



## Y STORY OF THE MONTH

Many know Sonia Polechio as the YMCA Membership Coordinator, but not many know her Y Story. Today we are fixing that! Before Sonia started working for the YMCA, she was like many others who thought the Y was a too expensive gym and swim for a single mother with two young children. Her parents were charter members, but she didn't see the value in having a membership or paying a fee for something that wouldn't benefit her – until August 2019. That's when Sonia started working for the YMCA, and that experience changed her life.

"I needed a job that would work with my schedule. As a single mom, I am responsible for getting my boys to and from school and ensuring they are cared for, and not many other organizations would provide that flexibility. Not many other organizations are as family-focused as the Y." While Sonia started as a YMCA Membership Associate working at the front desk, she quickly rose to become the Membership Coordinator but not before being named Employee of the year for 2019. A title that has yet to be taken away since another has not been named since. With her outgoing personality, she feels that the YMCA is her extended family. "I love connecting with our members and getting to know them! There are no strangers at the Y for me." And her coworkers can back that up by describing Sonia as: "Friendly, Bubbly, Passionate, Fun, and Spontaneous," to name a few.



What Sonia wishes she could tell everyone are all the things didn't know about the YMCA before she started working here. "I had no idea how much the Y gives to and supports the community, and I wish everyone knew the Y's impact. The Y has really been a blessing to me and my family. Without the Y, my boys might not have had the opportunity to go to After School or take life-changing trips." Sonia also said that if everyone knew as much about the Y as she does now, everyone in the county would be a Y member.

If you haven't had a chance to meet Sonia, her office is across from the Front Desk featuring YMCA pictures from the time she has been at the Y. She would love to meet you and add you to her Y family!

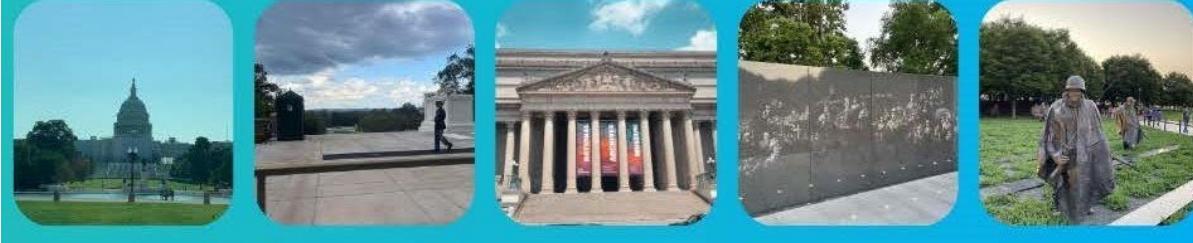
## Middle Schoolers Take On Washington DC

This year the YMCA was able to do something really cool for about 20 Middle Schoolers in Avery County - they took them on an overnight trip to Washington DC! Thanks to funding from the 21st Century Community Learning Centers funding, Youth Development Director,

Kayla Heaton, wanted to do something out of the norm for our Middle Schoolers this Summer as we continue to move past the COVID pandemic. Students who went on the trip were able to visit Arlington National Cemetery, Mount Vernon Estate & Gardens, The White House, and much more! But it wasn't all fun and games. Before the trip these students worked with their Summer Camp Counselors and Teachers to put together a project related to the upcoming trip. While in DC the students added to their projects and started to assemble a presentation. When they made it back to Avery County they presented their projects to family and friends and shared their experiences. While this is something the YMCA may not be able to do every year, we were thrilled to provide their life-changing opportunity to our youth!

# WILLIAMS YMCA OF AVERY COUNTY

## MIDDLE SCHOOL SUMMER CAMP GOES TO WASHINGTON D.C.



### Did you know...

At your YMCA you can sign up for 4 - 30 minute sessions with a Wellness Coach who will give you the tools to successfully accomplish your fitness goals. These sessions are tailored to YOU and our coaches will help design fitness plans that fit your unique needs and abilities. All skill levels are welcome and this service is included with your YMCA membership! Ask any of our Wellness Coaches about the Coach Approach program to get started.



Looking for something for youth age 11-15? Try our Youth-Fit program!

### PROGRAMMING JUST FOR YOU...



A Clover of Gratitude



Fall Soccer Registration



Become a YMCA Olympian!



membership

Our Community Outreach Department spends the majority of their days working outside the YMCA, delivering food, medications, assisting with home safety inspections, and helping community members travel to and from their medical appointments. This past month Sheila Bauer, Community Outreach Director, delivered a food box to a new referral from the Healthy Opportunities Pilot Program. While at the home 3 young children were playing in the front yard. After Sheila dropped off the food box one child ran up to their mom and asked if she could give Sheila a flower. The mom said "of course". So the child scanned the yard and picked 2 clovers to give to Sheila and said "thank you for the food". These are the moments the Community Outreach Team and Sheila love to experience!

Learn About Food Box Delivery



### After School Registration Now Open

As Summer comes to a close After-School is shifting into gear. Space is limited so be sure to register your child for the YMCA After School Program Today!

For questions or technical concerns please contact [Kayla Heaton.](#)

Early Registration ends August 5th, don't miss your chance to join us for another year of fun and skill development for ages 4 -14. Late Registration opens August 6th and runs until August 12th. Practices will be Mondays, Tuesdays or Thursdays. Our first practice day will be August 22nd and our first game will be August 27th. Practice times will be dependent on the age group. Games will be Saturdays with times to be determined. The season will end with last game on October 15th. We are in need of Volunteer coaches! For more information please contact [Recreation Director, Erica Singleton.](#)

Early Registration

Late Registration



### Parent and Me Group Swim Lesson Class

This program is only for children aged 6 months to 3 years old. At least one parent will need to be in the water with their child for the Swim Lesson. Parent and Me lessons teach the basic foundations of swimming and basic self-secure skills for the child. Take this

Train for the Summer Olympics at the Y during the month of August by competing in various activities listed on your punch card and be entered for a chance to win a Bronze, Silver or Gold medal and prize! Talk to a wellness coach to receive your punch card and learn more. Punch cards must be submitted to Erin Spear by August 31st.

I have Questions

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 August if you bring in a new or gently used backpack or new school supplies we will waive the Join Fee for new members, or the Hold Fee for seasonal members. Make a difference today! For more information please contact Sonia Polechio Membership Director

Request More Information



### Score A Goal Against Covid Events were a Success!

In late 2021 the YMCA of Avery County received funding through the Janirve Sudden and Urgent (SUN) Grant to hold a series of events that would provide health information to the Hispanic/Latino Communities of Avery, Mitchell, and Yancey

Crossnore  
Elementary  
School  
Registration

opportunity to introduce your child to swimming and build their comfort and confidence in and around water.

**DAYS:**

Every Saturday

**TIMES:**

8:15-9:15 am

**COST:**

\$20/month/child for YMCA Members

\$50/month/child for non-YMCA Members

[Learn More](#)

Banner Elk  
Elementary  
School  
Registration

Newland  
Elementary  
School  
Registration

[Register](#)

Today

Freedom Trail  
Elementary  
School  
Registration

Riverside  
Elementary  
School  
Registration

Avery Middle  
School  
Registration

Cranberry  
Middle School  
Registration

Counties. Rosendo Lopez-Gale, Latino Community Outreach Director and Katie Willett, Mitchell Associate Executive Director worked over the last year to host 3 different community soccer events that provided opportunities for Community Organizations and Medical Providers to connect with the Hispanic/Latino communities and provide health and wellness information. As a result more than 300 people attended at least one of these events and both flu and Covid-19 vaccinations were provided to those who had never received them. Thank you to all of the community partners and the Janirve Foundation for your support!

## MARK YOUR CALENDARS...



### August Group Exercise

Calling all Yoga Instructors! Have you ever wanted to be part of an organization that is committed to our community and provides growth opportunities? We are hiring! For more information about the



### August Athletics

No matter the weather outside you can always improve your golf swing with the YMCA Golf Simulators at the O'Connell Field House!



SWIM MENTORING PROGRAM COMING SOON!

### August Aquatics

Do you love to swim? Want to make a positive impact in the

available Yoga position please contact Bonnie Clark at [Bonniec@ymcaavery.org](mailto:Bonniec@ymcaavery.org)

[Download Group Exercise Schedule](#)

[Download Blackburn Athletic Schedule](#)

[Download Fieldhouse Schedule](#)

lives of Avery Youth? Consider joining the Swim Mentoring Program today for a better tomorrow! Contact [Erica Shingleton](#) for more information.

[Download Aquatics Schedule](#)

---

Connect with us on:



Williams YMCA of Avery County | [436 Hospital Drive](#), PO Box 707 Linville, NC 28646

You received this because you are subscribed to emails from the Williams YMCA of Avery County.  
[Manage Email Preferences](#)