



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Y STORY OF THE MONTH

If you spend any time at the pool, you have probably seen our Aquatics Director, Faith Boyette, in her bright pink glasses and with her contagious smile! You've probably seen her in a lifeguard chair, teaching adult swim lessons and Water Fit classes or teaching water safety to elementary school kids in our SPLASH program.



Faith grew up at the YMCA in her hometown of Goldsboro, NC. When she was younger, she spent as much time at the YMCA as possible, participating in various YMCA programs throughout her childhood. At 6 years old she joined the swim team, and she represented her YMCA in swimming competitions until she was 18. She "played" on the soccer team for four years and participated in after-school and summer camp at the Y. Even the church she attended met at the YMCA.

At just 15, Faith started her first job as a lifeguard at that YMCA. Early on, her boss, Richard, recognized that she was a spitfire, disliked conformity and was reluctant to just follow the rules without understanding why. So, he encouraged her to be a leader, put her knowledge into practice and activate change when she saw changes were needed. From the close relationships she formed with the YMCA Program Coaches and Staff, she was raised in the YMCA with the foundation of youth development, healthy living and social responsibility.

When she graduated from high school, Faith wasn't sure what she wanted to do next. Her brother and sister both attended Appalachian State University, so she moved four hours away from her Goldsboro home to Boone to attend community college and pursue a career in real estate. The Williams YMCA of Avery County was one of the very first places she visited when she moved here. She began as a part-time lifeguard for a two-month position and then remembered why she loved the Y so much. She missed the people and relationships she had formed as a child. Four years later, she is now working to provide the very things that drew her to her own Y - community, relationships, and purpose.

Faith is a force of nature within the walls of the pool, sharing her colorful perspective and love of the water with everyone. She would no doubt make her first boss proud to see all she has accomplished in her four years at our Y, and how many kids have been introduced to water safety & enjoyment of the water through her efforts.

If you haven't met Faith yet, stop by the pool and say hello!!

Family Day at the YMCA

This event is open to the public! We are excited to have a Family Day at the YMCA as a part of the Y-USA Healthy Kids Day Initiative to improve the health and well-being of kids and families! This event will be held on **Saturday, April 27th, from 10am-2pm**. Click on the button below to see our event page. It details all of the activities we will be offering during our

Family Day at the YMCA and will be updated regularly as we add more vendors, activities and announcements!

Visit Our Event
Page

I'm Interested in
Being a Vendor

I'm Interested in
Sponsoring this Event

What's Happening in Avery



Healthy Opportunities Pilot Program Details

As a part of our HOP program, we service three counties in the High Country - Avery, Mitchell and Yancey.

Here is a photo of groceries and supplies we gave to our 17 clients we help with food insecurity. We also help with transportation, car repairs, utility bill assistance, and food delivery!

All of this is funded through Medicaid, if you want to see if you are eligible click the link below!

Am I Eligible for this Program?



3rd-5th Grade Club Volleyball

We are hosting a Club Volleyball program where the participant's will learn and improve various skills, position play and gain experience through focused practices in their off-season. This program is for any individual that is in grades 3rd-5th. All skill levels welcome.

This program will be held on **Thursdays from 5:30pm-6:30pm** and it begins on March 7th.

Sign me up!



Improving Teen Mental Health

In February, the Williams YMCA of Avery County was awarded a two-year grant to improve the mental health of teens in Avery and Mitchell Counties. They will work with two local organizations, [Western Youth Network's \(WYN\)](#), [Avery Youth to Youth](#) and [Partner's Aligned Toward Health's \(PATH\)](#), [Appalachian Youth to Youth](#) programs, to offer after-school activities for middle school students starting this Summer. These activities will help students learn about mental health, develop leadership skills, and participate in community service projects. The grant will help address the growing need for mental health support among middle school students, as identified by students in the area. Be sure to watch for more program information as we get closer to Summer!



Introducing Jackson Crawley

We are highlighting our new Personal Trainer, Jackson Crawley!

Jackson enjoys teaching people how to train by meeting their needs through personalized programs and proper form/technique. "I have witnessed the transformative power that training can have for one's health and I want to share that with others.", Jackson told us.

Jackson is now accepting clients Mondays-Fridays after 3pm and Saturdays and Sundays (if you have 24/7 access) by appointment.

Schedule Your FREE Consultation TODAY by emailing [Jackson](#)!

Personal Training
Information



Avery Afterschool Parent Engagement

We hosted our 3rd Family Engagement Event of the year at our Blackburn Athletic Facility. We had 6 different STEM stations that families participated in throughout the night.

Through fun STEM stations, students were able to work on different NC State Standards relating to math, science, and ELA (English Language Arts). Participants learned how a circuit works through making one to light up an LED light bulb along with learning more about the force of gravity through building and testing a Space Lander. While working with technology, participants wrote and recorded a stop motion animation story. Participants also learned how to find averages while testing out paper footballs.

Group Swim Lesson Results

This February, our Aquatics Department saw double the amount of Beginner Group Swim Lesson participants than they had in January. That's double the number of lives impacted by this life-saving program!

Each child that has participated in our Group Swim Lessons has mastered at least one new skill, whether it's putting their face in the water for the first time or pushing off the wall to swim.

If you want more information, or would like to sign your child up for this Aquatics Program, please email our Aquatics Director, Faith Boyette, by clicking the button below!

Email Faith

March into Your Weight Loss

This program is for anyone who wants to lose weight through small lifestyle changes focusing on more than relationships with food. We utilize group discussion and activities while encouraging participants to set goals customized to their needs.

Registration is open and March 19th is the last day to register. This program runs from **March 5th - May 21st on Tuesdays from 5:30-6:30pm.**

If you are interested in registering, or if you have any questions about the program, click on the buttons below!

I'd Like to Register

I'd Like More Information

Recreation Department Survey

We want to hear from you!

Please consider sharing your thoughts on our Recreation Department Program and Event Offerings.

Our Recreation Department includes all Youth and Adult Athletics Programs, our Blackburn Athletic Facility and our O'Connell Fieldhouse.

Voice Your Opinion

What's Happening in Mitchell



Mitchell Afterschool Parent Engagement

With winter weather mostly behind us, our students have returned to school and to the Afterschool Program. We've been excited to see them!

Our Afterschool Staff had an evening of parent engagement for Gouge Elementary School on February

EnhanceFitness Schedule Announced

Mitchell County Healthy Living's EnhanceFitness program kicked off the new year on 1/8/24 and is going strong! The class has gotten to know each other and has used this evidence-based program to enhance their fitness!

There is already a waitlist for the next class in April!

Zumba Success

We have seen great success and attendance during the new Zumba Class at our Mitchell County Healthy Living Center!

Come join us on **Tuesdays and Thursdays from 5:30-6:30pm** and let's get moving together!

There is a drop-in fee of

Construction Update

The YMCA in Mitchell County has made great progress this winter despite cold weather and snow!

This picture shows progress toward the framing for the all-new aquatic center. The YMCA in Mitchell County will have two pools, one pool that will

20th and Dayton Elementary School on February 22nd. These events focused on Literacy. The students played Bananagrams with their parents, made their own bookmarks and worked on their spelling words using peel and stick letters.

To be added to the waitlist for the next EnhanceFitness session please contact Jessica Thomas, Healthy Living Director for Mitchell County, by clicking the button below!

[Email Jessica](#)

\$5 per person per class to participate.

be utilized for lap swimming, aquatics programs and swim competitions and the other will be for recreation use that includes water features.

To inquire about the building progress, or for general questions about the YMCA in Spruce Pine, click the button below!

[I'd Like More Information](#)

Upcoming Events at Your YMCA



Spring Youth Recreation Soccer League

Late Registration for our Youth Spring Soccer League, for children in Pre-K through 5th grade, is **open until March 10th**.

Email our Director of Recreation, [Erica Shingleton](#), to ask about our sibling discount when you register multiple children for this program!

[Sign Me Up!](#)



CPR Certification Course

Did you know that we offer Adult and Pediatric CPR Certification Courses to the community? Our next course is on **Thursday, March 28th**. If you are interested email our Director of Recreation, [Erica Shingleton](#), to join in on the course!

[2024 CPR Course Schedule](#)



Adult Basketball League

Have you signed up for our Adult Basketball league? This league is open to anyone over the age of 18! Click on the button below to register!

[Adult Basketball Registration](#)

[All Upcoming YMCA Events](#)

Mark Your Calendars





[March Group Exercise](#)

SOCIAL MOTION is coordinated group movement. It lifts your spirits and enhances your performance. It's the special buzz you feel when doing group exercise that is great for the soul and reduces the feelings of fatigue, motivating you to move more and move better. Come join the movement this March!

[Download Group Exercise Schedule](#)

[March Athletics](#)

Did you know we have designated Open Gym for Pickleball players that are new to the sport? Come and practice your skills on **Tuesdays and Thursdays from 11am-1pm** and **Wednesday evenings from 5-7pm**.

[Download Blackburn Athletic Schedule](#)

[Download Fieldhouse Schedule](#)

[March Aquatics](#)

We are offering Water Fit **Monday through Friday** from **2pm-3pm** beginning March 1st. Click on the button below to see what's happening in the pool!

[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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