



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Y STORY OF THE MONTH

If you spend even a little time at the YMCA, whether in the pool, at the wellness center, or in group fitness classes, you're sure to bump into Amanda Sorrow. When you meet her, you can't help but to be motivated and inspired by her commitment to a healthy mind and body, inside and out.

As a child, Amanda did not participate in YMCA activities, as there was no Y where she grew up. As a teenager, she began running competitively, running in events in college and as an adult. She has competed in triathlons, running, and cycling events, mostly outdoor training. Once she had children, however, she began to spend more time at the Y, utilizing the CDC for child care while she trained in the Wellness Center, Group Exercise room, or aquatics center. Now Amanda's two sons, Charlie and Connor, have learned to swim at the Y, and they are following in their mom's athletic footsteps. Charlie has participated in several programs through the YMCA, with Connor following right behind. Currently, she is participating in the 100 Mile Swim competition. She pushes herself every day to be the healthiest mom and wife and to break through boundaries all around her.



As a local realtor, she makes sure that everyone new to our community knows about the great activities, places, and people they need to see while they are here. Amanda lists great group fitness classes, the indoor swimming pool, morning and evening childcare, personal trainers, and new and clean weights and workout equipment as her primary reasons to come and enjoy the facility. Next time you are at the Y, don't be afraid to talk to her and learn more about her commitment to healthy minds and bodies, for everyone, at every stage of life.

HEALTHY KIDS DAY 2023

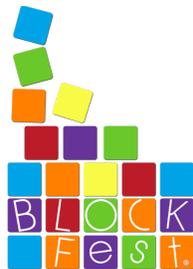


Healthy Kids Day® is the Y's national initiative to improve the health and well-being of kids and families. For over 30 years, YMCAs and their communities have hosted free community events to inspire kids and families to keep their minds and bodies active throughout the summer months and beyond.

BLOCK Fest is a research-based, interactive exhibit that promotes early math and science learning for young children through block play.

Here in Avery County, we are combining **Healthy Kids Day®** and **BLOCK Fest!** This day-long event will feature activities ranging from dancing and face painting to putt-putt and bounce houses (with so much more in the works). 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. Also, Abby Cadabby is coming to Healthy Kids Day!

WHEN: Saturday, May 13, 2023
WHERE: Williams YMCA of Avery County
TIME: 10:00am - 2:00pm



UPCOMING AVERY PROGRAMS...



Happy Sweet 16!

Happy Birthday to the Williams YMCA of Avery County and all of our members and supporters!

April 2nd marks the 16th year that the



Adult Basketball League

We are excited to announce that we are having our Adult Basketball League again this Spring! This program will begin April



Mix It Up In March

Be on the lookout for the St. Patrick's Day Themed Lucky Workouts posted in the wellness center if you're feeling up to a challenge! So often we



Member Challenge!

On March 17th for St. Patrick's Day, keep your eyes open throughout the facility. If you find one of the Shamrocks hidden around the facility, you can turn it in

YMCA has been operating in Avery County. We are thrilled to have been able to offer so many opportunities to our youth, adults, families, and seniors for improved health.

Thank you for all of your support throughout the years, we can't wait to serve you for many more years to come!

17th and run every Monday or Tuesday until June 20th. You can register as a formed team or as an individual to be placed on a team! Ages for this program are 16 and up. If you have any questions regarding this program please click the email button below to get in touch with our Recreation Director!

get stuck in our normal exercise routine. Switch your routine up for a day or two and try the Lucky Workouts!

at the front desk to receive a prize! Places to look will be in the pool, the wellness center, the bathrooms/locker rooms, in the group exercise room, spin room and the stairwell.

Team &
Individual
Registration



Work For A Purpose

Do you have a passion for working with youth? Join us for the opportunity to have a lasting impact on the next generation through our After School and Summer Camp programs! For more information or to submit your resume email our Youth Development Director, Fabienne Dillenger!

Learn More
About Job
Openings



Floating Easter Egg Hunt

Join us for a party in the pool! On April 1st from 12-3 pm the YMCA will hold a Floating Easter Egg Hunt where children swim to find as many eggs as they can. Egg baskets will not be provided, please bring your own. When they are done eggs can be exchanged for candy. There is no additional cost to join the fun! *Non-YMCA members will have to pay a YMCA guest fee.* For more information contact Aquatics Program Coordinator, [Faith Boyette](#).

Learn More
Here



BINGO!

MARCH into better health beginning March 1st! Stop at the front desk to pick up a BINGO card to complete for the month of March. These fun challenges will help you work on your core, heart, body and mind! There is no cost to get your BINGO card.



2023 Candid Seal of Transparency

Check out our #NonprofitProfile [Williams YMCA of Avery County](#) to see the great work we do for our community. We want to make sure you have the progress updates you need to confidently support our work with trust and confidence!

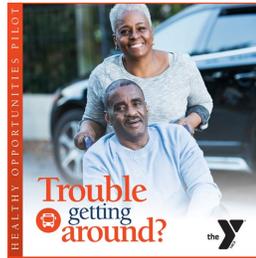
UPCOMING MITCHELL PROGRAMS...



Staff Development Updates

Mitchell County After School Program staff is having fun while growing their skill and knowledge for our students! In February and March, our community partner Mitchell County 4H NC Extension will host 2 professional development series for our staff centered on behavior management, engaging students in fun and academic activities, and child development.

Thank you Mitchell County 4H NC Extension!



Healthy OpportunityPilot Program

Trouble Getting Around? If you have Medicaid Managed Care, you may qualify for free transportation services like rides to the grocery store or gym through the Healthy Opportunities Pilot. Call 828-278-9900 or

visit impacthealth.org/hop to learn more!

Check out the [YMCA's website](#) to learn more about how the YMCA is participating in the HOP program.

Learn More Here



Enhance@Fitness Launches in Mitchell!

Thank you the overwhelming interest in the Mitchell County Enhance@Fitness program! In fact, we have had so much interest in the program, that we have exceeded our capacity for a single program. In hopes of offering this program to as many people as possible, we are exploring options for an additional class. If you are interested in joining us for this program we ask that you complete this short survey to help us better understand your needs!

I'm Interested!



Tax Prep & Healthy Living

On March 9th and March 30th, Toe River Project Access and Mitchell County Healthy Living Center are partnering to help offer free tax preparation assistance and healthy living management support. For more information about this opportunity please call 828-606-6428.

More Information Found Here

MARK YOUR CALENDARS...



March Group Exercise

Have you tried a Group Exercise class yet? We have a variety of classes with amazing instructors waiting to help you reach your goals! Download the class schedule below. We can't wait to meet you!

Download Group Exercise Schedule



March Athletics

We know there is an increasing interest in learning the game of Pickleball and we hope to provide an Intro to Pickleball Class or Clinic at the YMCA.

Please help us better understand the community's needs by filling out this [Google Form](#).

Download Blackburn Athletic Schedule



March Aquatics

Kindergarten **SPLASH** will be starting soon! Be sure to check the Aquatics schedule to see when classes and programs are happening! Contact [Faith Boyette](#) or [Erica Shingleton](#) if you are interested in volunteering with the **SPLASH** program

Download Aquatics Schedule

Download
Fieldhouse
Schedule

Connect with us on:



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

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