

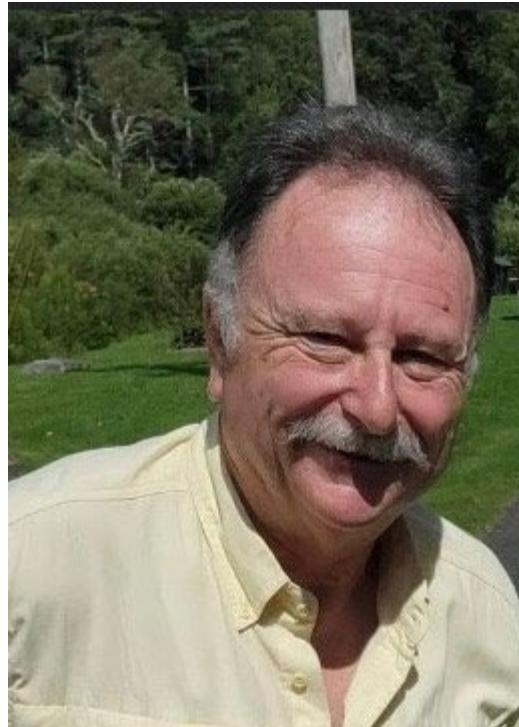


FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Y STORY OF THE MONTH

For many members of the YMCA, deep friendships and connection to others makes coming to the Y part of their daily routine. Our Y-story this month will focus on one such member, a friend to everyone, Billy Aycoth.

Billy spent his career working for Piedmont Natural Gas, where a YMCA membership was part of his benefits. That's when he first became a member and he quickly learned that it was a great way to spend time with his family, and began to feel at home at the Y. As Billy moved through different seasons of his life, he realized that challenges and difficult periods of time were much easier to navigate when exercise, and outdoor activities with friends, were a part of his life.



As Billy came to spend more and more time at the Y, he saw that there is a lot more to the Y than just exercise.

Billy can't remember who first asked him if he'd like to volunteer for an event, but he is very thankful that he came that day, and has not stopped volunteering ever since. He is encouraged and joyful in sharing the fun and smiles with both children and adults, as he drives a YMCA bus for Summer Camp, directs traffic at the Reindeer Run, or delivers meals and other necessities to seniors in our community through the Outreach Program. Since retiring from Piedmont in December, 2022, Billy has been volunteering in a variety of ways year-round, helping us strengthen the community foundations of Avery County. In addition to the activities above, Billy participates in group fitness classes every day, he can be found on the monthly hikes, working special events such as Healthy Kids Day and Senior Health and Fitness Day, and even roadside cleanup and assisting some elderly community members with tasks such as clipping hedges and moving items.

If you ask Billy why he comes to the Williams YMCA of Avery County every day, he will tell you that he is thankful and appreciative of his friends here, from the Welcome Center staff to each group exercise instructor who provide encouragement and a challenge him at the same time, to the camp kids, their parents and YMCA Counselors, as he mentions how well-behaved the kids on his bus have been. If you participate in any of these activities of the Y, you will find Billy there, a friend, behind the scenes sometimes, standing front and center other times, joyfully helping members of our community as they too move through different seasons of life. Billy's contributions help to build friendships and connection, and through his efforts, enthusiasm and laughter, make our YMCA better every day. Look for him in Yoga, Stretch, Tone and Balance Class, Active, or BodyPump and you'll find a new friend too!

Happy 4th of July!

In celebration of the 4th of July the Williams YMCA of Avery County will be **CLOSED on Tuesday, July 4th**. We hope you will take this time to make memories with your friends and families!

We will reopen with normal hours on Wednesday, July 5th.



Williams YMCA of Avery County Operating Hours

UPCOMING AVERY PROGRAMS



Community Event

Join the Williams YMCA of Avery County in Mitchell for the Mitchell Giving Garden event! The last Friday of each month in Summer Mitchell Giving Gardens will host a community resource fair. Stop by the YMCA table to learn about all the fun opportunities to get involved with the YMCA!



Thank you!

Our Adult Basketball League wrapped up in June. Congratulations on Johnathon Hughes' team for winning the league! The Recreation Department wants to thank all participants, spectators and referees who joined in and came out and made this league a success this year!



Kettlebell Clinic

You don't want to miss the Kettlebell Workshop in July! Join us for the All-In-One Body Conditioning Clinic. Only \$20 to learn the low risk and high reward of training with Kettlebells! This workshop is hosted July 8th at 11:30am in our group exercise room! Register at the Welcome Desk today to reserve your spot!



Buddy Up & Shape Up!

Tell your friends to BUDDY UP AND SHAPE UP FOR SUMMER! \$0 join fee July 10th-22nd. Plus if you refer a friend and they mention your name, you'll receive a special deal too! Stop by the Welcome Center for more information.

[Program Flyer](#)



New Positions in Youth Development

We have restructured our staffing model to continue strengthening the Williams YMCA of Avery County's After School Programs in both Avery and Mitchell County. Fabienne Dellinger have been promoted to the Association Youth Director and will oversee the Mitchell and Avery After School and Summer Camp programs. Jessa Jackson has been promoted to our Avery County Branch Director of Youth Development and we are seeking an energetic and caring candidate for our Mitchell County program. Our intention is to create a more organized and streamlined communication system between you and your student(s). Congratulations to both Fabienne and Jessa on your new positions!



Aqua Arthritis

Join us for our Aqua Arthritis class on Tuesdays and Thursdays in July from 10:00am-11:00am. This is a free Aquatics Exercise class, for members, and is a great way to get moving in a very low impact way. We have a certified AFAP Instructor that will take you through various exercises to improve your range of motion, balance and strength. If you have any questions please email our Recreation Director, Erica Shingleton, using the button below.

[Aqua Arthritis Questions](#)



EnhanceFitness Trips

Our EnhanceFitness class is not only active at the YMCA but also active outside. Our group works hard 3 day a week to improve strength, cardio, balance and flexibility but we also have a major focus on social engagement. You can find us at Blackburn on Monday, Wednesday and Friday from 10-11am exercising, then you can find us monthly grabbing lunch together or going on social outings like Grandfather Mountain or Arborcrest Gardens. To learn more about our

EnhanceFitness program and to see if you may be a good fit for the program, contact Chris Kennedy.

[Email Chris Kennedy](#)



Beginner Pickleball Clinic Returns in July

We are excited to announce that we are having a second Pickleball Clinic on Tuesday, July 18th! Join us in Blackburn Gym B from 5:30-7:30 pm for this Pickleball Clinic. Did you miss the first clinic in June? That's okay, the same skills and practice opportunities will be taught in the July Clinic!

The clinic is for individuals who want to learn how to play Pickleball. In these two hours, you will learn how to play safely, the rules of the game, and basic terminology that will prepare you to begin to play pickleball more confidently!

[Sign Me Up!](#)

UPCOMING MITCHELL PROGRAMS



Are You Ready?

The Williams YMCA of Avery County is seeking



Thank you Rosendo!



Join Our Team

Do you have a passion for health and wellness? Enjoy working with small and large groups of people? You could be



The Numbers Are In...

a caring and enthusiastic individual to be our next Branch Director of Youth Development in Mitchell County! In conjunction with the Association Director of Youth Development, the Branch Director of Youth Development will provide hands-on leadership in the planning, coordinating, and implementation of all Out of School programs. Are you ready to find your purpose with the YMCA? Use the button below to learn more.

I'm Ready!

Last month we featured Rosendo Gale as our Y Story of the month. Rosendo has been an essential member of our YMCA team, working across Avery, Mitchell, and Yancey Counties. He has helped grow the YMCA Community Outreach department and helped deliver thousands of meals and food boxes to those in need, provided transportation to medical appointments, connected community partners to offer a larger area of services and so much more! Rosendo will be moving back to Honduras this month and while he will be missed we are excited to see him grow as he embarks on a new adventure!

Thank you for all that you have done over the past few years,
Rosendo!

our next Mitchell County Director of Healthy Living! The Director of Healthy Living develops, organizes, and implements high-quality YMCA program(s), Chronic Disease Prevention and Management Programs, and Community Outreach Programs through the Healthy Opportunities Pilot program (HOP).

To learn more and apply click the button below.

I Want to Know More

The Williams YMCA of Avery County and Mitchell County Extension Center partnered to bring 4H and other enrichment activities to the Mitchell County After School program in the 2022/2023 school year.

This past spring NC Extension offered 'Kids Club' which consists of 8 sessions, 30 minutes in length, that are designed to teach youth about nutrition and physical activity in a fun and engaging way through activities and games.

At the end of the program students surveys showed that 98% play daily, 95% drink water daily, 90% eat their fruits and vegetables, and 90% successfully identified activities that increase their heart rate. We can't wait to see what next years After School program holds!

Learn More About Kids Club

MARK YOUR CALENDARS



July Group Exercise

Has your solo workout gotten old? Take yourself further with one of our numerous Group Exercise Classes! Our classes are designed to fit all levels and styles of workouts including weight lifting, dance fitness, yoga, balance work, and more! Download the July Schedule and find your perfect fit today!



July Athletics

Did you know that you can rent the Blackburn Athletic Center for Parties? Birthday Parties, Family Reunions, and more can be held Friday evenings or on Saturdays. for more information contact [Erica Sheingleton, Recreation Director](#).



July Aquatics

Summer is in full swing at the Williams YMCA of Avery County and so is our Summer Camp! Did you know we teach kids enrolled in our summer camp how to swim? These skills help keep our youth safe and prevent future childhood drownings. Witness the fun everyday from 10-12 pm and 2-

Download

[Download Group
Exercise Schedule](#)

[Blackburn Athletic
Schedule](#)

3 pm throughout the month of
July!

[Download
Fieldhouse
Schedule](#)

[Download
Aquatics Schedule](#)

Connect with us on:



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