



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Y STORY OF THE MONTH

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The last two years have brought about many changes around the YMCA, including some new faces on your YMCA's leadership team. Erica Shingleton and Angey Nicol are two of our newer Directors who will be responsible for some important areas in the YMCA.

Erica Shingleton is our new Recreation Director. Some of you may be familiar with her as she has been our Athletics Coordinator for the last 6 months. With this new position Erica will be overseeing all Athletic and Aquatics programs. "I believe Aquatics and Athletics go hand in hand. I am excited to continue the growth of the Aquatics and Athletics programs and to continue to serve our community through the Recreation Department." Erica has a Bachelors and Masters degree in Exercise Science and has background experience in event planning.



Erica Shingleton | Recreation Director (Right)  
Angey Nicol | Youth Development Director (Left)

"Next year we have a lot in store for our Athletics Department, including more Youth Programs, Adult Athletic Leagues and various Sports Skills Clinics."

Angey Nicol is our new Youth Development Director and will be overseeing the YMCA's After School, Summer Camp, Snow Camp, and Out of School programs. Angey comes to us from Johnston County, NC. She has a Bachelor's Degree in Elementary Education with practical experience teaching at both the Elementary and Middle School levels. She says, "My heart has always been with the kids. I believe that we have a unique opportunity to make a lasting difference in their lives through our programs at the YMCA. I look forward to getting to know the students, parents, and educators in the area so that we can better serve their needs."

All of the YMCA Staff want to extend a warm welcome to both Angey and Erica. We look forward to a great year of serving our community!

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## We are Grateful and Thankful!

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At the November Avery County Chamber of Commerce Meeting the Williams YMCA of Avery County was awarded the Non-Profit of the Year Award. This is the second time the YMCA has received this award and we could not be more grateful to our community for their support!

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## PROGRAMMING FOR YOU...



### Thank you!

Last month we asked our YMCA members and community to donate new blankets and socks for families and older adults who could not afford them. With your help we surpassed our goal! The Outreach team was able to deliver **over 120** blankets and socks to area residents. This surpassed the original goal of 72 blankets and socks, something we would not have been able to do without our community. Thank you to everyone who was able to donate this year!!



### Indoor Youth Soccer League

Indoor soccer is fast paced and a lot of fun! Keep a ball at your feet in between soccer seasons. All you need are your shin guards and non-slip shoes. It will be played in our Blackburn Athletic Facility.

**Who:**  
Anyone 4-18 years old  
**When:**  
Jan 3-March 7  
**Cost:**  
\$55-YMCA Members  
\$65 - Non-Members

**Registration Required**

Register Now!



### Reindeer Run 2021

Join us Saturday, December 4th, for our Annual Reindeer Run! We will start at Tate Evans Park in Banner Elk. This race is for everyone - bring the whole family! You may run, jog or walk the course - whichever you choose. Learn more [here](#).

**Date:**  
Dec. 4th  
**Time:**  
9 am

Sign Me Up!



### 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.

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

See Gift Package Options



### Parents' Night Out

Drop your kids off for a fun night in while you have a Parents' Night Out! This session will be Holiday Themed. Have your kids dressed in Holiday Outfits if they choose! Food and Fun will be included. *All kids must be potty trained to attend.* We will be serving pizza, popcorn and water.

**When:**  
Dec. 11th  
**Time:**  
4-8 pm  
**Where:**  
Blackburn Athletic Facility  
**Cost:**  
1 Child: \$20  
2 children: \$35



### Thank You Hannah

As we welcome Erica into her new role we also want to express a huge Thank- you to Hannah Britt for all of her hard work over the last 3 years as the Aquatics Director. Hannah introduced the Floating Pumpkin Patch program, in-house Lifeguard certification and training courses to our YMCA along with several other accomplishments. We wish her luck as she advances in her career.



### Achieve Your New Health Goals

What better time than the start of the year to reassess your Health Goals? Let us help you achieve your goals sooner with one or more of our Healthy Living Programs! From weight loss to blood-pressure and arthritis management, increasing your strength or preventing Type 2 Diabetes we've got you covered!

Start Achieving My Health Goals



### Story Book Trail Update

As of November 22nd, 2021 the Riverside Story Trail has been fully installed with audio stations! These audio stations read the accompanying book in both English and Spanish. While this completes the installation of the Story Trail project, new books will be added throughout the year encouraging community members of all ages to learn and move at the same time.

Learn More About

3+ Children: \$50

the Riverside  
Storybook Trail

*Payment will be accepted  
on the day of the event.  
Discounts will be applied  
at the time of payment.*

Save My Spot!

## MARK YOUR CALENDAR...



### December Group Exercise

It's never too cold for a group exercise class! See all that we have to offer this month by visiting our website or downloading the schedule below.

Download Group  
Exercise Schedule



### December Athletics

Don't cancel your pick-up game because of the snow. Utilize all the indoor athletic activities this winter to hone your skills or catch-up with friends.

Download  
Blackburn Athletic  
Schedule

Download  
Fieldhouse  
Schedule



### December Aquatics

Our Aquatics team has something for everyone regardless of age or swim skill! What class will you try this month?

Download  
Aquatics  
Schedule

Connect with us on:



Williams YMCA of Avery County | 436 Hospital Drive, PO Box 707 Linville, NC 28646

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