



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Y STORY OF THE MONTH

Jim Brewer was no stranger to Avery County when he moved here full time in October 2020. As a shotput and discus competitor in the Senior Games, he knew that he could keep up his training at any gym; but he found a sense of family that he hadn't experienced anywhere else. The YMCA provides the opportunity to stay active, achieve your goals and build new friendships. Whether you have been a member at the YMCA since its opening in 2007 or are new to the area there is always someone who is willing to sip coffee and talk to you. Jim comes to the YMCA to stay in shape for the Senior Games, held each year in Boone, "We don't stop playing because we grow old, we grow old because we stop playing." said Jim (original quote by George Bernard Shaw). Jim has won his local and state division every year since 2017. He placed 3rd at Nationals in 2019, is currently ranked 8th in the world; and we can't wait to see how he does at this year's games!



You'll find Jim training in the Wellness Center early most mornings, getting his workout in and still taking time to fellowship with those around him helping to build others up through the relationships that he forms. He loves to encourage other seniors to get involved in the games and believes that the Y has the potential to help them get competition ready. For more information about the upcoming Senior Games visit: <https://www.ncseniorgames.org/highcountry>. Want help achieving your fitness goals? Let us connect you with a Wellness Coach or a Personal Trainer! \*Wellness Coaching sessions are included with all YMCA Memberships.

Work with a Wellness Coach

## HEALTHY KIDS DAY 30 YEARS OF CELEBRATING HEALTHY KIDS

**Healthy Kids Day®** is the Y's national initiative to improve the health and well-being of kids and families. YMCAs across the country host free community events aimed to inspire kids to keep their minds and bodies active throughout the summer months. **Here in Avery County**, the day-long event will feature activities designed to inspire kids to be active while simultaneously teaching families how to develop routines that support mental and physical health at home.

Activities to look forward to:

- Dancing
- Putt-putt
- Drop-In Soccer Tournament
- Youth Resource Fair - for Parents & Guardians

- Story time
- Picnic and Other Snacks and more!

**HEALTHY KIDS DAY**

**SATURDAY MAY 21**

Find Your Fun. Find Your Y.

For a better us.®

the Y

FREE & Open to the Public

30 YEARS OF CELEBRATING HEALTHY KIDS

THEN

NOW

Add To Your Calendar

## UPCOMING PROGRAMS JUST FOR YOU...



### Outreach Joins a Pilot Program

The YMCA strives to strengthen Avery and Mitchell County through our variety of programs and services. Our Community Outreach Department does this by partnering with local agencies to offer food security, transportation, housing support and more! To reach more people in need across Avery and Mitchell Counties we have joined the Healthy Opportunities Pilot Program. This program allows the YMCA to partner with the NC Medicaid system for reimbursement of services that support the health of residents at no cost to those enrolled in the program. To read more about the program visit [NC Health News](#).



### Events Calendar on YMCA Website

Did you know that on the YMCA website is a comprehensive list of programs happening year round? You can now see when Club Volleyball, Soccer Clinics, Healthy Kids Day, National Senior Health and Fitness Day, and so much more before it shows up in your inbox. Check it out today by searching for a program by name or date.

YMCA Events Page



### 3D Assessments

Are you experiencing pain? Inability to move with ease? You deserve pain-free living! Check out one of our opportunities to work with a certified trainer to assess and work to eliminate pain. Options available are:

3D Movement Assessment \$40

3D Movement Assessment Package including performance exercises \$60

Self-Myofascial Rolling Workshop \$30

Contact Erin Spear for more information on these offerings

Learn More



### The Y is Better With Friends!

Shake off those winter blues and Spring into a new routine at the YMCA! Through the months of April and May if you:

- 1) Refer a friend to the YMCA
- 2) They sign-up or reactivate their membership,
- 3) They maintain their membership for at least 3 months, you will receive 1 month membership for free! Limit 2 months free per household. Only applies to new memberships or reactivations during the months of April and May. All YMCA memberships come with 3 guess passes at no additional cost to you.

For more information please contact [Sonia](#)

Learn More About  
Pilot Services We  
Are Offering

[Polechio](#), YMCA  
Membership  
Coordinator.

Find Out More



### Summer Camp Registration

Are you ready for Summer this year? We invite you to register for our FREE Summer Camp for students K-8!

Registration for rising K-5 will open April 4th. Summer Camp will run from June 6th - August 5th at the YMCA.

For rising 7,8,9th grade students Camp registration is already open! Secure your spot today for a 2 1/2 weeks of fun leading up to a **FREE** trip to Washington D.C. July 18-July 20th! The full camp takes place from July 5th - July 22nd including the trip to D.C.

Kindergarten & 1st  
Grade Registration

2nd & 3rd Grade  
Registration

4th & 5th Grade  
Registration

Middle School  
Registration

Para escuela  
secundaria,  
inscripción en  
español



### Mentors Wanted

Do you have a passion for leading and helping the next generation of youth grow? The YMCA's Aquatics Team is looking for individuals who want to be part of the Swim Mentoring program coming soon! Mentor programs help boost the self-confidence and other leadership skills for both the mentee and mentor. For more information about becoming a mentor contact Recreation Director, [Erica Shingleton](#).

Become a  
Mentor

Become a  
Mentee



### LIVESTRONG at the YMCA for Cancer Survivors

This session of LIVESTRONG has provided each participant with a variety of tools to help them live healthier lives both physically and mentally. We have had guest speakers provide information on Nutrition and breathing techniques to reduce anxiety. The participants were also introduced to several classes such as spin, EnhanceFitness, and Stretch, Tone and Balance. If you are or know someone who is a cancer survivor, plan to join us for the next session of LIVESTRONG in August to see what new things you can learn!

Learn About  
LIVESTRONG



### Join Our Team!

Join our Community Outreach teams as a Community Outreach Coach, working with Sheila Bauer and Rosendo Lopez in the Healthy Opportunities Pilot Program. Coaches will assist with program service delivery, data tracking and reporting. *We are seeking individuals who are fluent in both English and Spanish.* All employees have opportunities for professional and personal development, a YMCA Membership, and employee discounts. For more information visit our website for a [position overview](#). Ready to apply? Use the links below!

Avery Position

Mitchell  
Position

# MARK YOUR CALENDARS...



## April Group Exercise

**NEW CLASS ALERT!!!**  
Try our new Spin class on Tuesdays and Thursdays at 6:15am. Meet the instructor - Melanie Hulbert, PhD has been teaching fitness classes for the past 25 years! Her classes are high energy, musically engaging, focused on safety, and all around fun! She will meet you where you are at in your fitness journey and be your biggest cheerleader!

[Download Group Exercise Schedule](#)



## April Athletics

Don't miss out on all the spring fun at our Athletic Facilities. Batting cages, golf simulators, pick-up basketball and more!

### **Special Schedule Change:**

*Saturday May 7th, the Blackburn Athletic Facility and O'Connell Field House will be closed for a Basketball tournament.*

[Download Blackburn Athletic Schedule](#)

[Download Fieldhouse Schedule](#)



## April Aquatics

Make a splash with the April Aquatics schedule. New classes and programming coming this summer to better serve you!

[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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