



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Y STORY OF THE MONTH

Edie Young, Branch Business Manager for the Williams YMCA does more than ensure that the YMCA electronic and paper systems are in working order. She has taken her passion for helping people and healthy living and turned it into opportunities for others to experience the YMCA the way she has.

When Edie was a young girl she loved gymnastics and would often dismantle her swing set and turn it into a gymnastic bar. Her parents knew that she needed a safe place to practice and hone her skills so they took her to the local YMCA and put her in the gymnastics class.



From there she was heavily involved in all sorts of youth activities and programs. As she grew older she moved away from the Y in pursuit of furthering her education and starting her own family. It wasn't until she was pregnant with her third daughter, Morgan, that she knew she needed to get back to the YMCA. "I knew that I couldn't keep up with the fast pace of the restaurant with three young children. So I started to think about my friends and realized that many of them worked at the Y. I would be much happier if I could work somewhere like the Y, and soon enough a new position opened at the Y. I applied and the rest is history!"

Today Edie will tell you that she originally thought she would go back to school to acquire her teaching license but the Y allows her to fill her soul's desire to help others through volunteer opportunities and the Y Access Program. The Y Access program is a subsidy program that allows anyone who qualifies to receive a YMCA membership and/or program registration at a reduced rate. "Y Access applications typically start as just a YMCA membership, but they quickly turn into connecting with the Avery County community, because these same people are now enrolling their kids in Summer Camp and Youth Basketball. The adults are meeting their friends for a Group Exercise class, or a Healthy Living program." Edie is excited to continue to grow the Y Access program and reconnect with members who she hasn't seen since the Y closed due to the pandemic. She also looks forward to working with Rosendo Lopez-Gale to offer the Y Access program to the Latino community. "It feels amazing to feel like I am doing something that matters in the community." - Edie Young

[Learn More
about Y Access](#)

[Y Access
Application](#)

[Y Access
Application in
Spanish](#)



Healthy Kids Day 2022

Celebrating 30 Years of 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 ranging from dancing and free play to putt-putt and story time, and so much more! All activities are designed to inspire kids to get active while simultaneously teaching families how to develop routines that support mental and physical health at home.

[Learn More](#)



Marjorie Williams Memorial Golf Tournament

The annual Leonard and Marjorie Williams Memorial Golf Tournament will take place on May 9th, 2022. We are proud to continue growing Leonard and Marjorie's legacy and the impact that they have had and will continue to have on those in the 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.

[Learn More](#)



Let's Go Hiking

Community Hiking Trips give everyone an opportunity to get outside and enjoy the fellowship of good



Youth & Adult Volleyball Registration is OPEN

Volleyball for both Youth and Adults is now



Diabetes Prevention Program Testimonial

"When I realized that losing weight is not just



Happy Birthday!

On April 13th, 2022 the Avery YMCA turned 15!

friends while being active. You'll have a blast climbing up and down hills, over logs, and on occasion a picnic lunch. Volunteer Trail guides are available to assist in navigating the trails. Everyone who joins surprises themselves at how much they can do and are eager for the next hiking trip.

Who:

Anyone & Any Age

When: The last Wednesday of each month

Where: Meet at the YMCA Chapman Center before heading to the trail

Cost: Free For Everyone

Register/Learn More

open! These leagues consists of teams with a very basic understanding of the game and rules but few developed skills. All understand rotational sequence, offensive concepts, and defensive positions. Register today and take advantage of special pricing. Early Registration is open now through May 22nd, 2022.

Youth

Registration: **Who:** Ages 12-18

When: 6/14-8/15

Early Registration

Cost: \$65

Adult

Registration: **Who:** Ages 16+

When: 6/13-8/15

Early Registration

Cost: Team - \$400

Individual - \$50

Youth Registration

Adult Team Registration

Adult Individual Registration

numbers on a scale but instead it's better blood values, more energy, losing inches off your waist, having a balanced diet, I realized I was healthy and happy. This was a turning point for me and my success because I was able to appreciate the small wins, the hidden gems of success. I have learned that standing on a scale doesn't define your health but your determination to keep pushing when it isn't a number you can read, is what will help you be healthy. Instead it's a variety of things that add up to define your health and all of those things need to be addressed, not just your weight on a scale." - Current Participant

Feel Healthier Today

We wanted to thank everyone who came out to celebrate with us. To make sure that everyone feels as special as we did on our Birthday, your YMCA Membership team will be hosting a birthday celebration each month just for you! Join us as we celebrate you, your family, and friends the last Wednesday of each month.



Swim 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-



Summer Camp Registration Now Open!

The YMCA is proud to offer summer camp again this year! Youth who attend will get to grow, play, and explore with a multitude of field trips, educational activities and outdoor fun. We strive to foster



Women On Weights (W.O.W)

WOW is what you'll say when you learn that **Women On Weights** can help you prevent age-related muscle and bone loss, strengthen your bones and promote better posture. Registration for this small group personal training is **OPEN**. Pick the session



We Move Together

Join us May 7th, 2022 for the annual Run for Holland Race! This year the race will take place in Riverside Park along the Riverside Story Trail. We invite you to register and run for those with Disabilities then stroll through the trail and read the May book: "We Move

confidence and other leadership skills for both the mentee and mentor. For more information about becoming a mentor contact Recreation Director, [Erica Shingleton](#).

I want to Mentor

personal growth for children by providing them with fun, safe educational and recreational programs, outdoor experiences and group activities. **We are so excited for the Summer of 2022!**

Sign Up for a Summer of Fun!

that works for your schedule:
Monday & Wednesday Morning OR
Tuesday and Thursday Evening. We can't wait to see you get stronger and improve your health! Learn more on our [webpage](#) or by contacting [Erin Spear, Director of Healthy living](#).

Morning Session Registration

Evening Session Registration

Together". Learn more about and register at <http://runforholland.com/>

Can't get enough of the Story Book Trail, stay up to date with all of our book installations!

Learn More About the Story Trail



[May Group Exercise](#)

Looking for something to do in the evenings? We've got you covered! Join us for your next HIIT, yoga, Spin, Active, BodyPump, or Water Fit class!

Download Group Exercise Schedule



[May Athletics](#)

Special Announcements:

May 7th; the Blackburn Athletic Facility will be closed to members all day for the Special Olympics Basketball Tournament.

May 21st; the Blackburn Athletic Facility closed for batting cage, golf simulator and gym use. Join us for Healthy Kids Day at the YMCA!

Download Blackburn Athletic Schedule

Download Fieldhouse Schedule



[May Aquatics](#)

Home School Swim Team is ready to make a splash! Practice is every Tuesday & Thursday from 1-2 pm. If you are a home schooler age 7 - 14 years old we would love to have you on our team as we prepare to compete against other homeschool teams in the area. Learn more on our [website](#) or by emailing [Faith Boyette, Aquatics Program Coordinator](#).

Download Aquatics Schedule

Connect with us on:



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