



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Y STORY OF THE MONTH

Martha and John have been members of the Y for several years, but like many others, they did not come while the Covid pandemic made its way through our community. As a 19-year-old college student at UT Knoxville, John changed his perspective and behavior when, after having gotten heavier while in school, he was referred to as “fat.” He resolved never to hear himself described that way again. He began working out and has not stopped, even though he had a hip replacement and knee surgery.



Last summer, John ruptured his Achilles tendon, and found himself back at the Y for rehab. Bonnie Clark invited him to continue his recovery by coming to the wellness center and encouraged him to try some group fitness classes that were not part of his regular workout routine. He was challenged in Sherry’s spin class by its difficulty. He soon found it exciting and satisfying, and it is now a part of his routine. Martha has not consistently worked out the way John has. John shared that Martha has always been an athlete and is better than John at whatever activity they are engaged in. When John returned to the Y to rehab his Achilles, Martha joined him but was worried that a bad shoulder and other issues would prevent her from participating in activities. She decided to try walking laps in the pool, but she could only swim seven laps on the first day. Two weeks later, she was swimming 50 laps, then 75. Earlier this year, she joined the 100 Mile Challenge, & committed to swimming 100 miles this year. When she completed that goal in 7 weeks, John suggested she commit to 300 miles this year. As it happens, by the time you finish this Y-Story about the Feltys, Martha will have completed 400 miles in 2023! Martha has lost 80 pounds this year and is an inspiration to many who would never even attempt a goal such as this.

Martha and John say this has been the best year of their lives as they have dedicated time to healthier lifestyles. They describe the supportive atmosphere of the YMCA and Y staff as loving, encouraging, accepting, and friendly. Martha and John could work out at home and do other things with the 45 minutes they spend driving from Roan Mountain to the YMCA. They agree that life is just better when they come here. They’re blessed by friends who help them achieve goals, reach out if they don’t make it to the Y, and genuinely see them as individuals. Martha challenges anyone who is discouraged or self-conscious to commit to just one month at the Y, and she promises that you won’t believe how much you can accomplish with your new friends at the YMCA. Look for the Feltys and others who’ve strengthened the community at the Y!

From all of us at the YMCA, we wish you good health and many blessings in the New Year, and thank you for being part of our Y family!

## We need your help!

In order to continue enhancing and improving our programs and services we need your feedback. Each month we will include a survey for a specific department or program at the YMCA. This month our focus is on YMCA Membership. If you would like to provide feedback about any of our Membership programs/department please complete the short survey using the button below. This survey will only take a few moments of your time and your responses will remain anonymous.

Let Your Voice be Heard!

# What's Happening in Avery



## THANK YOU!

We want to thank our YMCA community for helping with the outreach drive for donating blankets, sweatshirts and socks. We had the opportunity to serve over 60 people with your help. Thank you for your lasting impact on the Avery County Community and improving the lives of the people we serve.

How We Serve



## Youth Basketball League

Youth Basketball League for grades Kindergarten-2nd Grade begins soon! Registration is open until January 12th and the season kicks off with the earliest possible practice on January 22nd. No basketball playing experience necessary.

WHEN: Jan 22nd - Mar 14th

AGES: K - 2nd Grade Students

COST:

YMCA Members: \$60

Non-YMCA Members: \$80

If you are interested in signing your child up to play please click the registration button below.

If you are interested in Volunteering to coach a team please

email: [ericas@ymcaavery.org](mailto:ericas@ymcaavery.org)

Put Me on a Team



## 24/7 Access Perks

24 Hour Access to the Wellness Center applies even when there's inclement weather. If you pay for 24 Hour Access you can still access the facility even when we aren't open during normal business hours due to reasons such as inclement weather or holidays. Stop at the Welcome Desk today to learn more about how to sign up for 24 Hour Access for an additional \$5 per month.

Tell Me More about 24/7 Access



## Pay the Day

Pay The Day is back this January! If you know someone who could be a potential member, have them join this month! The \$25 join fee is waived AND you ONLY pay the price coordinating with the day of the week it is that you come to join. If you join on the 1st you only pay \$1 for the month of January, join on the 31st and you pay \$31. Regular membership rates resume in February.

Click to Learn More about Us



## Woohoo, After School!

After School had a great first half of the year! After School will resume on January 4th, 2024!

We are proud to be able to offer After school in all 5 Avery County elementary schools for the 2023-2024 school year.

After school serves



## 2nd Grade SPLASH Results

Our SPLASH program allows us to teach basic water safety knowledge and skills to all Kindergarten and 2nd graders in Avery County at no cost to the students.

Learning the basic skills in our SPLASH program creates a sense of accomplishment in



## Here's to a Healthy You in the New Year

Develop healthy habits with expert support during the Weight Loss Program beginning in January! January 9th from 5:30-6:30pm you can start working towards reaching your wellness goals with us to learn more about topics more than just relationships with food



## Giving Tuesday

The results from the Giving Tuesday Engage initiative are in! \$3,355 total was raised and we had contributions from 17 NEW DONORS!

Donations from Giving Tuesday are utilized to invest in our youth programs, aids in supporting our seniors and provides

students grades Kindergarten through 5th grade at no cost to the student.

children and helps prevent drowning.

[See the Progress!](#)

that affect (effect? I think affect) your weight. For only \$60, this covers your 12 week journey towards a healthier you.

[Help Me Achieve my Goals](#)

scholarships and subsidies for early childhood, athletic, and healthy living programming, as well as memberships because we believe that no one should walk away from a healthier lifestyle due to an inability to pay.

Your support changes lives in our community, including your own.

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## What's Happening in Mitchell

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### Congrats, Alex!

We are very excited to recognize one of our hardworking After School tutors. Alex Huang is a student at Mitchell High School who also works at Deyton Elementary School in the Afterschool program as a tutor.

Alex is a member of the HOSA club (Future Health Professionals Student Organization) at MHS.

Recently Alex participated in a regional competition at West Wilkes High School, during the competition Alex placed first in the Pharmacy Sciences Division.

We are very proud of Alex not only for the positive contributions he is making in our Afterschool program but also his hard work in the classroom  
Way to go Alex!

[Read the Write-Up!](#)



### Delay The Disease Year End Numbers

After a year of hard work, the Mitchell County Delay The Disease participants have earned a well deserved break! This year participants and instructors saw a class improvement in both balance and gait. The class increased their overall balance an average of 15.25 seconds and gait by 2.42 seconds!

Congratulations to the whole class! We can't wait to see you continue to improve in 2024!



### The Community Health Worker Program Continues!

The Community Health Worker program continues! The Williams YMCA of Avery County was just awarded funding to support the Community Healthy Worker program for another three years! We are excited to continue identifying and supporting the needs of our community!



### Updated Story Trail

'Tis the season! We are excited to have a new Story trail installation in January titled, "Winter is Here", by Kevin Henkes. The book has been described as "A celebration of the sights, sounds, and smells of the season."

The author will incorporate a Spanish song that will go along with the story. So put on your hats and mittens and come visit the story trail!

[Listen to the Book](#)

[Listen to the Song in Spanish](#)

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# MARK YOUR CALENDARS

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## January Group Exercise

Holiday Season Schedule Changes:

- All Group Exercise Classes are canceled on 1/1/24
- 9:45 am Yoga will be Subbed by Sarah H. on 1/3/24
- Pilates is Canceled on 1/4/24

Download Group Exercise Schedule



## January Athletics

Did you hear? When you book the Blackburn Athletic Facility for a party you now have the option of reserving a Bounce House! We have a small bounce house for toddlers and a larger bounce house for older youth. Contact [Erica Shingleton, Recreation Director](#) for more information!

Download Blackburn Athletic Schedule

Download Fieldhouse Schedule



## January Aquatics

Want to know when the best time to swim is? With the new Aquatics schedule you'll be able to see exactly when programs are scheduled, the Swim Team is practicing, and when Aquatics Classes are taking place!

Download Aquatics Schedule

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Connect with us on:



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