



FOR YOUTH DEVELOPMENT®
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Y STORY OF THE MONTH

We met one of our longest-continuous members in last month's Y-Story. June's Y-Story highlights a newer member, John Ray, who you've no doubt seen flying past you on the indoor track, the roads around Avery County, or even in the parking areas at the Cannon Memorial Hospital complex. At 67 years young, John is climbing mountains...and fast!

John was raised in Florida and spent vacations in Newland playing in and along the river that runs through his family's property or hiking in the woods. He spent his life exploring the world, learning different cultures and customs, and living in several other countries. He has shared his knowledge with those around him as a teacher and rowing coach. He is quick to encourage as well as assist others with his work ethic and enthusiasm when it comes to setting his mind to any task ahead of him. After raising a family, John moved to Newland in 2020 and has been caring for and improving the property he visited as a young man.



When he learned that there was a YMCA in the area, he began participating in activities in the wellness center and group exercise classes. John visits the Y several times a week and has even rehabbed a few minor injuries there. In March, John ran his first marathon in Asheville, placing in his age group. He immediately made plans to run the next one and completed the New River Marathon on May 18 with a more impressive finish time. John has recently committed to running the Pilot Mountain to Hanging Rock Ultra Marathon, a 50-mile trail race with extraordinary elevation climbs. John is prioritizing the Y an integral part of his training, cross-training, recovery, and support activities. This allows him to excel in his ambitious goals. He encourages those around him to set their sights on greater things. If you spend a moment talking with John, you'll come away with a kind word, a gentle reminder that you can achieve difficult things, and possibly a delicious bite of dinner or biscotti that he's taken out of the oven. The next time John Ray flies past you on a training run, introduce yourself and chat for a moment. You'll find a fast friend, for sure!

What's Happening in Avery



Serving Our Older Adults



Blackburn Athletic Facility Updates



School Year Success



Membership Benefits

Thank you to all of the vendors and volunteers who helped with our National Senior Health and Fitness Day Celebration this year! There were lots of conversations about the resources available in Avery County that help older adults thrive, great food, and more!
We look forward to seeing you all again next year!

The Blackburn Athletic Facility will host our Youth Summer Camp program from May 27th, 2024 through August 4th, 2024. As a result **Gym A** will be closed to the public this Summer. For additional updates about the Blackburn Athletic Facility please visit the Athletic page on our website.

[Athletics Webpage](#)

The last day of After School was on Wednesday, May 29th. We had a wonderful school year with over 170 participants! Registration for the 2024-2025 After School year will open on **July 22nd at 9:00am**. You can keep up to date on registration on our website and through our Facebook page.

We are looking forward to welcoming our summer camp kiddos on Monday, June 3rd! We have a few spots remaining in the 3rd and 5th grade groups. We have a lot of fun things planned for this summer and we can't wait to share all the fun with everyone!

[3rd Grade Summer Camp Registration](#)

[5th Grade Summer Camp Registration](#)

Did you know that you can put your membership on hold at any time for up to **two months FREE?** If you're going through a tough time, traveling, or even consider yourself a seasonal member, you can utilize our "hold system" to keep your membership active but pause the billing. If you put your membership on hold longer than 2 months, there is a small fee associated with this but still a great option! You can request a hold on your membership anytime via your account online or by stopping at the Welcome Desk to talk to a staff member. You may also send any membership requests to our email!

[Email Membership](#)



Facilities Director Opening

Join the Williams YMCA of Avery County team as our next Facilities Director. This position supports the work of the Y, a leading nonprofit, charitable organization committed to strengthening community through youth development, healthy living, and social responsibility. The ideal



Strong Swimmers Complete 1st Season!

In the Williams YMCA of Avery County's first ever Elementary Swim Team season, we had 28 amazing children complete the season. They ended the season with a final swim meet on May 29th, 2024.

We look forward to bringing this



NEW Livestrong Program

LIVESTRONG at the Y may have ended in May but a new session will start **June 3rd** if you or a loved one is interested in joining!

Our most recent group showed the following improvements across four categories of work throughout the 12-weeks of the program. The post assessments



Small Group Personal Training

Now Available: Small Group Personal Training. If you are interested in personal training but don't want to do it alone, join with a friend or spouse! We now have small group training options including single hour sessions or a package session including 10, 1-hour

candidate is highly motivated and can provide strong oversight of the overall condition, cleanliness, security and mechanical operation of all YMCA buildings and grounds.

If you are interested, we encourage you to submit an application on Indeed using the button below!

Facilities Director
Application

program back this fall. For more information please contact Faith Boyette, Aquatics Director.

Email Faith

showed Gait with a 4.8% increase, Strength with a 27.5% increase, Flexibility with a 12.1% increase and Balance with an amazing 134% increase. Reach out to Chris Kennedy for more information on the upcoming session before spots fill up!

Email Chris

sessions. This is intended for groups of 2-3 individuals. Stop by the Welcome Desk at the YMCA today to fill out a personal training request form to be connected with a trainer who can answer any of your questions during your free consultation!

Small Group
Personal Training
Information

What's Happening in Mitchell



Mitchell After School

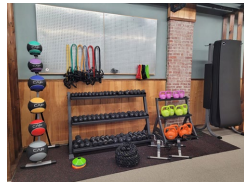
What a wonderful year it has been in our Afterschool Program, the students have been fantastic and the support we have received from all of our families has been amazing.

The students have made greater progress academically and our community partnerships made the Afterschool program a great place for our students.

We would like to say congratulations to some of our staff for their accomplishments this year.

Alyssa Barnett graduated from Liberty with a degree in Early Childhood Education and Vicky Young finished her student teaching through Lees McRae.

We would like to



Thank You!

We are very thankful for the opportunity to have purchased new equipment through a generous grant to support our Delay the Disease for Parkinson's program in the Mitchell County Healthy Living Center. Our participants are enjoying all the activities and exercises they can now do to help them as that work to stay healthy with this diagnosis.



EnhanceFitness in Mitchell County

Mitchell's 1st cohort of 2024 EnhanceFitness ended on April 26th.

The class improved in multiple areas; such as arm and leg strength, balance, and agility. Not all growth can be measured by an assessment. Over the 16-week program the program instructor heard about participants reaching out to each other and creating meaningful social connections. Many gained the confidence to try some of our new group exercise offerings.

For those participants: "Thanks again to all of you for making this new program instructor



Harvest Table Events Return

Beginning Friday, June 28th, Mitchell Giving Gardens will kick off the summer series of Harvest Table events! At this event, Carlos Lopez-Enriquez, the YMCA's Community Health Worker will be present helping pass out fresh produce and helping connect community members to other resources available across Mitchell County. Be sure to stop by for food, fun, and to say hello to Carlos!

congratulate our high school seniors that graduated this year Finley Revels, Alex Huang, Allie Johnson and Jacie Wyatt!

feel welcome and appreciated!"
-Jessica Thomas

Mark Your Calendars



June Group Exercise

Some of our classes have shifted days or times. Check for schedule updates to your favorite classes by clicking the button below!

[Download Avery Group Exercise Schedule](#)

[Download Mitchell Group Exercise Opportunities](#)



June Athletics

Come and check out our Batting Cages in our O'Connell Fieldhouse. You can make a reservation Monday - Friday 8am-12pm and 3pm-7pm or on Saturday from 8am-3pm.

[Download Blackburn Athletic Facility & Fieldhouse Schedules](#)



June Aquatics

Swim Club and Group Swim Lessons will Continue through Summer!

For the summer participants can pay by the month or week! Contact Faith Boyette, Aquatics Director for more information.

[Download Aquatics Schedule](#)

Connect with us on:



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