



Y STORIES OF THE MONTH

The YMCA is so much more than a gym and swim. Avery County kids in grades K-8 have the opportunity to join the YMCA After School and Summer Camp programs where they expand on what they learn in the classroom and have fun while doing it. This month, as we open our doors to Summer Campers, we have two Y stories focused on the difference that these youth enrichment programs have made.

Summer Camp: Brittany's Story

"Y Summer Camp is a safe space for my son to grow in many aspects. I feel he has benefited greatly when it comes to his education as well as socially. My son has bonded with and truly loves Miss Kayla and Miss Mandy since meeting them last year. I'm grateful for the connections he's made because of this program."

After School: Jenna's Story

"The YMCA after school has provided a reunification of physical activity, arts, and FreePlay for my children post Covid. In 2022 they (my children) formed close bonds with the YMCA after school staff. Most days when I came to pick them up they were sad and did not want to leave. As an advocate for outdoor activity, I was pleased to pick them up most days from the school park where I witnessed them imagining and playing freely with their friends. The staff provided support with homework and as a busy mom I am forever grateful. Thank you Williams YMCA for your continuing of making the children of Avery County a priority."



Thank you Brittany and Jenna for sharing your stories with us! We can't wait to see the amazing ways that your children go on to impact our community!

For more information about Summer Camp and After School contact Kayla Heaton, Director of Youth Development.

[Learn More About Summer Camp](#)

[Learn More About After School](#)

Strengthening Our Community

Through the turbulent last few years the Y has worked hard to ensure that our community members were taken care of. Our Community Outreach team delivered food and medications. Our Youth Development team provided emergency child care services and remote learning camps. Our Healthy Living and Group Exercise teams explored virtual and outdoor class options to get us out of our homes. Now in our first Summer with lifted COVID

restrictions we are continuing to strengthen our community with a whole line up of new and ongoing services to strengthen your mind, body, and spirit! Below is a snapshot of some of the wonderful programs and services your Y is offering for you!

For Youth

- [K-5 Summer Camp with field trips](#)
- [6-9 Summer Camp with a Washington DC Trip](#)
- [Pool Parties](#)
- [Swim Lessons](#)
- [Youth Volleyball](#)
- [Job Opportunities](#)
- [Volunteer Opportunities](#)

For Families

- [Pool Parties](#)
- [Athletic Parties](#)
- [Group Exercise](#)
- [Community Hikes](#)

For Adults & Seniors

- [Women on Weights](#)
- [Weight Loss Program](#)
- Aqua Arthritis Program
- [Healthy Opportunity Pilot Program](#)
- [Mentoring Opportunities](#)
- [Job Opportunities](#)
- [Volunteer Opportunities](#)



2020/2021 Annual Report Available

The Williams YMCA of Avery County publishes an annual report each year summarizing the previous year's activities. Due to the pandemic we combine the 2020 and 2021 annual reports. You can view all of annual reports on our website.

2020/2021
Annual
Report

Past Annual
Reports

PROGRAMMING JUST FOR YOU...



Community Hikes
Kick Off

On Wednesday May



Celebrate Your
Birthday at the Pool!

No matter the celebration, we would love to have you party with us. Host up to 25 guests for two hours



W.O.W.

An introduction to weight lifting for women! W.O.W. is a small group training program to help women feel



Healthy Kids Day
Wrap Up

On May 21st, 2022 the YMCA hosted the first

25th, the Community Outreach Hikes kicked off with their first hike of the season at Julian Price Lake Trail. Sheila Bauer, Community Outreach Director said that 12 people joined her and her trail guides for this hike despite the weather. Everyone had a great time, coming back together for a fun hike through the woods.

Community Hikes will take place the last Wednesday of each month May through October, weather permitting. To learn more about Community Hikes please contact Sheila Bauer or visit our [website](#).

*While these events are free, registration is required to determine the number of trail guides needed for each trip.

Contact Sheila



Aqua Arthritis

Coming June 2022! The [Arthritis Foundation Aquatic Program](#)

(AFAP) is a community-based, group program that uses a variety of water-based exercises to increase physical activity among adults with arthritis.

The program is designed to increase:
Range of motion,
Muscle strength,
Moderate intensity endurance,
Day to day function,
Self-confidence, and
Self-care behaviors.
It is designed to reduce:
Fatigue,

Wrapping Up After School

Summer is here and we are transitioning from After School into Summer Camp. We are so thankful to be able to serve our community through our FREE Summer Camp Program.

At this time we are at full capacity for 2022, and accepting applicants for our waitlist. To be added to our waitlist or if you have any questions or

under the watchful eye of our trained lifeguards.

Available party times

are:
Fridays
5:30-7:30 PM
OR
Saturdays
11:15-1:15 PM
1:30-3:30 PM.

Make your reservations today!

What's Included In a Pool Party

Pool Party Informational Packet

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 60-minute sessions

When:

Mon. & Wed.
June 6th-29th from
8:30-9:30 AM
OR
Tue. Thur.
June 7th-30th
4:00-5:00 PM

Who:

Women 18 years and older

Cost:

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

Morning Class Registration

Evening Class Registration

Healthy Kids Day in years, and dare we say it was a success! The YMCA opened up the park, the pool, and the Blackburn Athletic facility to the community. Along with activities for kids there were _____ vendors

present providing information on physical activity and how to keep the youth of Avery County happy and healthy as they grow. A big shoutout to all of the vendors, community organizations, and businesses who joined us for a day of fun! We couldn't have done it without your support!

In case you missed the event, you can read more in the article from the Avery Journal.

Healthy Kids Day Article



Community Engagement

We got the chance to collaborate with Penland School of Craft at 'The Hive' afterschool community program this spring. Rosendo enjoyed playing games and soccer with the kids. This picture also captures a fun 'community loom weaving project' where there are no rules, just fun and creative expressive participation.

Foam Rolling Workshop

Back by popular demand - 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.

When:
Saturday, June 25th

concerns please
email [Kayla Heaton](#).

We look forward to
seeing everyone this
Summer, starting June
6th!

Summer Camp Questions

Pain, and
Stiffness.

To learn more
contact [Erica
Shingleton](#). For other
arthritis management
programs, such as
EnhanceFitness
contact [Erin Spear](#).

11:30-1:00 PM

Registration is open to
anyone 18
years or older.
Reach out to Erin Spear
for more information,
pricing details, and to
register.

Self Myofascial Rolling Registration

Arthritis Foundation Aquatic Program

MARK YOUR CALENDARS...



June Group Exercise

No matter if you're a YMCA Member or a guest we have a group exercise class for you! Unsure of which to choose? Try them all this Summer! We can't wait to see you in class.

[Download Group Exercise Schedule](#)



June Athletics

Adult and Youth Volleyball registration is still open! Looking to improve your skills or just have fun, this program is for you! Contact [Erica Shingleton, Recreation Director](#) for more information.

[Download Blackburn Athletic Schedule](#)

[Download Fieldhouse Schedule](#)



June Aquatics

School is out and Summer Camp is in! With a wide variety of activities happening in the pool this Summer, the Aquatics Schedule will show you when water classes, summer camp, and Swim Lessons are happening!

[Download Aquatics Schedule](#)

Connect with us on:



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