



FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Y Story of the Month

Sue Chapin, has been a member of the Williams YMCA of Avery County for the last 10 years. Recently Sue has been spending her time in the pool preparing for an upcoming surgery. The heated pool helped ease her pain while allowing her to strengthen her muscles both before and after the surgery. "The pool saved me!" Sue said, and her doctor told her that without the pool she wouldn't have recovered as quickly as she did.



Sue is able to move with more ease, has begun walking and hiking again... "and with no pain at that!" She also can't wait to try out the water aerobics class. "The outpouring of support and encouragement from YMCA staff and members helped me get through the pain." This inspired her to get back to the YMCA as soon as possible. Now, Sue is standing taller, back in the pool, and encourages others to come to the YMCA when preparing or recovering from a surgery. She is forever grateful for all the YMCA has done for her and is excited to be part of the YMCA community!

SUMMER FUN AT THE Y

Our Community Outreach programs are designed to serve all ages with an emphasis on serving Avery County Seniors. Our programs include bringing healthy living programs to outreach sites throughout the county, perform home visits to assess daily living needs, deliver hot meals and aid in helping them maintain their independence to stay in their homes. One of the more recent Outreach Events was a trip to Hunt Fish Falls for YMCA and Community Seniors.



Sheila Bauer, the Community Outreach Director wanted to give everyone an opportunity to get outside and enjoy the fellowship of good friends while being active. For many a trip like this would have been the last thing they thought they

could do. However, the group had a blast climbing up and down hills, over logs, and even enjoyed a picnic lunch. Everyone surprised themselves at how much they could do and are eager for the next hiking trip. Events like this speak to the core of what the YMCA stands for: strengthening the foundations of the community. Sheila is planning one hiking trip each month. To find out how you can get involved in the next hiking trip or with our Community Outreach department [call](#) or [email](#) Sheila Bauer.

UPCOMING PROGRAMS FOR YOU...



The Walk-Fit Program is Back this Summer!

The Walk-Fit program is a great way to catch up with new and old friends while improving your cardiovascular endurance. This program meets outside where participants can choose how far and how fast they want to walk. Check out the [Community Outreach page](#) on our website for more information or contact [Sheila Bauer](#).

Mondays: 10-11 am.
Tuesdays: 5 - 6 pm.



Drop-in Child Care

We have moved our drop-in program back into the Child Development Center (CDC), and extended our morning hours.

For more information about drop in child care and other Youth Programming visit our [website](#).

CDC Hours:
M-F: 9am-1pm & 4-7pm
Saturday: 8am - 12pm



WildCat Lake is Open!

Ready to get outside and enjoy that Summer sun? Visit the YMCA lifeguards for a fun day at the lake any day of the week.

WildCat Lake is located on the Children's Hope Alliance Campus and is open to the public.

WildCat Lake Hours:
M-Sat.: 11am - 6pm
Sunday: 1pm - 6pm



Healthy Living Programs are ready for you!

Did you know that the YMCA offers a variety of programs created to help you improve or maintain your health? From Arthritis management and Blood Pressure Monitoring, to classes for Parkinson's Disease and Cancer Survivors, the YMCA Healthy Living Programs have you covered.

For more information visit our [Healthy Living Program page](#).



Personal Training

Do your physical activity goals seem unachievable? Do you feel like the COVID-19 pandemic has set you back both physically and functionally? Do you want to become healthy again? If any of these questions speak to you, the YMCA can help! Call today to hire a personal trainer that will work with you wherever you are in your fitness journey and help you raise your bar! Contact [Erin Spear](#) or click [here](#) for more information about personal training. Ready to meet a trainer? Call [\(828\) 737-5500](#) to schedule an appointment.



July Soccer Youth Clinic

We can't wait for the July Youth Soccer Clinic to start! This three day clinic will be led by some of our outstanding Athletics Staff and our new Athletic Coordinator: Erica Shingleton. We will be releasing more information about the clinic and how to register within the next few days.

For more information please contact [Erica](#) or call the [YMCA](#).

MARK YOUR CALANDERS...



[July Group Exercise Schedule](#)

Summer Group Exercise has never looked better! Be sure to check out the days and times of your favorite classes and see our new class offerings!

[Group Exercise](#)



[July Aquatics Schedule](#)

The pool is the place to be this Summer! Check out the days and times of your favorite classes or reserve your favorite lane for lap swimming today!

[Aquatics](#)



[Athletics Schedule](#)

Click on the Athletics button below to discover a new sport or join in the fun We can't wait to see you on the courts!

[Athletics](#)

Connect with us on:



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