

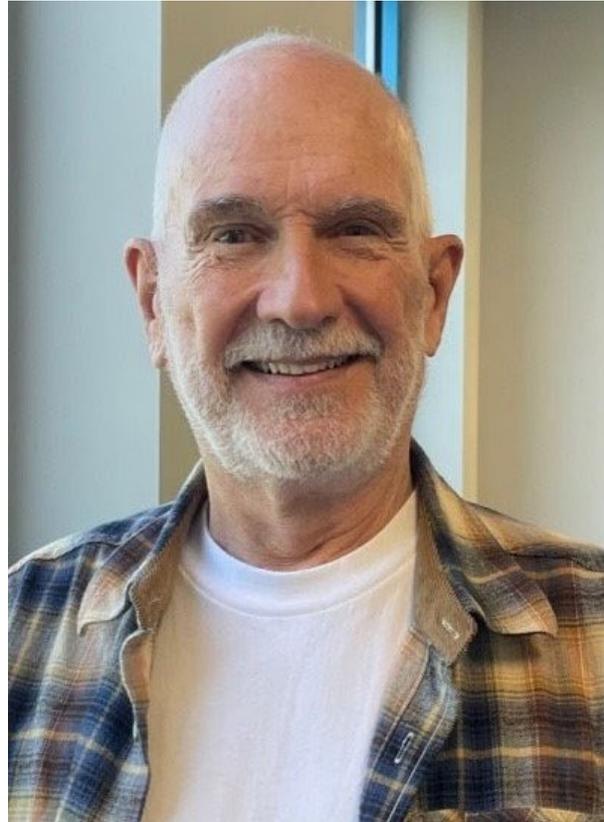


FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Y STORY OF THE MONTH

Often we brush up against friends we haven't met yet, and after a few minutes together, realize that we are at home with a new friend that feels like an old one. When you meet Frank Hill, you will come to feel that way too!

One of our seasonal members, Frank enjoyed a great career creating high performance learning centers, working with large corporations, churches, and schools, effectively synthesizing learning environments to allow people of all ages and backgrounds to learn more efficiently. His career took him to over 40 states and 20 countries, created partnerships with major corporations and allowed him to help create Disney's Celebration School. This collaboration with Disney, and the resulting changes that came from shifting thoughts and expectations, led to Frank's first book, Wings of Change.



This award-winning book, written for children and adults, is the story of a contented little caterpillar who is afraid to become a butterfly. Through self-reflection and wisdom from a wise old snail, he learns to release his fear, willingly move in the direction of becoming a butterfly, and then to become what he was made to be, his best self. Frank followed this story with Wings Within, also about navigating changes in life, and discovering and embracing our uniqueness as we grow. When Frank found himself recovering from heart surgery and in physical therapy at the Y, he was reminded that things change, and you have to adapt in order to overcome. Both of his stories parallel the growth and personal development we are blessed to share through his recovery and the diverse population of our community YMCA. For even when the change is difficult and scary, we can find support and encouragement to reach our potential and become our best selves, even here within our Y family.

Frank continues to work as an engaging public speaker and author (with a third book in the works), and he participates in sailing, golf, performance-based fitness activities, as well as working out in our wellness center. He believes that a fit body will support a fit mind, and that healthy aging is the only way to greet the years ahead. You can find him at the Aquatics Center, where he feels both the senior and youth populations are well-served. When you see his smiling face, chat with him for a few minutes, or read one of his delightful books in the Welcome Center, you will find an new "old friend", and understand that we share a path together, and we need all the unique gifts and talents each of us brings.

"As the world turns,
So do you.

When you change for the good,
You change the world too."

UPCOMING AVERY PROGRAMS



I Climb Because They Climbed

Join us for our third year of the Remembering 9/11 Tower Climb Challenge. This year's challenge will take place from Sept. 10th-16th. You can complete individually or as a team of four. For more information visit our [website](#) or contact [Erin Spear](#), Director of Senior Programs.



NEW SPIRIT Program

Come and join us on Tuesday nights from 5:30-6:30pm in the Group Exercise Room for our YMCA Spirit Program! This program will incorporate dance, cheer and tumbling into one program. At the conclusion of the program we will have a showcase at our Blackburn Athletic Facility. It will be taught by Victoria Bowman, LMC Dance Team Coach, and the Lees-McRae College Dance and Cheer teams! No dance, tumbling, or cheerleading experience necessary. This program is for children ages 5-11 and grades Kindergarten-5th grade only. There are limited spots for this program.

Sign Me Up!



Fitness for the Family

Did you know every membership comes with a Youth Fit session for your kids 10 and older? They can work with a trainer for a one-time, 45 minute session to learn proper exercise form and gym etiquette. Call or stop by our welcome desk today to schedule a session for your child!



Fitness That Fits Your Schedule!

24 Hour Access IS HERE! 24 Hour Access is available to anyone 18 and older with an active YMCA membership at our facility. This access includes Sundays and all hours of the night. Interested in access? Stop at the welcome desk today to find out your next steps.

Tell Me More



Now Hiring Change Makers



Lifeguard Certification Opportunity



Winter Weight Loss Program

The YMCA's Weight Loss Program is a great way to stay focused



Start Something Amazing

BUILD
ENGAGE
INSPIRE

SEEKING
DAYCARE
DIRECTOR

For more information, please visit:
[ymcaavery.com/about-us/jobs-our-team/](#)

FIND YOUR PASSION!
FIND YOUR
PURPOSE! FIND
YOUR Y!

The Williams YMCA of Avery County is currently hiring for several different Youth Development Positions. Part-Time opportunities are still available, join us to see the impact you can have while working with the youth of Avery and Mitchell Counties.

What Positions
Are Available?

Have you ever wanted to be a Lifeguard? The YMCA offers in-house Lifeguard certifications and recertifications with a nationally certified/licensed Instructor. Join us for our next class on September 15th and 16th.

Register
Today

through the upcoming holidays. Get ready to focus on more than just relationships with food to find ways to lose weight. Work with Sheila and Erin beginning October 3rd from 5:30-6:30pm for only \$40 per person or \$60 for two! You do not have to be a member to join our 12-week program!

The Williams YMCA of Avery County is in search of a dedicated and passionate individual to launch, lead, and grow our Licensed Childcare Program. This individual will be responsible for overseeing the safety and early childhood education of youth ages 2-5 years old, managing staff, and maintaining the NC Childcare Standards. To learn more about the position or to apply click the button below!

Apply Right
Now!

UPCOMING MITCHELL PROGRAMS



Welcome New Mitchell Staff

Please help us welcome Jessica Thomas and Burt Blankenship. Jessica Thomas joins us as the new Mitchell County Healthy Living Director. She has a background in community health and nutrition and is excited to learn more about all of the evidence-based health intervention programs that the YMCA offers. Burt Blankenship will step into the new position of Mitchell County After School Branch Director. Burt has extensive experience working with youth of all ages and school systems. We are excited to have them join the YMCA team

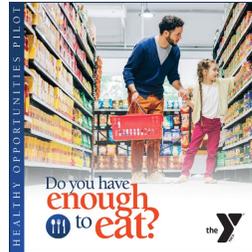


See You There!

Join us at the Mitchell County Community Resource Fair on September 14th from 3-6 pm at TRACTOR Food and Farms! Learn more about local partners and how we can help you reach your health goals!

Community
Resource Fair
Flyer
(English)

Community
Resource Fair
Flyer
(Spanish)



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/hop to learn more!



Back In Session!

Welcome Back to all of our Mitchell County After School Students and Families! After School started on August 22nd and is almost full. If you are looking for an exciting and enriching way for your K-5 students to spend the afternoons be sure to secure your spot today! Have a question contact Association Youth Director, [Fabienne Dellinger](#) or Mitchell Youth Director, [Burt Blankenship](#).

Deyton
Registration

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and look forward to helping them grow programs that will support the needs of our community!

Registration

MARK YOUR CALENDARS



September Group Exercise

When was the last time you tried something new? Why not join us for one of our energizing Spin classes! These 45 minute classes will fly by as you work sprints, intervals and speed training in our indoor cycling studio.

Download Group Exercise Schedule



September Athletics

New To Pickleball? Download our Blackburn Athletic Schedule to see when other Beginners are on the court and ready to play!

Download Blackburn Athletic Schedule

Download Fieldhouse Schedule



September Aquatics

Welcome back to Swim Club and Jr. Swim Club! Join us in the pool as we work on skills that help us become stronger swimmers. For more information contact [Faith Boyette, Aquatics Program Coordinator.](#)

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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