

Y STORY OF THE MONTH

Did you join us for our Adult Basketball League this past Spring? If you did you may have met Brad Lafave. Brad not only played in the league, he refed and his team won the tournament!

This wasn't the first time Brad played basketball. He grew up in Duluth MN playing basketball at his local YMCA, "It was really the only place in our neighborhood we could play or do anything. When I first moved to Linville there was no YMCA. I remember when this YMCA opened I was so excited!"

Brad has been playing on recreational basketball leagues across Avery, Mitchell and Yancey Counties for the past 15 years. It wasn't until this past year that he started to referee in the different leagues. Playing and refereeing is more than just something to do for Brad. He said that when he was playing and refereeing for the YMCA he looked forward to seeing his team members and playing every Monday and Tuesday evening. While Brad didn't want to speak for his team, he is sure that they enjoyed playing together with new and old friends.



Since moving to Mitchell County Brad did say that he is looking forward to having a YMCA in Spruce Pine. Until then he is excited to join the YMCA Adult Basketball League again next year!

Share Your Thoughts

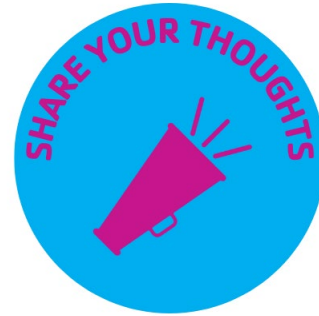
We want to hear from you! Let us know how we are doing, how we could improve or what you would like to see in the future by filling out one or more of the surveys below:

Youth Development: After-School, Summer Camp, Youth Athletics, Youth Swim Programs

Healthy Living: Wellness Center, Personal Training, Group Exercise, Healthy Living Programs, Adult Athletics, Adult Swimming

Social Responsibility: Community Outreach, Community Events (i.e. Healthy kids Day, Halloween at the Y, etc.)

Membership: Membership Options, Insurance Memberships, Y-Access Program



- Youth Programs
- Healthy Living
- Social Responsibility
- Membership

Happy 4th of July!



We appreciate all that our staff and volunteers do for the YMCA. In order to give everyone the opportunity to celebrate Independence Day all YMCA Facilities will be closing at 4:00 PM on Monday, July 4th.

PROGRAMMING JUST FOR YOU...



Farm Fresh Food Delivered to your YMCA

Through the month of June you may have noticed bags of fresh produce being dropped off at the YMCA front Desk. These bags are part of the Farefield project that the YMCA is taking part in as a partner to TRACTOR Food and Farm. Each week TRACTOR will be dropping off bags of fresh produce from farmers across western North Carolina which



Fall Youth Soccer Registration Now Open!

Are you ready for Fall Soccer? We are! Join us for another year of fun and skill development for ages 4 -12. Youth Fall Soccer early registration will open today and will close August 5th. Practices will be Mondays, Tuesdays or Thursdays. Practice times will be dependent on the age group. Games will be Saturdays with times to be determined.



Building Community While Easing Arthritis Pain

EnhanceFitness is an Evidence-Based exercise program that reduces the pain of arthritis while allowing you to meet others who are experiencing the same thing you are. In June the group decided to try something new... meeting outside of their usual Monday, Wednesday, Friday class to really get to know each other! The



July Membership Special

According to "Blessings in a Backpack" 1 out of every 5 children in the US cannot afford back to school supplies. In preparation for students returning to school in August the YMCA will be holding a Backpack and School Supply collection. For the month of July if you bring in a new or gently used backpack or new school supplies we will waive your join fee or your hold fee. Make a difference today!

registered participants can then pick up from the front desk or Sheila Bauer, Director of Community Outreach can deliver as part of our Outreach Services. While not everyone will qualify for the Farefield bags, everyone is welcome to order a bag from the [TRACTOR Food and Farm website](#) and select the YMCA as their pick-up location. For more information contact Sheila Bauer.

More Information about TRACTOR Deliveries

The season will start with the first practice date: August 22nd, and ends with last game on October 15th. We are in need of Volunteer coaches! Please contact [Erica Shingleton, Recreation Director](#) for more information about the Fall Soccer Season or volunteering!

Early Registration

group, along with Healthy Living Director, Erin Spear, met at the Arborcrest Gardens after class to catch up and strengthen the friendships they had established in the program. This outing was such a success that the group plans to hold these outings at least once a quarter. If you are interested in joining the EnhanceFitness program or learning more about these outings contact Healthy Living Director, Erin Spear.

Tell Me More about EnhanceFitness

For more information please contact Sonia Polechio, Membership Director.

Request More Information



After School Registration Opens in August

We know we are only half way through Summer, and while you may not be ready to start thinking about School, we assure you we have been! As a result we are thrilled to announce that After School registration will open August 1st-5th to the public! Registration will be online through the YMCA Youth Programs Website. This program will serve K-5th and 6th-8th graders for the 2022/2023 School Year. Join us for fun, food, and educational advancement this year. See you in August!

After School Questions



Private Swim Lesson Options Extended for Summer

With all of the extra swimmers in the pool over the Summer months we recognized that Private Swim Lesson Options were not as available. At the Y, we focus on strengthening our community through water safety and teaching our youth how to swim. For this reason we are expanding our Private Swim Lesson offerings to the following schedule:
 Mondays-Fridays
 10:00 - 12:00 PM
 &
 2:00 - 5:30 PM
 This schedule will be in effect until August 5th, 2022.

Learn More About Private



Feeling Healthier, Losing Weight

The YMCA's Weight Loss program is back this summer! This 12 week program helps you learn how to safely lose weight so that you feel happier, healthier, and stronger than ever!
Who: Anyone 18+ years old who is interested in losing weight.
When: July 12th - September 27th
Time: Tuesdays, 5:30-6:30 PM
Where: Williams YMCA of Avery County, Healthy Living Room
Register: Online or in-person at the Membership Desk.

Learn More



Join Us for Our Final Adult Soccer Tournament

"Score A Goal Against COVID" is an open soccer tournament where players can learn more about preventions and protection from the COVID-19 virus and other Health Prevention Information. Our Final event will take place on the Lees McRae College Fields from 12-4 pm. If you would like to participate, or reserve a vendor space please contact Rosendo Gale, Latino/a Community Outreach Director.

English Flyer

Spanish Flyer

MARK YOUR CALENDARS...



July Group Exercise

Do you or someone you know love Yoga? The YMCA is seeking an experienced and passionate Yoga Instructor to take over the Saturday Morning Yoga classes. If you are interested or want to learn more please contact [Associate Executive Director, Bonnie Clark](#).

[Download Group Exercise Schedule](#)



July Athletics

Looking for a way to keep your youth's sport skills sharp even in the off season? Join the Youth Strength and Conditioning program lead by ACHS Varsity and JV Head Football Coaches: Ethan Farmer and Sean Miggins! Join today for fun and skills development before tryouts start this fall. Learn more by contacting [Recreation Director, Erica Shingleton](#).

[Download Blackburn Athletic Schedule](#)

[Download Fieldhouse Schedule](#)



July Aquatics

Don't miss your opportunity to reduce pain and increase your strength in our new Aqua Arthritis Program! Classes are held Monday, Wednesday, and Friday each week from 10-11 am. OR join the 2-day program and participate in classes on Tuesdays and Thursdays from 10-11 am. For more information email, [Recreation Director, Erica Shingleton](#).

[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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