



FOR YOUTH DEVELOPMENT<sup>®</sup>  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Y STORY OF THE MONTH

Our YMCA celebrated its 17th birthday on April 2, 2024, and we are reflecting on some of the milestones we've passed and the blessings we've received in those years. Our Founders and early Charter members helped open the doors to the facility, and the subject of this month's Y-Story joined the Y before we even opened. Meet Terry Schilson, who was one of the very first members to join our Y, and who has been a regular part of our Y family ever since!

Terry grew up in Iowa, where as a child, he recalls the local YMCA was all there was to do. Both of his parents worked, so Terry went to the Y after school. He learned to swim, learned to defend himself, played lots of sports, and learned many social skills too. He practically grew up at the Y. He went on to college and joined the Navy where he flew two tours in Vietnam from aircraft carriers. He went on to work as a commercial pilot for 33 years before retiring and exploring the coastline by boat for several more years. When he and his wife decided to move to Boone in 2005, Terry looked around for a Y close by. When he saw that the new Y was close to opening, he stopped in one of the trailers that was the Y at the time. It was early, but he was going to be out of town on opening day, so he joined before the Y opened for business.



These days, you can find Terry in the Wellness Center working out, on the treadmill, encouraging others, or sharing his knowledge about a wealth of topics. Terry is a long-time member of our Y family, a familiar smiling face, and an encouragement to all who meet him. Sit for a minute and talk history, boats, cycling routes, or investment strategy, and you will find a fast friend, too!

Happy Birthday to the Y! Thank you for being a part of the past 17 years!

## Welcome Jada and Carlos!

We are so excited to welcome Jada Green and Carlos Lopez-Enriquez to our team! Jada will be overseeing the new Licensed Childcare Center as the Daycare Director in Avery County. Carlos is joining us as our Community Health Worker and will be working across Avery, Mitchell and Yancey Counties. They both bring invaluable experience in their fields, and we are so excited to see what they do at our YMCA!

# What's Happening in Avery



## National Senior Health & Fitness Day

National Senior Health and Fitness Day is **Wednesday, May 29th, from 9am till 12pm** here at the YMCA in the Medical Sloop Office Plaza Lobby.

Come visit our vendors with resources for the aging adult population, tour our YMCA and take a group exercise class. Take home cool giveaways and enjoy a healthy lunch.

If you have any questions regarding National Senior Health and Fitness Day please contact [Sheila Bauer](#) by clicking one of the buttons below.

We hope to see you there!

Call Sheila

Email Sheila



## Spring Spirit Wrap Up

We wrapped up our Spring Spirit Class this month! We had 27 children registered for this program and it was capped off with a Spring Showcase.

A parent of a participant stated, "Great coach and wonderful experience!". Another parent said, "My daughter was always having fun and really learned all the moves, so they were really doing something right!"

Thank you to the LMC Dance Team and Coach Victoria Bowman for all of their hard work and dedication to this program!

Click the button below to see pictures of the performance!

Showcase Pictures



## Healthy Kids Day Recap

Thank you to all who attended our Family Day at the YMCA event on Saturday, April 27th!

**500 people** joined us at our Annual Healthy Kids Day celebration this year, and 52 kids learned about bike safety, among other physical fitness activities!

Also, thank you to our Sponsors - Vaya Health, Blue Ridge Partnership for Children, Kiwanis of Banner Elk for helping make this event a success!

A big shout out to all the regional vendors who participated in the event! Each vendor provided tips, tools, toys, or healthy snacks to all of our participants, helping inspire the youth to be active, helping families to develop healthy behaviors, and supporting the overall mental and physical health of everyone in attendance!



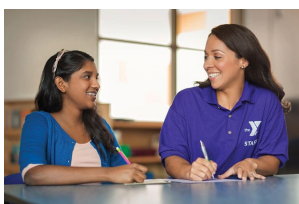
## Corporate Wellness Membership

Do you own or work for a business?

We consider any group of 5 employees or more eligible for a corporate membership at the YMCA. This means your business qualifies for reduced membership rates, 24 hour access to anyone 18+, wellness challenges and checks, such as Blood Pressure measurements and Prediabetes Screenings, and even sponsorship opportunities. Most importantly, corporate wellness packages are completely customizable for your business.

Reach out today for more information!

Tell Me More!



## Teen Mental Health Kickoff



## Kindergarten SPLASH! Results



## Winter Livestrong Program



## Personal Training Testimony

We are excited to kick off our Teen Mental Health Partnership with Western Youth Network's Youth2Youth Program on **Saturday, May 4th.**

If your child is currently in 5th-8th grade they can partake in this program! We will be meeting at our **Blackburn Athletic Facility** from **8pm-10pm.**

We will have fun activities and snacks for the participants to enjoy! One of the activities will be Roller Skating and pre-registration is required for this event. This event is running in conjunction with the Youth2Youth Avery's After Prom Event.

If you have any questions about this event please click the button to email our [Director of Recreation](#) or click on the Event Flyer Button below!

Email Erica

Event Flyer

We had over 125 Avery County Kindergarteners that completed our SPLASH Program this spring.

Their main goals were to "Jump-Push-Turn-Grab" and Self Rescue. The "Jump-Push-Turn-Grab" goal was to be able to jump in and get back to the side of the pool and exit the water independently to safety.

Of the 125, only 40% of students were able to perform the self-rescue portion at the beginning of our sessions. By the end of their sessions with us, 76% of them were able to complete the main goals!

If you are interested in [volunteering](#) for this life-saving program in the fall, please email our Aquatics Director by clicking on the button below!

Email Faith

The winter session of Livestrong at the YMCA ends today, May 1st. During this past 12 week session, the class members participated in various group exercise classes while showing improvements in strength, stamina and endurance through use of weight lifting and machines in the wellness center. As a social outing, the group took a trip to Grandfather Mountain to enjoy lunch and the solar eclipse activities together.

If you or a loved one has had, or currently has, cancer and want to start your journey on living a healthy lifestyle through exercise, please consider joining our **next session beginning June 3rd at no cost with a 3-month membership included.**

For more information please email Chris Kennedy by clicking the button below!

Email Chris

"I have had an excellent time and have improved greatly with my inspirational trainer, Deana. Sometimes I feel that I cannot continue working but she pushes me and motivates me to accomplish what we started. Thank God I found the Y, the amazing people that work there, and all the wonderful friends that I have made. I always long for my return from my trips so I can continue working out and feeling better each day."

Miguel Acosta,  
Williams YMCA of  
Avery County  
Member

Personal Training  
Information

## What's Happening in Mitchell



### After School Projects

As our students grow and try new things we are very fortunate to partner with Penland to allow our students to explore their



### Delay the Disease Results

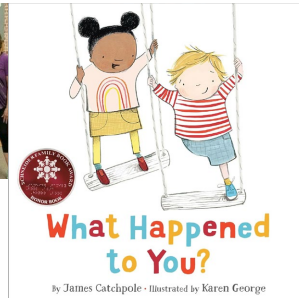
Mitchell's Delay the Disease-Parkinson's Program finished its 1st session of 2024 on March 28th. Participants were given class completion



### EnhanceFitness in Mitchell

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

Check back next month to find out



### New Story Trail Installation

There was a New Book Install at the Riverside Park Trail in Spruce Pine!  
'What Happened To



creative sides. Recently our students were able to build their own wooden race cars. We have heard many students say how much they enjoyed this project.

As we approach the end of the year please know that we are all very appreciative of you and your support for our After School Program. Our last day for After School will be **May 23rd** but we do have some exciting things planned before then. Please remember our upcoming parent engagements and make plans to attend.

certificates, two of the participants are pictured above, which included their attendance and personal improvements. As a whole, the class improved in their sit to stand times and gait from January 2024.

We kicked off the 2nd session in April, which was Parkinson's Awareness Month by learning about the ABCs of Parkinson's Disease (PD), this year's theme from the Parkinson's Foundation.

about any improvements seen since they started way back in January!

We are excited about the new participants that started the 2nd cohort on April 29th!

"You" by James Catchpole is a special story and movement adventure highlighting the truth and honesty of kids and the greater ability to come together through play and exploration.

This book will coincide with Special Needs and All-Accessibility Awareness April -June 2024, including with the Run For Holland on May 4th at 9:00! For more information about this run please click the button below!

Run for Holland  
5k & 10k

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## Upcoming Events at Your YMCA



May is Water Safety Month!

For every **Swim Lesson Package** you purchase this month **you will receive 5 lessons instead of 4!**

To register for Swim Lessons, or if you have any questions regarding this promotion, click the button below to email our Aquatics Director!

Email Faith



Our Outreach hiking group will start back up on the 3rd Wednesday of the month starting **May 15th, 2024.** Our First hike will be Price Lake. **We meet at the YMCA at 12:30** to carpool or you can meet up there. Bring a lunch and a bottle of water along with your dog on a leash if you want. If you have any questions please let Sheila know!

Email Sheila



We are hosting a First Aid and CPR Certification Course on **Thursday, May 30th!**

If you are interested in becoming certified in Adult and Infant CPR please email Erin Spear for more information to register for this upcoming lifesaving course!

Email Erin

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## Mark Your Calendars



### [May 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 Group Exercise Schedule](#)

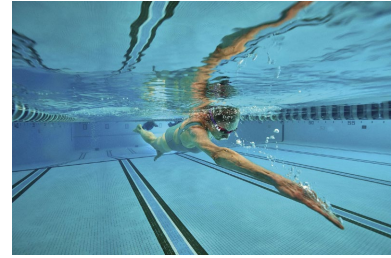


### [May Athletics](#)

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 Schedule](#)

[Download Fieldhouse Schedule](#)



### [May Aquatics](#)

#### **May is Water Safety Month!**

Stay tuned to our Social Media Pages for Tips on having a Safe Summer around Water!

[Download Aquatics Schedule](#)

Connect with us on:



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