISCIPLINE

Martial Arts

September 5th - December 16th | Register Today!

Martial arts classes are for ages 5 and up and consist of warm-up stretches, kicking, forms, cool-down stretches and meditation. Participants can choose beginner or intermediate levels. If you are unsure of the level your child is at, the instructor can make a suggestion. You may sign up for 2 classes a week or 1.



DEVELOP, GROW, PLAY!



Fall Tots Basketball
October 1st - November 14th

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.

Register for the Fall Session by September 17th!

BRAND NEW PROGRAMS!



Youth Sports Leagues are back and better than ever! We will be pairing YMCA character development with age appropriate sport skills and growth of team mentality! There will be a different sport with each season.

Upcoming League: Fall Youth Soccer

Ages K - 6th Grades

Begins September 30th



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

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

Begins September 3rd

Ages 7 - 18



Private Basketball Lessons A basketball trainer will teach the skills that will give each player an advantage on the court!
Begins September 3rd
Ages K - 12th Grades

EMBRACE A NEW CHALLENGE

LesMills™

LES MILLS™ provides evidence-based group exercise programs around the world. Based on research, these classes will include specific moves and music to help participants fall in love with exercising and achieve life-changing fitness. **We will launch the following virtual classes on September 16th!** Stay tuned for the launch date of our live class!

VIRTUAL:

Bodypump
Bodycombat
Bodyflow
CXWorx
Sh'Bam
Barre
Gritcardio
Gritathletic
Gritstrength

LIVE:

Bodypump



IMPACTSTORY

Vanda Watkins

"When I retired over seven years ago, I was satisfied staying home snacking, watching TV, and relaxing. All was well until I had a doctors visit where I was diagnosed as pre-diabetic. My level was so close to diabetes my doctor compared it to me standing on the end of an ledge and any small gust of wind could blow me over into diabetes; which would change my life forever. I noticed that I was starting to gain weight and I would get winded climbing the stairs to my second floor apartment. After this, I knew I had to make a change. **I recently joined the Y and signed up for Enhance Fitness. It was a great fit for me** and I improved so much that by the end of the session I had mastered some skills and could climb the steps to my apartment without being out of breath. I've made diet changes, including eliminating Sweet Tea (my favorite), fast food, and candy. **Because of these changes I have lost 121 pounds already!** More importantly, as of my last doctors visit I am no longer pre-diabetic. My doctor and I are both so amazed! I am now taking Body Sculpt Class and I have enrolled in the next session of Enhance Fitness. **The classes and instructors are so welcoming and I have had such a positive experience here at the Y! I look forward to continuing participating in more programs.**"



CAUSE-DRIVEN LEADER

Ivy Averette
Youth Development Coordinator

"I have been working at the Y for 3 months. To me being a Cause Driven Leader means that everyday I'm working together with our team to advance the Y's mission by strengthening the community, developing people, and promoting healthy living. Even in my every day tasks, I know that I get to be here and make a difference in our community. I love getting to invest in the lives of the kids in our programs and build relationships with them so I can help to develop them into future leaders. It is a privilege to have the opportunity to impact kids every day! My favorite thing about working at the Y is interacting with kids and families in a positive way that could impact them for a lifetime. A fun fact about me is that I lived in China! My favorite hobby is candle making and my favorite thing to do at the Y is climb the rock wall."

