



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

Y Story of the Month

"I love the YMCA!" says Genevieve Austin. She has been a member since 2011 and for her, the YMCA saved her life. Ten years ago, Genevieve and her son had gone through a series of rough events leaving them both feeling lost and overwhelmed. There had been several losses in the family and Genevieve's options were limited. That's when she found the YMCA. She would drop her son off at school in the morning and then come to the Y where she enjoyed numerous group exercise classes. She found connection and support in the morning water-fit class. "The Y's Water-Fit classes truly saved my life as our class community, laughter and the vigorous workout gave me resilience and strength." This new community helped Genevieve ease her stresses and improved her overall health. Soon, Genevieve's son also grew to love the YMCA.



Genevieve picking out her pumpkin in the 2021 Floating Pumpkin Patch

"His favorite part of the YMCA is working out in the Wellness Center. He has made new friends and now comes regularly!" Something Genevieve prayed would happen as he got older. Throughout the years, Genevieve has worn many hats; a Singer, an Artist, a Teacher, and is a newly published Author with a book for sale on Amazon. But one of her favorite jobs has been working at the YMCA as a Membership Associate. After the COVID-19 restrictions were lifted, Genevieve saw the job opening and knew that she had to apply. "I want to work where I feel welcomed, loved and supported and knew that the Y is that place. I truly believe in the mission of the Y and that strengthening the foundations of our community is what we do every day. The YMCA is a lifesaver for me and I feel blessed to be part of an organization that is working towards a purpose and not a bottom line." The YMCA is here to serve everyone, regardless of where you are in your life. We want to strengthen our community through our programs and offerings so that everyone benefits.

YMCA Information at Your Finger Tips

The YMCA of Avery County is here to serve the community with a multitude of programs and events. With so much going on it can be challenging to stay up to date. Which is why the YMCA is determined to meet you where you are at, using the same platforms that you use everyday - Social Media! If you want the most up-to-date information about programs, events, facility updates, and more this is where you do it.

The YMCA of Avery County has 3 different Facebook pages:



- Williams YMCA of Avery County
- Williams YMCA of Avery County - Athletics
- YMCA Healthy Living Center - Mitchell County



We love sharing our program pictures with you.



For quick snippets of news

Take a look behind the curtain to see how our teams work to keep our community



strong.



Program and Job Opportunities await



The YMCA of Avery County does not have a local channel though the YMCA of the USA shows us just what the YMCA stands for.

Dashing All the Weigh Challenge



Did you know that 88% of U.S. Americans gain weight from Thanksgiving to New Year's? Don't let the holidays WEIGH you down. The Y is here to support you through the holidays. Here how it works:

Goal #1: Find different ways to exercise at least 4 times/week for 6 weeks.

Goal #2: Maintain or lose weight: just don't gain!

If you lose or maintain your weight you get your choice of either 25% off any YMCA program or a waived joining fee! All registered participants will receive a long sleeve Dashing all the Weigh shirt.

Want to know more? Download the flyer below for registration details, start dates and times. [Email Erin Spear](#) for questions or more information.

[Dashing All the Weigh Flyer](#)

Ready to register? Use the button below to get started today!

[Dashing All the Weigh Registrarion](#)



Parent's Night Out

With the holiday season fast approaching the YMCA knows that setting aside time for yourself can be challenging. This year we want to give you the opportunity to take a night off for yourself, to spend with a significant other, or to get some



Outreach Presents

The YMCA Outreach Department needs your help! Each year there are many seniors and families who cannot afford to buy warm winter essentials like blankets and socks. Our Outreach Director, Sheila Bauer is asking for donations of new blankets, socks, and



Give the Gift of Health

Searching for a gift? YMCA Gift Certificates are always a perfect fit! They're available in any amount, and redeemable for programs, merchandise, or membership. We also have gift packages available now through December 23rd.



Snow Camp

Snow camp is here to assist working parents when Avery County Schools closes for inclement weather. We provide help with homework/remote learning, and offer various activities. Parents have the option of registering for a 10-Day Pass or a Single Day Pass. [Learn more](#)

holiday shopping done.

We will be offering a Parent's Night Out Day where we watch your children and give you time for you.

We need your input so that this program suits your needs. Use the button below to take our 3 question survey. The survey should take less than 60 seconds to complete.

Parent's Night Out Survey

gloves that she and her team of volunteers can deliver to those in need. If you are able to donate one or more of these items please drop them off at the YMCA Membership Desk between now and Friday, November 26th.

For more information please [email Sheila Bauer.](#)

How Can I Help?

Call or stop by the front desk today for more information, or to make a purchase.

See Gift Package Options

[about Snow Camp on our website.](#)

10-Day Pass Registration

Single Day Registration



Community Health Worker Update for Avery, Mitchell, Yancey

This past year has been one of ups and downs. To help promote the health and wellbeing of our community the YMCA hired Rosendo Edgardo Lopez Gale as a Community Health Worker. Rosendo has been traveling between Avery, Mitchell, and Yancey Counties connected essential resources to communities who are often underserved. In partnership with the YMCA of Western North Carolina employees, High Country Community Health, MAHEC and other community partners they have delivered over 1,175 food boxes and helped 865 people learn about and receive at least their first COVID-19 vaccine.

In November they will be hosting a COVID-19 information and



Volleyball Club Sports

Join us to build or enhance your skills while playing in scrimmages and having fun!

When: Thursday Evenings; Beginning November 4th
Time: 5- 6 pm
Who: Anyone 10-18 years old
Where: Blackburn Athletic Facility, GYM B
Cost:

Drop-In Rates
Members: \$5
Non-Members:\$10

Registration Rates
Members: \$45
Non-Members: \$65

Volleyball Registration



12 Years of SPLASH

A large percentage of children drown within 6-10 feet of water. Most of these drownings happen due of a lack of basic water safety knowledge and skills. If children learn basic swimming skills, their risk of drowning decrease substantially. SPLASH is offered at Kindergarten and 2nd Grade students through their schools. This year the YMCA celebrates 12 years of SPLASH, 1 generation of School Aged students have now been introduced and taught basic swimming skills and safety around water. Congratulations to all of the SPLASH Graduates and Thank you to our supporters who make it possible to offer this program at no cost to the schools and students.

Learn More About SPLASH



2021 Reindeer Run

Ready, Set, Run! The Reindeer Run is back and registration is now open.

When: Dec 4th,21

Race Time: 9am

Cost:

\$25 -13 & older
\$15 for 12 & under
FREE for 4 & under

Get a sneak peek of the t-shirts this year when you register online!

Register Today

vaccination event for employees of golf courses, gardening, Christmas tree farms, and vegetable farms. At the event there will be outdoor activities, snacks, and vaccination information.

When: November 19th

Where: Crossnore

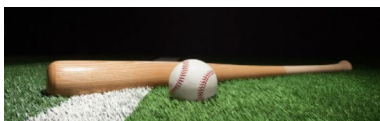
Who: Migrant and Seasonal workers or anyone who is interested in learning more about the COVID-19 vaccine.



November Group Exercise

When it's too cold to exercise outside we've got you covered with a variety of fun group exercise classes!

[Download Group Exercise Schedule](#)



November Athletics

Sports and Recreational Activities for all ages! Plan your next family night with us playing Volleyball, Basketball or using the Indoor batting cages!

[Download Blackburn Athletic Schedule](#)

[Download Fieldhouse Schedule](#)



November Aquatics

Don't let winter weather interrupt your swimming! Download the November Aquatics schedule to see when your favorite classes are offered.

[Download Aquatics Schedule](#)

Connect with us on:



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