

**FIND YOUR PURPOSE.
FIND YOUR Y.**

» APPLY TODAY

For a better us.*



Y STORY OF THE MONTH

Joshua "Josh" Jackson has been working at the Williams YMCA of Avery County since September 2021 as a lifeguard. According to his supervisors started off as very reserved. With coaching and training, Josh has slowly opened up and can now be spotted chatting with members, swimmers and other lifeguards. Faith Boyette, Aquatics Coordinator, said that his skills and confidence have really improved as she and Erica Shingleton, Recreation Director, continue to run surprise drills with Josh and the other lifeguards. These drills help improve the alertness and attentiveness of the guards as they have to spot a red ball or silhouette in the pool within a set amount of time.

According to Faith, physical lifeguard skills are something you can learn at just about any pool, but the YMCA



works with all of their employees to provide them with skills that are applicable no matter where their career takes them. The mission of the YMCA, along with the trainings made available to staff set them up to be leaders with the skills and confidence that they need. Josh originally started working at the YMCA to have an afterschool job and to gain more experience in the work environment. "I have the opportunity be around the pool and make sure it is safe. I am most excited to be able to make people happy while they swim." His favorite part of working at the YMCA is how nice everyone is! The Y is more than just a gym and swim, and a job at the Y can be more than just an after school position.

[See Available Positions at the YMCA](#)

**Find What Fuels You.
Find Your Y.**

The YMCA is many things to many people. For some, it is a place to work out or swim, for others it is a rewarding career, or it could be a meeting place for friends with great coffee. At the Y, we connect people to a greater sense of purpose- and to each other - to make our community stronger. There are numerous ways that you can be part of this amazing work!

1) Join Our Team

The YMCA is currently hiring passionate individuals who want to have a lasting impact in your community as After School counselors, Membership Associates, Lifeguards, and more!

2) Volunteer Your Time

Do you have a passion for volunteering? We would love to hear from you!

3) Make a Donation

The YMCA is more than a gym and swim - when you make a donation to the Avery YMCA your money goes towards providing food for local families, teaching a second grader how to swim, and much more!

[Join The Team](#)[Volunteer](#)[Make a
Donation](#)

UPCOMING PROGRAMS JUST FOR YOU...



Thank You for Sharing the Love

Last month we asked for you to drop off Valentine's Day Cards at the YMCA Membership Desk to be distributed to local seniors who would otherwise not have received any otherwise. On Monday, February 14th, Sheila Bauer and her Community Outreach Volunteers



Adult Basketball Registration Now Open

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. Ages 16 and above can register for this league.
WHEN: Monday evenings



Wellness Coaching

Did you know that your YMCA membership includes four 30-minute wellness coaching sessions that help you learn proper use of equipment, develop a sample workout plan and help find where you belong in the Y? Take advantage of these sessions today by

delivered over 370
Valentine's to seniors in Avery
and Mitchell County. We could
not have shared the love without
you! Thank you for helping us
bring smiles to those in need!

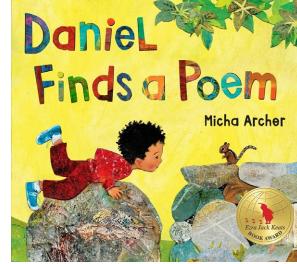
starting April 4th
TIME: 5-8 pm
WHO: Anyone 16+ years old

reaching out to Erin Spear,
Director of Healthy Living to be
matched with a Wellness Coach
to guide you through 2022!

Individual
Registration

Match Me With A
Wellness Coach

Team Registration



Find Your Impact. Find Your Y.

Empower young people, improve people's health and well-being, and make a positive impact in our community EVERY DAY when you work at the Williams YMCA of Avery County! We are currently hiring After School Counselors to work at one of our wonderful After School sites for the remainder of the 2021/2022 school year. There is potential for this to turn into a Summer Camp Counselor position for continued employment. For more information contact Susy Crouch, Director of Youth Development: SusyC@ymcaavery.org

Apply Today

Swim Club

Swim Club is a place where kids ages 7 -16 years old can have a safe environment to advance their swimming capabilities. We want everyone to have the opportunity to achieve their potential at their own pace. Our main focus is swim team basics such as diving, using a kick board, and drills. Active games are included. The pool is a place where all participants can form team unity, character development, and have fun. Participants must be able to pass a swim test.

WHEN: Tuesdays and Thursdays

TIME: 4-5 pm

For more information contact Faith Boyette, Aquatics Coordinator.

Email Faith

Self-Myofascial Rolling (SMR) Workshop

A special thank you to Ann Marie Connery for facilitating our first ever Self-Myofascial Rolling (SMR) Workshop this past Saturday! We had a wonderful time learning to use various rolling tools to improve circulation, increase flexibility & mobility, and recover like athletes. If you missed the workshop, never fear: Ann Marie is already looking toward her next workshop with us this summer. If you'd like more information about SMR and how it can benefit you, speak to Ann Marie in the Wellness Center, or reach out to Erin Spear at erins@ymcaavery.org

Story Trail Updates

"Daniel Finds a Poem" by Micha Archer is the new book that was installed February 21st at the Riverside Story Trail in Mitchell County. The display coincides with April -National Poetry Month. We are inviting community members of all ages to join in the celebration by submitting poems they have written, to be shared with the community. We want to extend a special invitation to schools who want to join in with poems from their students. The Mitchell News-Journal will partner with the Story Trail to publish some of the poems in April. For more information about where to submit poems please contact Katie Willett, Mitchell County Liaison.

Upcoming
Workshop
Information

Contact Katie

MARK YOUR CALENDARS...



[March Group Exercise](#)

Check out the March Group Exercise schedule with a NEW Spin Class with Melanie on Tuesdays and Thursdays at 6am!

[Download Group Exercise Schedule](#)

[March Athletics](#)

There are so many things to do in our Athletic Facilities, you won't want to miss out on new Saturday hours and Spring Activities!

[Download Blackburn Athletic Schedule](#)

[Download Fieldhouse Schedule](#)

[March Aquatics](#)

Kindergarten SPLASH starts today! Check out the schedule to see when the pool is available for free swim and when it is reserved.

[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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