



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Y STORY OF THE MONTH

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Often our monthly Y-stories introduce individuals who are highly motivated to succeed or excel in some athletic pursuit, or for whom the YMCA is a conduit to a disciplined plan to reach a milestone or goal. For some folks, however, exercise and fitness are not part of everyday life until an accident, illness or medical condition requires a hospital visit, and/or some time in Physical Therapy. Here is where we find the subject of April's Y-Story, Dr. Charlie Hypes, a physical therapist at Cannon Memorial Hospital in Linville.



Charlie works out at the YMCA after work three or four times a week, using weights, cardio equipment, and stretching. But you've most likely seen him around, dressed in scrubs, patiently assisting his patients in becoming familiar with the facilities in the Wellness Center, walking around the track, and training them in the proper use of equipment with which to continue their recoveries. Charlie enjoys working with patients of all ages with orthopedic and neck and back injuries, Parkinson's patients, and others with poor balance and mobility. The Physical Therapy workout lab adjoins the Wellness Center and many times a patient's first visit to the YMCA, or a gym in general, is walking in through the PT doorway to our Wellness Center.

Charlie was working as a Physical Therapist when the YMCA opened 17 years ago. Since the beginning, he, along with several of his coworkers, has shared the opportunities here with his patients and has found the YMCA staff to be welcoming and helpful, regardless of whether a patient is a member, or can afford a YMCA membership. Charlie is an advocate for all his patients' health and wellness, long past the completion of their rehab or treatment plan. He appreciates the equipment, the non-threatening environment, and the connections formed by staff members with his patients as they work through their recovery processes. Once the physical therapy has been completed, Charlie encourages his patients to transition to a YMCA Program that will continue their path to improved health and fitness.

Charlie has spent his career helping patients to move with increased balance and mobility. He believes that the YMCA provides a variety of resources for the community such as group exercise classes, a pool, youth and adult sports, family-oriented special events, and connections with staff and members to enhance the lives of local and seasonal residents. He is thankful that the YMCA is part of his wellness journey, his patients' treatment plans, and such a big part of Avery County. If Charlie introduces you to the YMCA through the Physical Therapy doorway, you will surely come to know and appreciate his dedication to health and fitness too!

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## Afterschool and Summer Camp Grant Opportunity

The Nita M. Lowey 21st Century Community Learning Centers (CCLC) program provides federal funding to establish or expand community learning centers. These centers provide students with opportunities for academic

enrichment, youth development, and family support during non-school hours or periods when school is not in session. The 21st CCLC funding provides a broad array of services, programs, and activities designed to reinforce and complement the regular academic program of participating students. Examples of programs include homework help, STEM/STEAM enrichment, social and emotional learning, fitness, and partnerships with many entities that provide programming to students and their families.

The Williams YMCA of Avery County is partnering with Avery County Schools to submit an application for 2024-2027 funding. If awarded, the Williams YMCA of Avery County will continue to offer after-school programming at no cost to students in need of additional academic assistance for the next three school years. Additionally, the funding covers the Summer Camp for Avery County students offered by the Williams YMCA of Avery County. The application deadline is April 23, 2024. Anyone with questions should contact Fabienne Dellinger's office at [\(828\) 737-5500](tel:8287375500) or via email at [fabiennd@ymcaavery.org](mailto:fabiennd@ymcaavery.org).

## What's Happening in Avery



### Happy Birthday to the YMCA!

The Williams YMCA of Avery County turns 17 years old this year!

If you've been a member of the YMCA since it opened in 2007, stop by to tell us your Y-Story. We would love to hear about your experiences and what brings you joy about the Y!



### Youth Basketball League Wrap-Up

We wrapped up our Kindergarten - 2nd Grade Youth Basketball League this past month. A lot of players from this league participated in basketball for the first time!

One of our K-2 parents said, "He loved every minute of it. It was great to see his growth (both his skills and his confidence) throughout the season."

Check out the team pictures below.

Team Pictures



### Wellness Coaching

#### Did you know?

Every membership includes 4, 30-minute wellness coaching sessions

**AT NO COST TO YOU.**

Wellness coaching is one-on-one personal training style work with a wellness coach. It helps new members establish goal specific workout plans and some nutritional guidance. You can also have your blood pressure, body fat, and body measurements taken, if interested.

Contact a Welcome Center Attendant to schedule your wellness coaching sessions today, or stop by the wellness desk to meet the wellness coach on duty! Wellness coaching is available by appointment only due to coach availability.

Call to Schedule



### Summer Family Membership Promotion

Do you know a family that is interested in joining the YMCA?

Families can join the YMCA during the week leading up to our Family Day at the YMCA event for only \$60 per month for the 3-month Summer season (May, June and July). Normal dues resume in August. Plus, the \$25 joining fee will be waived!

**This membership opportunity is only valid if you join April 22nd-April 30th, 2024.**

During our Family Day at the YMCA event, the YMCA will host an open house so there will be no guest fees during normal business hours on April 27th, 2024!



### Summer Camp Job Openings

Are you looking for a fun and meaningful summer job where you can make a positive difference in the community?

Williams YMCA of Avery County is looking for caring, enthusiastic, and creative Summer Day Camp Counselors who want to serve as role models for youth in our community. Counselors will work May 27th-August 2nd (except July 1st-5th). Please reach out to Jessa Cannon at [jessaj@ymcaavery.org](mailto:jessaj@ymcaavery.org) if you have any questions or would like to submit an application.

YMCA  
Job Openings



### SPLASH! Success Story

Hamilton loves the water and has participated in almost every Aquatics Program we have. He started in our 2nd grade SPLASH! Program 2 years ago. From there he moved onto private lessons, then group lessons, then Swim Club and now he's on our 4th-5th Grade swim team. We've been told that he would rather go to school sick than miss a day of swim practice!

For more information about our Aquatics Program Offerings click the button below!

Aquatics Program Offerings



### Delay the Disease

Our motto is "Exercise is medicine"! Our program proves that because through exercise, **we've seen overall gait improved 80% while balance improved 213%**. Exercise is often the best medicine for conditions like Parkinson's simply due to the fact that it delays symptoms impairing movement, far more success than most medicines can deliver. That is the power of exercise!

Each class coordinates movement, flexibility, strength, balance and cardio specifically designed to delay the onset of signs and symptoms of Parkinson's.



### Women on Weights Program

"Thank you, Ann Marie, for a great and inspiring 4 weeks of incredible knowledge and training. Your class is exactly what I needed to build a base of new weight programs/exercises to further my health journey and goals. I would highly recommend this class based on your professionalism and credentials. Your communication and support of all the participants made the experience very worthwhile and inspiring." -Darby Logan, Current YMCA Member and Women on Weights Participant

To sign up for our next W.O.W. session that begins in July, click on the button below!

Sign Me Up!

## What's Happening in Mitchell



### PBS Visit

PBS, along with the Rootle team, visited Spruce Pine to cover a story about the Bookmobile. The PBS and Rootle crew visited one of our Afterschool sites while the students checked out books from



### New Group Exercise Class

We are introducing REFIT®, in addition to our Zumba Class, to our Group Exercise Offerings in Mitchell County!

REFIT® is a



### EnhanceFitness in Mitchell County

Our EnhanceFitness class completed a basketball skills themed cardio in celebration of NCAA March Madness.

We had a lot of fun while working hard!



### Follow Us on Social Media!

For the most up to date information on our Mitchell County YMCA, please follow us on Facebook!

Facebook

the Bookmobile.

Children in grades Kindergarten through 5th grade were able to be a part of this exciting day.

Some of our students, and the Bookmobile, will be shown on PBS during commercial breaks and the story about the Bookmobile will air in late summer.

community-centered, value-positive fitness experience designed to engage the heart as a muscle and a soul. **REFIT® will start Thursday, April 11th, at 9:00am!**

There is a \$5 drop-in fee to join in on the fun!

We have 1 month left in our 1st class of 2024. We are excited to finish strong and start again with another full class on **April 29th.**

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## What's Happening at Your YMCA



### Family Day at the YMCA!

Come and join us for a Free Event at the Williams YMCA of Avery County on **Saturday, April 27th, from 10am-2pm!** This is our Annual Healthy Kids Day event with an Open House at the YMCA. Click on the button below for Vendors and Activities at our Family Day at the YMCA Event!

[Event Page](#)



### YMCA Swim Team Meet

Come join us on the last Thursday of the month in **April (4/25) and May (5/30)** in our Aquatics Center to cheer on our YMCA Swim Team at their Swim Meets! The meets begin at 4:30pm.

Click on the button below to see pictures from our March Swim Meet!

[Swim Meet Pictures](#)



### Mitchell County YMCA

We are excited to see the expansion of the YMCA in Mitchell County!

To learn more about our Mitchell County Healthy Living Center, and the programs we offer there, click on the button below!

[Learn More](#)

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## Mark Your Calendars



### [April Group Exercise](#)

Start your morning off with a Spin Class or Yoga Class! We offer Spin or Yoga Monday - Thursday mornings!

[Download Group Exercise Schedule](#)



### [April Athletics](#)

Book your next party or event at our Blackburn Athletic Facility! We can host parties and events on Friday evenings or Saturday Afternoons! For more information, email [ericas@ymcaavery.org](mailto:ericas@ymcaavery.org).

[Download Blackburn Athletic Schedule](#)

[Download Fieldhouse Schedule](#)



### [April Aquatics](#)

Our Aquatics Center will have a planned closure on **Thursday, April 25th, from 4:00-6:30pm** for our April YMCA Swim Meet!

[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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