



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Reopening Efforts Continue

Thank you for your patience as we continue to dry out and clean up from the damage that the flooding caused earlier this week!

We are working hard to fully re-open the YMCA and are so excited to welcome you back into the Wellness Center **tomorrow, Saturday, 4/3!** The YMCA will resume regular operating hours which can be found at <https://www.ymcaavery.com/schedules/> . While we are able to open the Wellness Center our lobby will remain closed. Our Member Services desk is located in front of the main YMCA entrance and a Member Services Associate will check you in and direct you to the temporary entrance. The downstairs area of the YMCA - Aquatics Center, locker rooms, Healthy Living Room and Group Exercise Room will be open. Upstairs, only the Wellness Center is open with restrooms available downstairs at this time. Our lobby and upstairs restrooms will remain closed for the time being. The Blackburn Athletic Facility will be CLOSED on Saturday, 4/3, as we host Spring Soccer Games indoors due to forecasted cold temperatures. The 9:00am Yoga class will be moved into the Group Exercise Room.

Please continue to check email and social media for the latest updates. If you would like to update or add your e-mail address to our mailing list please email membership@ymcaavery.org.

Standing Through the Storm.



The COVID-19 Pandemic has had a lasting impact on our YMCA. Despite closings, capacity limits, and other changes to our daily operations we are surviving, thanks to you and our donors! Through out everything we have:

- Cared for 90 kids daily, in our Out of School programs,
- Distributed 10,080 meals to Avery County Children,
- Delivered 75 food boxes and medications to seniors,



- Visited senior's homes 125 times,
- Called 505 seniors for wellness checks,

...and much more. Find out how to help us continue to support our community by [volunteering](#) or [donating](#) to the our YMCA.

CHANGES TO YOUR MEMBERSHIP

Effective April 15, the Williams YMCA will be introducing a new automated service to help manage payment returns. You may receive messages to update your account information on our behalf from Daxko Full Service Billing.

Steps you can take to avoid returned payments:

- Stop by the front desk to be certain that the payment method we have on file for you is current and up to date.
- Double check that the billing address we have on file for you is the same as the one that corresponds to your payment method.
- Monitor your daily balance with your bank or credit card company to ensure that you have sufficient funds to cover the cost of your payment.

Upcoming Programs for you...



Image

Summer Camp

We know you and your child can't wait for Summer Camp to start, and neither can we! We are putting the finishing touches on all of the Summer fun right now and will send out an announcement once we are sure that it is going to be the best Summer ever! For more information about Youth Development [click here](#).

Healthy Living

The YMCA's Weight Loss program will be starting soon! Looking for a way to lose a few pounds or more? Join Sheila Bauer and learn how small changes to your lifestyle will help you accomplish your weight loss goals! For more information about the YMCA's Weight Loss Program [click here](#). To register today contact Sheila Bauer at sheilab@ymcaavery.org

Image

Aquatics

We're excited to share that we've received a grant from Clear Comforts that will allow us to install a water and air disinfection system This system is more environmentally friendly and will allow us to cut down on the amount of chemicals we use daily. We look forward to sending out more information soon!

For more information about Aquatic programming [click here](#).



Community Outreach

The Williams YMCA and Avery County Senior Services have teamed up to offer a Fun Walk on Friday, April 16th starting at 9:30am. Sheila Bauer will be leading a morning stretch before the walk and volunteers will be available to take blood pressures and help those interested in registering for the High Country Senior Games! To register for the Fun Walk contact Jennifer Berry at 828.733.8220. For more information visit



Athletics

New Programming is coming to the Blackburn Athletic Facility. A beginners self-Defense class will starting at the end of April. Learn the basics of how to protect yourself with instructor Carl Frost who has over 30 years of martial arts teaching experience. Classes are open to anyone 18 years or older. Space is limited in these classes, to register please contact Laura Foley at Lauraf@ymcaavery.org. For more information please



Mitchell County Healthy Living Programs

The Riverside Story Trail Project in Mitchell County continues to make progress! The Mitchell County Healthy Living Program site in Spruce Pine has partnered with Penland School of Craft, Blue Ridge Partnership for Children and AMY Regional Library to encourage physical activity and literacy improvement for those walking in the park. Anyone can walk the trail and read the featured book while

the [Community Outreach program page](#) on our website.

visit the [Athletics program page](#) on our website.

skipping, walking, and jumping from station to station. Permanent book and audio stations are in the process of being added for fun year-round. To find out about the other programs happening at the Healthy Living Center in Mitchell County visit our website by clicking [here](#).

MARK YOUR CALENDARS...

Club Sports

Tuesday, Wednesday, & Thursday's 5 - 6PM

An hour of sports practice including drills, skills development, scrimmage play and FUN! All ages are welcome.

Tuesdays – Volleyball
Wednesdays – Basketball
Thursdays – Indoor Soccer

[LEARN MORE](#)

April Aquatics Classes

Monday - Friday

Want a low-impact way to workout? Try our Water-Fit or Water Volleyball classes! These classes can help improve your balance, strength, and endurance. To see a description of each class and when you can join the fun click the link below!

For information about private or group Swim Lessons please contact Hannah Taber at Hannaht@ymcaavery.org

[AQUATICS](#)

April Group Fitness Classes

Monday - Saturday

Looking to try something new? Check out our Group Fitness offerings including yoga, BodyPump, HIIT (High-Intensity Interval Training) classes and more! To see a description of each class and when you can join the fun click the link below!

[GROUP FITNESS](#)

Questions?

Do not hesitate to stop by our Member Services desk to ask for assistance. We're here to support you every step of the way!

Connect with the Y:



Williams YMCA of Avery County

436 Hospital Drive, Linville NC 28646

828.737.5500

www.ymcaavery.com

We want to communicate with you in ways that work for you,