



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Hello Lauren,

## Y Story of the Month

The YMCA means something different to everyone. For some it is a place to workout, swim, or start a pick-up game of basketball. For others it's a place to connect with friends, learn new skills, or find support. Everyone has a Y Story, a story that will always connect them to the YMCA. Here is this month's story:

Paula Burluson, a lifelong Avery County resident, has always been a homebody. Knowing that she wanted to improve her health and meet new people, Paula's cousin, encouraged her to check out the YMCA where she could learn how to delay or prevent some of the medical conditions that are prevalent in her family. The YMCA was also an opportunity for her make new friends. "I was scared to try something new and wondered what people would think of me when I finally decided to give it a try. I thought people may not be nice and would wonder why I was here, but from day one I felt welcome!"



Before the YMCA Paula only traveled to doctor appointments and the grocery store. Now she comes to the YMCA three times a week or more to exercise. "I loved when we had the Zumba class because that's where I met my best friend Gerri! The YMCA makes me feel welcome and like family." Paula joined the YMCA two and half years ago and she has never been happier for doing something outside of her comfort zone. "I have made friends, improved my confidence, and continue to grow and learn everyday." According to Paula the YMCA is a heaven sent and she would not trade this for anything in the world. "I believe the YMCA is a place where everyone is kind and it has helped me to blossom into a more outgoing person who isn't as afraid as I once was. I hope everyone has been as blessed by the YMCA as I have."

Have a Y story you want to share? Let us know by contacting us [here](#).

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## YMCA Facility Hour Changes

We are excited to announce that starting May 3rd, 2021 we will be extending our facility hours. Thank you for your patience as we continue to make adjustments to better serve our community safely. Below outlines the new facility hours of operation.

### Main YMCA Facility

- Monday - Friday: 5:00 am - 8:00 pm
- Saturday: 8:00 am - 4:00 pm
- Sunday: CLOSED



#### Aquatics Facility

- Monday - Friday: 7:00 am - 7:45 pm
- Saturday: 8:00 am - 3:45 pm
- Sunday: CLOSED

#### Blackburn Facility

- Monday - Friday: 8:00 am - 1:00 pm and 4:00 - 8:00 pm
- Saturday: 8:00 am - 12:00 pm
- Sunday: CLOSED

#### Arthur Youth Center

- Monday - Friday: 4:00 - 7:00 pm
- Saturday: 8:00 - 12:00 pm
- Sunday: CLOSED

For more information about each of these facilities and their hours of operation please visit our [website](#) or contact the [Membership Desk](#) at (828) 737-5500.

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## UPCOMING PROGRAMS FOR YOU...



### YOUTH DEVELOPMENT

The 2021 Summer of Fun - Summer Camp program is almost full, contact [Katie Croland](#) to reserve your spot today!

For information about our other Child and Youth Development Programs visit our website's [Child Development](#) or [Youth Development](#) pages.



### ENHANCE FITNESS

A proven arthritis management program focused on fitness. Helping older adults become more active, energized, and empowered for independent living while reducing the severity of arthritis symptoms. The program includes exercises for cardiovascular endurance, strength, flexibility, and balance with a group that is supportive and understanding. Join us today by contacting [Lauren Wilson](#). For more information click [here](#).



### POOL PARTIES

Start the Summer off right! Pool Parties are back at the Williams YMCA of Avery County! No matter the celebration we would love to have you party with us. Pool Party reservations can be made for Fridays 5:30-7:30 pm or Saturdays 11:30-1:30 pm and 1:45-3:45 pm. For more information contact [Hannah Taber](#) or visit the [Aquatics](#) page of our website.



### COMMUNITY OUTREACH

Coming Soon! The Walk-Fit program will be coming back to the YMCA this summer. Led by Sheila Bauer the Walk-Fit program is a great way to catch up with new and old friends while improving your cardiovascular endurance. This program will meet 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](#).



### ATHLETICS

Looking for a fun and engaging place to hold your next party? You can now rent one of the Blackburn Athletic Facility gyms to host your next event. Reservations can be made for Saturday afternoons starting in May! To rent this space contact [Laura Foley](#). For more information visit our [Athletics](#) 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.

## MARK YOUR CALANDERS...

### WILDCAT LAKE OPENS

Opens Saturday June, 19th  
Wednesdays - Saturdays  
11:00 - 6:00 pm

WildCat Lake is located on the Lees McRae College Campus and is open to the public. The Williams YMCA of Avery County will be lifeguarding the beach and swimming area to ensure that everyone has a safe and fun day at the lake!

[More Information](#)

### MAY SWIM CLUB REGISTRATION IS OPEN

Tuesdays & Thursdays  
4:15-5:30 pm

Swim Club is a place where kids of all ages can have a safe environment to advance their swimming capabilities. The focus is on using a kick board, swimming drills, and active games. Participants also work on building team unity, character development, and having fun. Participants must be able to pass a swim test.

[More Information](#)

### GROUP EXERCISE IS MOVING

Starting May 3rd, 2021

Group Exercise Classes will be moving to the Hugh Chapman Center starting May 3rd. These classes will be held under the covered outside space to allow for social distancing. Please check the May Schedule for the location of each class as some of them may still be held indoors. We can't wait to see you in class!

[May Schedule](#)

**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!

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Connect with us on: