

## Y STORY OF THE MONTH

The New Year is a great time to set goals and accomplish your dreams! As we move into 2022, we had to share Emma's story. At age 7, Emma knows all about accomplishing her goals. She just finished her latest Swim Lesson Package with Faith Boyette, Aquatics Coordinator, in December. When Emma first started swimming as part of the YMCA SPLASH program, she didn't want to put her face in the water. After her time in SPLASH and working with Faith, she is now a confident swimmer who has passed her Swim Test!

Faith asked her some questions about SPLASH and learning to swim, here are her answers:

Q: What was your favorite part of SPLASH?

A: When all my friends cheered me on while I was swimming.

Q: What was your least favorite part?

A: When we got flipped out of the boats.

Q: What is the hardest part about swimming?

A: (a very sassy) All the kicking!

Q: What do you like about swimming?

A: It makes me feel like a mermaid.

No matter your goals for 2022, the YMCA is here for you! If you're not sure where to start, our Membership Team would be happy to help you learn more about all that the YMCA has to offer!



What is SPLASH

Private Swim  
Lessons

Group Swim  
Lessons

## RENEW IN 2022

Start 2022 off on the right foot by participating in any of our new Membership Programs!

### RENEW in 2022

During the month of January, you can now "Try the Y" before you purchase a YMCA membership. The Renew in 2022 program is an all inclusive, 7-day guest pass being offered to anyone who is not an active member of the Williams YMCA of Avery County. This guest pass includes access to the Wellness Center, the Blackburn Athletic Facility, including the golf simulators and batting cages, the Aquatics Center, and all Group Exercise classes. This opportunity, normally a \$70 value, is being offered at no cost for you! To take advantage of this offer or to find out more information, stop by the YMCA Membership Desk or call [\(828\)737-5500](tel:8287375500).

## Win Free YMCA Membership for a Month

Our Group Exercise team will also be offering the opportunity to win a free YMCA membership for a month. Any active YMCA member who brings a guest to a Group Exercise class between January 10th and January 21st will be entered for a chance to win a free YMCA membership for a month. Each time you bring a different guest to a class, you will receive an additional entry into the drawing. Bring your friends, family, and enemies to join in the fun! For more information, you may contact Bonnie Clark, Associate Executive Director at [Bonniec@ymcaavery.org](mailto:Bonniec@ymcaavery.org) or call [\(828\)737-5500](tel:(828)737-5500).

Group Exercise  
Schedule

Aquatics  
Schedule

Blackburn  
Athletic  
Schedule



### Better Together with our Community

Each year during the holiday season, the Outreach Department works with Secret Santa's in the Avery County area to provide holiday gifts to families and individuals who otherwise wouldn't have anything to open. Without our volunteers and donors, we would not be able to serve our community. Thank you to everyone who has helped us provide gifts this year! If you would like to make a donation towards the YMCA's mission and cause, you can do so in-person at the YMCA, on our [website](#), or using the button below.

Make a  
Donation



### Homeschool P.E.

Homeschool P.E. is back! If your child is homeschooled, this program is a great and easy way to incorporate physical activity into their school day.

**WHEN:**

Feb. 1st-March 31st

**TIME:**

Tuesday & Thursday  
11:00am-12:00pm

**Where:**

Blackburn Athletic  
Facility & Aquatics  
Center

**WHO:**

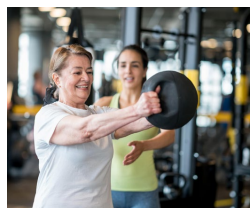
Grades: K-8

**COST:**

\$50-YMCA Members  
\$70-Non-Members

Registration opens  
today and closes on  
January 31st.

Homeschool  
P.E.  
Registration



### Women on Weights (W.O.W)

An introduction to weight lifting for women! W.O.W. is a small group training program to help women feel comfortable lifting weights. Strength training is important for a woman's bone and muscle development, yet many women don't know where to start. With this program, learn proper exercise form and the fundamentals of weight lifting while getting a great workout!

**What:**

Eight 45-minute  
sessions

**Who:**

Women 18 years and  
older

**Cost:**

\$60-YMCA members  
\$80-Non-Members

More  
Information

Register Now



### New YMCA Coming Soon!

After years of planning, the YMCA of Avery County is excited to announce that a new branch will be coming to Mitchell County soon! The YMCA has had a presence in Mitchell since 2020 when it opened an outreach office in partnership with the AMY Wellness Foundation. The YMCA provides a variety of evidence-based health programs as well as community outreach. The YMCA will receive \$4.5 million from the state budget to support the development of the new branch in Spruce Pine. "The YMCA is a valued community partner," said Sen. Ralph Hise. "Providing child care so parents can go to work, mentoring for teens who are especially struggling coming out of the pandemic, programs for seniors to fight social isolation and stay active, and support for those struggling with chronic diseases in our community – these are

all essential needs that the Y meets," Hise added.

[Learn More](#)

[Current Offerings in Mitchell](#)



### After School In Review

This past November, the YMCA added Avery Middle Schools to our After School program. In its first two months, Avery Middle School created a great space that the kids love coming into after a long day at school.

Cranberry Middle School Site

Coordinators have created a unique area where the kids can do everything from playing UNO to work on homework and more! Ms. Alisha ordered owl pellets for a science experiment before students registered for the program knowing that they would love exploring and learning! This is homework in its ultimate form; they are having fun while learning. We can't wait to see what the new year will bring!

[More about Middle School After School](#)



### Weight Loss in 2022

This program is for anyone who wants to lose weight through small, lifestyle changes. Participate in group discussions and activities where you set your own goals.

Registration is now open!

**Where:**

Williams YMCA main facility, Healthy Living Room with *Virtual Options for health concerns or inclement weather.*

**When:**

Jan. 4th–March 22nd

**Time:**

Tuesday Evenings;  
5:30–6:30pm

**Who:**

Adults 18 years and older

**Cost:**

\$99-Members \$120-Non-Members

[Register Today](#)



### Personal Training

Feeling stuck with your progress or need an extra push?

Our certified Personal Trainers are here to help! Here's what one client had to say: "I am physically active on my own but to me, working with a trainer is about "working smarter". My trainer has been great at developing a program for me that addresses my chronic back pain through core strengthening and a wide range of stretching and balance exercises to complement my aerobic activities. I believe it is one of the smartest investments you can make in your current and future health".

You can read more about our Personal Training Packages and Trainers on our website. We can't wait to work with you in 2022!

[Meet our Trainers](#)



### Register For Spring Youth Soccer

Make this season great!

The YMCA Spring Youth Soccer season registration is now open! Games will be every Saturday and game times will run from 9:00am-1:00pm.

Registration will be open until March 11th. Open to ages 4–14 years old

**WHEN:**

March 21st–May 14th

**WHERE:**

Games and practices will be held at Newland Christian Church–2800 Miller's Gap Highway, Newland, NC 28657

**TIMES:**

Practice times will be weekday evenings. Team practice times will be announced by the coaches. Game times will be Saturdays from 9:00am–1:00pm

**COST:**

\$65-Members  
\$95-Non-members

[Secure My Spot](#)



### January Group Exercise

Don't miss your opportunity to bring a friend and be entered for a chance to win a free YMCA membership for a month!

[Download Group Exercise Schedule](#)



### January Athletics

For all of your Athletic Scheduling needs, our schedules will let you know when to join a game of Pickleball or pick-up game of Basketball!

[Download Blackburn Athletic Schedule](#)

[Download Fieldhouse Schedule](#)



### January Aquatics

Check out the new Aquatics schedule, complete with Group Fitness classes in the pool, Lap Swimming times, and more!

[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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