



Y STORY OF THE MONTH

You are never too young to have a Y story! This month's story comes from 2 members who are just starting to talk, Ellie Spear and Brooks Shingleton. Ellie, daughter of Justin and Erin Spear and Brooks, son of Joshua and Erica Shingleton are growing up in the YMCA! They have sat in virtual meetings with their mothers, walked the halls, and visited other directors while wandering. "I never had exposure to the YMCA growing up, so I didn't know how big of a family the YMCA truly is. To have the constant support, encouragement, and love that everyone gives me and my children, makes the Y an integral part of our lives." Erin said.

Not only have these two 2-year-olds made a name for themselves at the Y, they have also attended different YMCA events including last years Reindeer Run! (Pictured Right). Erin and Erica work collaboratively to plan and oversee the Reindeer Run, so it was only natural that Ellie and Brooks tagged along! "I feel really lucky that the YMCA has a family driven atmosphere, allowing me to bring along Brooks to any event or meeting we have. You can feel the love that all Directors and members have for not only the programs we offer but seeing children enjoying all areas of the YMCA" said Erica.

Both Erin and Erica are excited to watch Ellie and Brooks grow up in the YMCA in the coming years.

No matter if you have been a YMCA member since 2007 or are thinking about joining in 2023. If you are looking for a fun activity to get out of the house and get a feel for the family support that the YMCA offers, join us at our 2022 Reindeer Run!

Proceeds from the race will go towards the Y-Access program, providing subsidies



for **anyone** who qualifies, towards YMCA memberships and program costs.

Adult Registration Cost (13+): \$25
Youth Registration Cost (5-12): \$15
Under 5 Years Old: Free

[Adult Race Registration](#)

[Youth Race Registration](#)



WHAT IS GIVING TUESDAY?

#GivingTuesday is a global day of giving fueled by the power of social media and collaboration.

Celebrated on the Tuesday following Thanksgiving and the widely recognized shopping events Black Friday and Cyber Monday, #GivingTuesday kicks off the charitable season, when many focus on their holiday and end-of-year giving.

You can make the difference...

The gifts that you contribute to the Williams YMCA support programs that make an impact in your community. Even the smallest amount will make a difference in our fundraising goals. Come alongside our team as we invest in the youth of Avery County, provide scholarships/financial aid to members, and encourage healthy living for all ages.

#GIVINGTUESDAY™

[Donate to the Y](#)



YMCA Partners



Fall Soccer Thank You's



Dashing All the Weigh 2022



Erin in New

with local VA to provide Service s this November!

November is Military Family Month and Veteran's Day is Friday, November 11th. The YMCA of Avery County is 1 of 75 YMCAs nationwide selected to offer a Mobile Vet Center opportunity through a partnership between YMCA of the USA and the U.S. Department of Veteran's Affairs. We are excited to partner with the Avery County Veteran Affairs (VA) Office to raise awareness and bring essential services to the Veterans and active duty personal in our community with this opportunity.

Please join us in giving a special thank you to all of the Veterans you see this Veteran's Day!

Thank you to all participants, volunteer coaches, referees, and Newland Christian Church for a great Fall Soccer Season! Fall Soccer wrapped-up this past Saturday with great weather and lots of fun.

Thank you to Harvest Farm for hosting our End of the Year Celebration and for allowing us to enjoy the corn maze!

Spring Soccer Registration opens on January 1st. We hope to see your child back out there for the Spring Soccer Season!

Register for the Dashing All The Weigh Challenge by November 25th and pick the BINGO fitness card that best suits your exercise level. If you complete your selected BINGO card between November 28th and December 31st, you'll receive a 15% discount off of our YMCA Weight Loss program beginning in January. Register today for only \$12 to reserve your shirt for staying fit through the holidays. *Long Sleeve Holiday Shirt Included

[Sign Me Up](#)

Membership Role

We are excited to welcome Erin Spear as our new Senior Program Director! As a Senior Program Director Erin will oversee Membership, Wellness, and our Healthy Living Programs. She will continue to be the main contact for all of your healthy living and wellness center questions or concerns as she is learning how best to serve you through your YMCA membership. One way she will support you is by assisting with your membership benefits. Such as Wellness Coaching: Did you know that your membership includes 4, free 30-minute sessions in the wellness center with a wellness coach? Have you used yours? If not, contact Erin today to be partnered with a trainer and learn more about your membership benefits!

[Email Erin](#)



Snow Camp/Holiday Camp Changes

Snow Camp and Holiday Camp will look a little different this year. Due to the low average number of snow days experienced in November and December. Snow

Floating Balloon Pumpkin Patch

Our First Annual Floating Balloon Pumpkin Patch was a success! 60 kids enjoyed their gourd and ghoul balloons filled with candy and treats donated by YMCA Members. Our Aquatics Staff want to thank all

Prevent Type 2 Diabetes

November is National Diabetes Month. Did you know you can take a short assessment to see if you are at risk for prediabetes? Click the link [CDC Prediabetes Risk Test](#) to see where you stand. If you are



Mitchell EBHI Interest

The Williams YMCA of Avery County is proud to announce that we will be kicking-off new Healthy Living Programs at our Healthy Living Center in Spruce

Camp will not be offered until January 2023 this School year. Holiday Camp will not be offered this year due to low attendance over the years. Youth Development staff will take this opportunity to attend professional development training and prepare the Spring Semester After School and Summer Camp programs. We appreciate your understanding!

individuals who participated and who donated. Laura won the raffle for a Birthday Party at the YMCA and Sadie's family won a discount for an Aquatics Program. Again, thank you to all who participated, we cannot wait to offer this event next year!

high risk, and you want to prevent the development of Type 2 Diabetes, join the Diabetes Prevention Program *Prevent T2*, (*Type 2 Diabetes*) at no cost in **January**. This program has weight loss goals AND teaches you ways to modify your diet and increase your physical activity to prevent developing Type 2 Diabetes.

[Read More About the Prevent T2 Program](#)

Pine. Our Evidence-Based Programs help participants manage and prevent chronic conditions/diseases.

Our programs provide information, instruction, and activities to live happier, healthier and more fulfilling lives.

New programs will be starting in 2023, but we want your input now! Complete the interest form to receive updates about upcoming Healthy Living and Group Exercise opportunities in Mitchell County!

[Complete Interest Form](#)



[November Group Exercise](#)

Don't let the cold weather slow you down! Join any number of our group exercise offerings in November to maintain your goals through the holidays!

[Download Group Exercise Schedule](#)

[November Athletics](#)

Spring Sports are just around the corner! Sharpen your skills before tryouts at our O'Connell Field House! We have indoor batting cages, golf simulators, and a free weight area available for reservations. Give us a call to reserve your pre-season practice time today!

[Download Blackburn Athletic Schedule](#)

[Download Fieldhouse Schedule](#)

[November Aquatics](#)

Did you know that in the fall and spring the YMCA of Avery County offers free swim lessons to all Kindergarten and 2nd grade students in Avery County Schools, through the SPLASH program? To learn more about our offerings or see when the pool is not as busy download our Aquatics schedule!

[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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