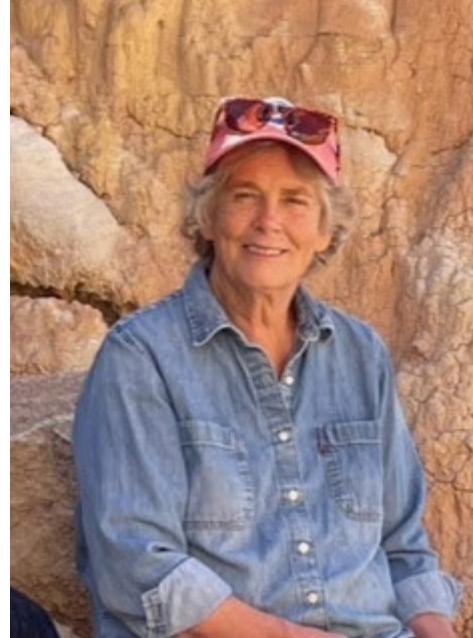




## Y STORY OF THE MONTH

This month's Y story comes to us from charter member: Ann Baker. Thank you Ann for your wonderful story of how the Y has helped you over the years!

When I was 10 our Y in Salisbury built a pool. My father, a swimmer from the pacific coast came to NC on a scholarship to swim for Duke U. During my childhood he formed and helped coach the Salisbury Y's first swim team on which I swam through high school. I was dropped off at the Y for morning practice and stayed until after evening practice. The Y became my second home where I met and made friends and participated in all sorts of activities and then taught younger children's



classes for years. Instructions were carefully overseen making sure they were safe and embodied the Y values of 'body, mind and spirit'. The Y's leadership courses in high school developed a sense of community service that I have had an opportunity to use working to revitalize the small town of Crossnore after Sloop Hospital closed and left the town feeling empty.

When we settled in Crossnore, forty years ago I tried to find a pool in which to swim, maybe Pinebridge or Boone's Recreation Center. So when the thought of starting a Y was being discussed and my good friend John Blackburn told me that if we built a Y in Linville, it more than likely would have a pool, I couldn't have been more excited.

Around 2007 Phyllis Crain, John Blackburn and Charlie Baker pushed the effort to create a Y in Avery Co. It amazingly came about with the financial help of many people realizing the need to have a place to encourage health and recreation for the benefit the people of our area. The hospital could use the facility as part of physical therapy and doctors could even prescribe exercise in a safe place. Much more arrived with all the programs YMCA national had to offer. Our most enthusiastic and foresighted director, Trey Oakley, has enlarged the scope of our Y to fit our county's needs beyond exercise including childcare, free summer camp, afterschool programs, SPLASH, healthy living courses and services to the elderly. We are grateful to him and all of the wonderful staff working to give their best.

Charlie or I have been pleased to be on the Board of Directors since its beginning. Charlie says he believes the Y has singularly made the biggest impact on the health of our community. I would also add the importance of the Y in the creation of good friendships and the service of good will that it fosters in helping our neighbors.

## Is Your Info Up-To-Date?



As the Williams YMCA of Avery County continues to move toward paperless processes, we are asking all active members to update their account information. Here are two easy ways to Manage Your Membership!

- 1) Stop by the Welcome Center today to verify your current contact and payment information and to review and re-sign our membership policies and agreements
- 2) Log into your online account to update your contact and payment information.

For technical assistance or help signing into your Online account please contact Edie Young at [Ediey@ymcaavery.org](mailto:Ediey@ymcaavery.org).

[Log Into My Online Account](#)

## UPCOMING AVERY PROGRAMS



### Christmas Donations For Seniors

It's that time of year when the weather starts to cool off and the heaters kick into full gear. This year the Community Outreach Team is working with the Stretch, Tone, and Balance Class to collect donations of sweatshirts, blankets and socks for Seniors and those who are socially isolated in our counties. If you would like to help keep our community warm this



### Youth Basketball League

Youth Basketball is an exciting sport that combines team play and individual skills. With youth basketball, every child has a chance to participate in practices and games! The Y utilizes volunteer coaches to focus on participation and fun! While basic skills of the game are developed through practices and games, every child learns sportsmanship and values necessary to be successful in life.



### 2023 Reindeer Run

Register today for our Annual Reindeer Run 5K held on Saturday, December 2nd at 9am. Registration fees are: 12 years and up: \$25, 5-11 years \$15 and 4 and under FREE. All proceeds go to our Y-Access Scholarship Program. Register today to guarantee yourself a shirt!

[Save Me A Spot!](#)



### Corporate Memberships

Did you know that you can have discounted memberships for your business? Create a healthy workplace for your staff today. Benefits of having healthy employees include improved mental health, workplace morale & productivity, containment of healthcare costs, and decreased absenteeism & employee turnover. Don't delay, start a partnership today!

winter please leave your donation at the Welcome Center desk at the Avery County YMCA location by December 1st, 2023.

Join our first Youth Basketball League today!

[Tell Me More](#)

WHEN: Nov. 13th- Jan. 15th  
AGES: 3rd - 5th Grade Students  
COST:  
YMCA Members: \$60  
Non-YMCA  
Members:\$80

[Put Me On a Team](#)



### After School Parent & Caregiver Surveys Now Open

Throughout the After School Program year the Williams YMCA of Avery County requests that parent's and caregivers of youth in our After School program complete a survey. These surveys help guide the director, types of activates offered, and staff training to improve the program. If you haven't completed a survey for your child yet, pleas do so by clicking the link below!

Complete the Parent/  
Caregiver Survey



### Semi-Private Swim Lessons

Semi-Private swim lessons are for friends or families with 2-3 children of similar age or skill level who wish to take lessons together. This new type of lesson will be offered Monday - Fridays, 2-5 pm in 30-minute intervals.  
COST:  
YMCA Members: \$60/child for 4-30 minute lessons  
Non-YMCA Members: \$80/child for 4-30 minute lessons.

[Tell Me More](#)



### Winter Weather

As a YMCA member with 24/7 Access, you may use our Wellness Center at any time – EVEN ON SNOW DAYS. As we enter into fall and winter months, facility closures due to inclement weather become more likely. At your own risk, you can still use the facility if you have 24/7 Access. To sign up or to find out more information about 24/7 Access, please stop by the welcome desk today!

[Learn More About 24/7 Access](#)



### Join Our Team!

Are you ready to change lives and strengthen our communities? We have numerous openings across our departments that are waiting for your application. View our current openings on our website or visit our Welcome Center Desk for an application.

[Join the Team!](#)

## UPCOMING MITCHELL PROGRAMS



## After School Parent & Caregiver Surveys Now Open

Throughout the After School Program year the Williams YMCA of Avery County requests that parent's and caregivers of youth in our After School program complete a survey. These surveys help guide the director, types of activates offered, and staff training to improve the program. If you haven't completed a survey for your child yet, please do so by clicking the link below!

Complete the Parent/ Caregiver Survey



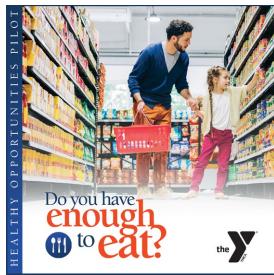
## EnhanceFitness Coming in 2024

We are excited to announce that the popular EnhanceFitness

Program will be returning to Mitchell County in early 2024!

Please use the link below to be added to the interest list and receive future Healthy Living Program Updates.

Add Me To The List!



Do you have enough to eat?



## Do You Have Enough To Eat?

If you have Medicaid Managed Care, you may qualify for free services like healthy food boxes, fruit and veggie prescriptions and medically tailored meals through the Healthy Opportunities Pilot. Call 828-278-9900 or

visit [impacthealth.org/apply](http://impacthealth.org/apply) to learn more or visit the Williams YMCA of Avery County's website to see how we are supporting our communities!

How is the Y Supporting Our Communities?



## Mitchell YMCA Ground-Breaking!

We are so excited for the progress that has gotten us this far! Thank you Mitchell News-Journal for the wonderful announcement!

Awaiting the opening of these grand doors, we will continue to serve Mitchell County with Afterschool Programs at Mitchell County Schools, healthy living programs at our Healthy Living Center and outreach services throughout the community. Join us in celebrating this progress at the ground-breaking ceremony for Mayland Community College and the new Mitchell County YMCA on Friday November 3, at 2:00.

Read The Full Article Right Now!

## MARK YOUR CALENDARS



### November Group Exercise



Achieve your goals this holiday season with our Group Exercise classes. We'll save you a spot!



### November Athletics

We are hosting a Club Volleyball program where the participants will learn and improve various skills, position play, and gain experience through focused practices in



### November Aquatics

Did you know that in addition to our SPLASH program for Kindergarten and 2nd graders we also partner with Avery County High School who's Swim Team practices in our

[Download Group Exercise Schedule](#)

their off-season. All skill levels are welcome. For more information visit our [Athletics Program Webpage](#).

pool! Download this month's Aquatics Schedule to see when practice starts as well as our other Aquatic events!

[Download Blackburn Athletic Schedule](#)

[Download Aquatics Schedule](#)

[Download Fieldhouse 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](#)