



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Y STORY OF THE MONTH

The month of February is American Heart Health Month and the YMCA has many different opportunities to help you improve not only the health of your heart but your whole body! Gaila and Bob Hodgkin have been members of the YMCA since it opened in 2007. They have watched it adapt to serve the many different needs of the Avery Community. So when they found out that the YMCA was offering programs that would help them lose weight and improve their overall lifestyle, they knew they had to be part of the change. Here is their story:

"My husband and I are charter members of the Avery YMCA. We have participated in Sheila Bauer's Stretch, Tone and Balance class, worked out in the Wellness Center and I have participated the YMCA's Weight Loss Program. I personally think that the Weight Loss Class taught by Sheila is worth any person's time that wants to improve their health and well being. It is not only weight loss but living a healthy lifestyle.



Gaila and Bob Hodgkin

I took this class May-August 2021 and plan to take it again starting February 1st. Sheila is quite knowledgeable at helping people understand how to improve their health through activity, what to eat and mindful living. She helps you attain realistic goals that improve you as a person. We are living in some trying times and all need to take inventory or regroup our daily life choices. Bob is a regular member of the Stretch, Tone and Balance class which meets Mondays, Wednesdays, and Fridays 8:30- 9:30 am at the Blackburn Athletic Facility. This class helps him keep his activity level at a good pace. He says that he always notices a difference in the way he feels when he misses class. It is an awesome group of people that participate in the class. I am also enrolled in the YMCA's Diabetes Prevention Program taught by Erin Spear. Erin has opened my eyes to help me get on track to prevent diabetes. Again, the main goals are activity and eating healthy. "

YMCA Healthy Living Programs

## YMCA DAY OF GIVING

The YMCA Day of Giving is an annual one-day event, that provides an opportunity to give to your local YMCA. This year, it falls on **Tuesday, March 1st**. The Y is one of the nation's leading nonprofits dedicated to strengthening communities through youth development, healthy living, and social responsibility. At the Avery YMCA your donation directly supports our Community Outreach & Y-Access programs.

These programs help your neighbors in need gain access to essential community resources, social interaction and support through healthy living programs. They ensure that none of our area youth misses an opportunity to learn to swim or play sports due to financial disparity; and they make it possible for every household to have the opportunity to enjoy full benefits of a YMCA membership!

Mark your calendar now for the **YMCA Day of Giving on Tuesday March 1, 2022**. No gift is too small to make a big impact!

Unable to give financially? Consider donating your time as a Volunteer with the Williams YMCA.



Add the YMCA Day of Giving to my Schedule

## ON COURSE FOR A CAUSE

The annual Leonard and Marjorie Williams Memorial Golf Tournament is right around the corner. We are proud to continue growing Leonard and Marjorie's legacy and the impact that they had and will continue to have on those in our community. While they are no longer with us their support and passion to ensure children and other vulnerable populations receive the services they need will live on. The annual golf tournament not only serves to honor them but to continue their work by raising funds for scholarships for children and families in need.



Everyone is welcome to participate. The entry fee is \$200 per player which includes lunch, favors, cart fees, practice balls, drinks, mulligans and an awards social following the tournament. We can't wait to see you on the green "fore" the kids, May 9th!

For more information please contact [Trey Oakley](#).

[Tournament Brochure](#)

[Add the Tournament to my Schedule](#)

## UPCOMING PROGRAMS FOR YOU...



### Valentine's for Seniors

When was the last time you received a Valentine? The YMCA's Outreach team is hard at work writing Valentines for individuals in Avery County who suffer from social isolation or who are without family. If you would like to share the love this Valentine's Day drop off your card(s) with a fun message at the YMCA Membership Desk by Friday, February 11th, 2022.

[Ask a Question](#)



### Adult Basketball League Coming Soon!

The Adult Basketball League is a competitive league which provides an opportunity for individuals of the community to be active and display their basketball skills on the court. Anyone age 16 and older can register for this league. Registration will open on February 14, 2022.

**When:**

Monday Evenings;  
Beginning April 4th

**Time:**

5:00 pm- 8:00 pm

**Location:**

Blackburn Athletic Facility, GYM B

**Cost:**

Team Registration (minimum 5 people): \$400

Individual Players: \$50

[Team Registration](#)

[Individual Registration](#)



### NEW Wellness Workshop

Coming in February - A Self Myofascial Rolling (foam rolling) Workshop with YMCA Personal Trainer and Group Exercise Instructor, Ann Marie. This interactive and hands-on workshop helps individuals learn how to reduce pain and restore motion through foam rolling and other pressure applications. Registration will be open to anyone 18 years or older.

Reach out to Erin Spear for more information, pricing details, and to register.

[Contact Erin Spear](#)



### Heart Health At the YMCA

For American Heart Month the YMCA is highlighting the importance of your Heart Health! During the month of February receive a Blood Pressure Check and complete a Hypertension Risk Assessment with a Heart Healthy Ambassador and we will waive the \$25 joining fee.

[More About Membership](#)



### Parent's Night Out - Valentine's Day Edition

Drop your kids off for a



### Group Swim Lessons

Group lessons provide a great space for



### Lower Your High Blood Pressure

Improve your health with one of the many



### Donations from the Heart

This month we wanted to send out a special

fun night in while you have a Parents' Night Out! This session will be Valentine's Day themed.

Kids are welcome to dress in Holiday Outfits if they choose! Pizza, popcorn, and water will be provided along with fun and games!

**When:**  
Saturday, February 12th

**Time:**  
5:00-9:00 pm

**Where:**  
Blackburn Athletic Facility

**Cost:**  
\$20 for 1 child \$35 for 2 children \$50 for 3 or more children  
*\*Discounts applied at time of payment*

[Register Now](#)

swimmers to learn from each other lead by Aquatics Program Coordinator, Faith Boyette! Group lessons will be held every Saturday in 1 hour sessions each month. Minimum of 5 people per group.

**When:**  
Saturdays  
Beginner Skill Level 8:15-9:15 am  
Intermediate Skill Level 9:15-10:15 am  
Advanced Skill Level 10:15-11:15 am  
**Cost:**  
YMCA Member - \$20/month  
Non-Member - \$50/month.  
March registration is now open!

[Register for March Group Swim Lessons](#)

Healthy Living Programs offered at the Y! Weight Loss, monitoring your blood pressure, and lowering your stress are all keys to lowering your high blood pressure. These are also all discussed in the YMCA's Weight Loss program, YMCA's Blood Pressure Self-Monitoring program, and Diabetes Prevention Program. Learn more about these programs and heart health on our website and by following us on social media!

[YMCA's Weight Loss Program](#)

[YMCA's Blood Pressure Self-Monitoring](#)

[YMCA's Diabetes Prevention Program](#)

Thank-you to all of our donors! When you donate to the YMCA of Avery County you are donating from your heart. We know this because your donation helps a kid learn to swim, provides a membership for a family on a tight budget, gives a senior the chance to connect with others in the community and so much more. Your donations keep the YMCA going and for that we wanted to extend our greatest thank-you for your support! Happy Valentine's Day to all of our Donors, Sponsors, and Partners, because of you the Avery Community is stronger than ever!

[Make a Donation Today](#)

## MARK YOUR CALENDERS...



### February Group Exercise

Snow or shine the YMCA offers a variety of Group Exercise classes to help you meet your fitness goals this month!

[Download Group Exercise Schedule](#)



### February Athletics

Adult Basketball, Indoor Soccer and more await you at the Blackburn Athletic Facility and O'Connell Fieldhouse. See what time your favorite activity is taking place on our February schedules!

[Download Blackburn Athletic Schedule](#)

[Download Fieldhouse Schedule](#)



### February Aquatics

There is something for everyone in our Aquatics Center. Use the attached schedule to plan your next trip to the pool!

[Download Aquatics Schedule](#)

Connect with us on:



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

You received this because you are subscribed to emails from the Williams YMCA of Avery County. [Manage Email Preferences](#)