



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Y STORY OF THE MONTH

The Heart of the Y: Max and Frank's Story

Regardless of how long you've been a member at the Y, you'll quickly notice something special here: a genuine sense of friendship and camaraderie. One of the best examples is Max Greene and Frank Vance—faithful friends, and familiar faces you'll find at the Y nearly every day. You may have seen them on the Wellness Floor logging time on the ellipticals, or in the lobby swapping stories over a cup of coffee. However you've crossed paths with them, one thing is clear: Max and Frank carry stories of resilience, hope, and love both individually and together.



Pictured (from left to right): Max Greene, Frank Vance

Max was born in 1943 and raised in Beech Mountain. When Max was just 10 years old his father passed away, leaving his mother to care for the family and the farm. So, Max spent much of his childhood working alongside her to keep things going. Later, he joined the Marine Corps, where he served primarily as a pilot and traveled the world. After returning home to North Carolina, he continued a life of service with the State Highway Patrol until retiring in 1989. Max also lovingly shared that he spent a “short” 60 years with his wife, who passed away in October 2025.

Frank was born on December 7, 1945—Pearl Harbor Day. With a grin, he jokes that his birth was the “other bomb dropped that day.” Though he was born in New Jersey, Frank moved to Avery County at just three years old and, despite brief seasons away for school, work, and military service, he always found his way back home. After earning his teaching degree from Appalachian State, Frank spent 24 years teaching business in Avery County Schools. It was during that time, in 1972, that he met his wife, with whom he shares two children. Both children have since become doctors. Also during his time at Avery High, he taught the daughter of his good friend, Max Greene.

Over the years, Max and Frank have walked through many seasons of life side by side. When Frank was declared legally blind, Max made it his mission to get him to the Y as often as he could. And when Max's wife was ill, it was friendships like Frank's that helped carry him through. Since her passing, the two of them have found even more consistency and comfort in coming to the Y nearly every day.

Their time here has been vital not only for their physical health, but for their spirit as well. “I've stayed active and alive, and can do just about anything I want to do in my life,” Max shared.

And if you happen to spot them in the lobby, you'll quickly see why they're such a beloved part of our Y family. There's always laughter, always a story. You might overhear them reminiscing about summers spent “barefooting” as kids—when shoes were saved for Sundays—or stories of their endless life adventures.

Max and Frank's presence at the Y is deeply felt and genuinely cherished. So next time you see them, don't be afraid to say hello... maybe even pull up a chair!

What's Happening



Meet Savanna: Our Healthy Living Intern

"Hi, my name is Savanna Kennedy, and I am a senior Public Health major at Appalachian State University. I am interning with the YMCA over the next couple of months here and will be helping with the Healthy Living programs. I am originally from Robbins, North Carolina, which is a small town outside of Asheville. I am passionate about community health and mental health. I enjoy contributing to programs that support wellness, prevention, and healthy living. Outside of my academic and professional work, I really enjoy exploring new hiking trails, reading, and traveling. I recently had my first research paper, which I helped work on as a research assistant, published. I have the goal of through-hiking the Appalachian Trail someday."

We are excited to have her this semester as part of our Williams YMCA family!



From Farm to Classroom

Hugh Chapman Early Learning Center is excited to share that we have received funding from the Appalachian Sustainable Agriculture Project, allowing us to launch a meaningful new partnership with a local farm, Carringer Farms. Through this collaboration, our center will receive fresh, locally grown produce each week, bringing the richness of Western North Carolina agriculture directly into our classrooms.

This partnership goes far beyond providing nutritious food. It gives our children hands-on opportunities to learn where their food comes from, explore new fruits and vegetables, and develop healthy eating habits at an early age.

Hugh Chapman Early Learning Center is still accepting applications for our program. Please contact Jess Sullins at 828.737.5500 ext. 341 or by email below, to schedule a facility tour.



Starting 2026 Strong!

Within the first two weeks of the new year, **seven** YMCA members took an important first step in their wellness journey by signing up for complimentary one-on-one wellness coaching—a benefit included with every Y membership.

Each member receives four 60-minute sessions with a YMCA Wellness Coach designed to build confidence and create momentum. During these sessions, coaches help establish goal-specific workout plans, provide a guided introduction to fitness equipment, and review proper gym etiquette to ensure a safe and welcoming experience on the Wellness Floor.

Whether you're brand new to fitness or looking to reset your routine, wellness coaching is here to help you feel supported, informed, and ready to succeed from day one. Speak to a Wellness Coach on the floor to get your first session scheduled today!

[Email Jess](#)



Introducing YMCA of the High Country!



Spread the Love. Share the Mission, All Year Long.

We're excited to announce that our association now has a new name: **YMCA of the High Country**. This name reflects the growth and unity of our association, which encompasses both the Williams YMCA of Avery County and the A.M.Y. Wellness Foundation YMCA of Mitchell County.

While our name is new, our mission remains the same: to strengthen our communities through programs that nurture youth development, healthy living, and social responsibility.

We look forward to continuing to serve our members, families, and neighbors under this new banner, while honoring the strong community roots of each YMCA. We are stronger together at the YMCA of the High Country.

In 2026, the YMCA of the High Country Association is focused on strengthening our community through Healthy Living, Youth Development, and Social Responsibility.

This year, your support will help:

- Improve our Avery aquatics center and expand drowning prevention in both Avery and Mitchell Counties
- Host family, youth, and senior health and wellness events
- Grow youth, wellness, and outreach programs in Mitchell
- Provide access for all through Y Access subsidies
- Create safe, welcoming spaces for neighbors of every age

When you give, monthly or annually, you help build a healthier, more connected community for generations to come. To give, visit the "Giving Back" section below.

Mark Your Calendars



Upcoming Athletics Programs

Homeschool P.E.

*Tuesdays & Thursdays
March 3-May 28*

Join us for an hour of structured physical activity, including games, athletic skill development, team building skills, swimming and more. Open to all Homeschool students ages 5-12.

Cost: \$40/Child for members; \$60/child for non-members

[Homeschool P.E. Registration](#)



Upcoming Healthy Living Programs

LIVESTRONG® at the YMCA

Begins **February 2**. Registration is open for a limited time—sign up within the first couple of weeks to secure your spot. To register, email Chris Kennedy.

[Email Chris](#)

Y Weight Loss Program

Kicks off **Tuesday, February 3 at 5:30 PM**. To register, click the link below.



LMC Dance Clinic

Tuesdays
March 24-April 21

This program is for kids wanting to learn dance basics, taught by the Lees-McRae College Dance Team and Head Coach Victoria Bowman. No experience required. Open to children K-6th grade.

Cost: \$60/child for members; \$80/child for non-members

[Dance K-2nd Registration](#)

[Dance 3rd-6th Registration](#)

Spring Youth Soccer

Practice times will be weekday evenings—to be announced by the coaches. Game times will be Saturdays from 9:00 AM-1:00 PM. Regular registration is open until March 15.

Regular Registration Cost: \$30/child for members, \$45/child for non-members

[Spring Soccer Registration](#)



Join us for Heart Healthy Bingo!

Throughout the month of February, participate in a variety of heart-healthy activities for the chance to WIN!

Pick up your Heart Healthy Bingo Card at the membership desk to get started. After completing an activity, have a YMCA staff member stamp your card.

Each time you complete a BINGO—vertically, horizontally, or diagonally—your name will be entered into a prize drawing.

The drawing will take place on **February 28, 2026, at 4:00 PM.**

Weight Loss Registration

Blood Pressure Self-Monitoring Nutrition Seminar

Open to all members and the community. Scheduled for **Monday, February 23 at 10:00 AM.** For more information, email Katie Willet.

[Email Katie](#)



2026 Swim Team CANCELED

Due to short staffing, our Swim Team will not be offered during the 2026 season. While this was not an easy decision, it allows us to continue providing a quality and safe experience for our members.

We're happy to share that **Swim Club will still be offered on Tuesdays and Thursdays throughout the year**, giving swimmers the opportunity to stay active, build skills, and enjoy time in the pool.

Thank you for your understanding and continued support—we're grateful for our swim community!

For questions, or more information, about our various swim programs email Faith Boyette below.

Prizes include:

Email Faith

One free month of YMCA membership (Grand Prize)

Free YMCA gear (Runner-Up)

Join us for a fun way to stay active, try new activities, and take care of your heart all month long.

February Schedules

February Group Exercise Schedule

FEBRUARY GROUP FITNESS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am		BODYPUMP Tyler		BODYPUMP Eva		
7:30am	Hatha Yoga Sarah 		Hatha Yoga Sarah	If you have the ability to love, love yourself first.	Hatha Yoga Sarah	POP-UP CHAIR YOGA VANESSA EVERY 3 RD SATURDAY FEB. 21 ST 10:00AM
8:30am		ACTIVE Sheila	Stretch, Tone, Balance- Sheila Blackburn GYM B	ACTIVE Edie	Stretch, Tone & Balance – Sheila Blackburn GYM B	
9:00 am	Water Fit Genevieve		Water Fit Genevieve	Think of all the beauty left around you and be Happy	Water Fit Genevieve	Spin Aleisa
9:45am	DDPY Lisa	Alignment Yoga Carol Ann	Yoga Sculpt Chris	Flow Yoga Jocelyn	DDPY Lisa	Saturday POP UP Classes Feb. 14th Feb. 28th Pilates With Lilly 9:00AM-10:00AM Followed By Flow Yoga 10:30AM-11:30AM
11:00 am		Qigong/Tai Chi Carol Ann			Dance Fit Kim	
12:00 pm	BODYPUMP Bonnie	BODYATTACK Bonnie	BODYPUMP Teresa		BODYPUMP Kathleen	
2:00pm	Water Fit Lucy		Water Fit Lucy		Water Fit Lucy	
5:30pm		Spin Fusion Vanessa		Spin Fusion Vanessa		
5:30pm	Spin Aleisa					
5:30 pm	Pilates Lilly	Barre Shannon Water Fit (Lucy)	DDPY Lisa	ACTIVE Sheila Water Fit (Lucy)	Pilates Lilly	

To find an up-close view of the calendar, and for descriptions of each class, click below.

Group Exercise Schedule

February Aquatics Schedule

February Aquatics Schedule						
	Lap lane 1	Lap lane 2	Lap lane 3	Lap lane 4	Lap lane 5	Kid Area
7:00 AM	First come first serve/Open swim	First come first serve/Open swim	First come first serve/Open swim	First come first serve/Open swim	First come first serve/Open swim	Open Swim
8:00 AM				First come first serve/Open swim	First come first serve/Open swim	
9:00 AM				Reserved for Water fit Monday, Wednesday, Friday 8a-10a	Reserved for Water fit Monday, Wednesday, Friday 8a-10a	
10:00 AM						
11:00 AM						
12:00 PM						
1:00 PM						
2:00 PM	Reserved for Aquatics Programs			First come first serve/Open swim	First come first serve/Open swim	
3:00 PM	Water Fit	Monday, Wednesday, Friday 2:00-3:00				
4:00 PM						
5:00 PM	Water Fit	Tuesday & Thursdays 5:30-6:30				
6:00 PM						
7:00 PM	Open swim	Open swim	Open swim			
8:00 PM	Closed					

To find an up-close view of the calendar, and for descriptions of each class, click below.

[Aquatics Schedule](#)

[February Athletics Schedule\(s\)](#)



Blackburn Athletic Facility February 2026 Schedule

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	GYM A	GYM B	GYM A	GYM B	GYM A	GYM B	GYM A	GYM B	GYM A	GYM B	GYM A	GYM B
8 AM	Open Gym	Stretch, Tone, & Balance 8:30 - 9:30 am	Open Gym		Open Gym	Stretch, Tone, & Balance 8:30 - 9:30 am	Open Gym		Open Gym	Stretch, Tone, & Balance 8:30 - 9:30 am	Open Gym	
9 AM												
10 AM	Pickleball 9:30 - 11:30 am	Enhance of fitness 10 am - 11 am	Pickleball 9:30 - 11:30 am		Pickleball 9:30 - 11:30 am	Enhance of fitness 10 am - 11 am	Pickleball 9:30 - 11:30 am		Pickleball 9:30 - 11:30 am	Enhance of fitness 10 am - 11 am	Pickleball 9:30 - 11:30 am	
11 AM												Open Gym
12 AM												
1 PM												
2 PM				Open Gym	Open Gym	Open Gym		Open Gym		Open Gym		Open Gym
3 PM												
4 PM	Open Gym	Open Gym	Open Gym					Open Gym		Open Gym		Close at 4 PM
5 PM					Pickleball 9:30 - 11:30 am							
6 PM						Gym Reservations 6:30 - 7:30 pm						
7 PM												
8 PM	Close at 8 PM											



O'Connell Field House February 26 Schedule

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	Golf Simulators	Bating Cages	Golf Simulators	Bating Cages	Golf Simulators	Bating Cages	Golf Simulators	Bating Cages	Golf Simulators	Bating Cages	Golf Simulators	Bating Cages
8 AM		Reservation Required 8:30 am - 2 pm										
9 AM												
10 AM				Reservation Required 8:30 am - 2 pm		Reservation Required 8:30 am - 2 pm		Reservation Required 8:30 am - 2 pm			Reservation Required 8:30 am - 3 pm	
11 AM												
12 AM	Reservation Required 8:30 am - 7 pm		Reservation Required 8:30 am - 7 pm		Reservation Required 8:30 am - 7 pm		Reservation Required 8:30 am - 7 pm		Reservation Required 8:30 am - 7 pm	Reservation Required 8:30 am - 7 pm		Reservation Required 12 pm - 3 pm
1 PM												
2 PM												
3 PM		ALPS Baseball 3:30 pm - 5:30 pm		ALPS Baseball 3:30 pm - 5 pm		ALPS Baseball 3:30 pm - 5:30 pm		ALPS Baseball 3:30 pm - 5 pm				
4 PM												
5 PM												
6 PM		Reservation Required 6 pm - 7 pm		Reservation Required 6 pm - 7 pm		Reservation Required 6 pm - 7 pm		Reservation Required 6 pm - 7 pm		Reservation Required 6 pm - 7 pm		Close at 4 PM
7 PM												
8 PM	Close at 8 PM											

To find an up-close view of the calendars, click below.

[Athletics Schedule\(s\)](#)

Giving Back

Do you want to be part of the Y movement and give back to the Avery County community? There are a variety of ways you can get involved with the Williams YMCA of Avery County!

At the Williams YMCA of Avery County everyday we see lives changed—drowning prevention programs, outreach services addressing social isolation and food insecurity, afterschool and summer camp programs that help youth find new and exciting ways to learn and connect with their peers, and Healthy Living programs that help those living with chronic diseases manage their symptoms. None of this happens without you.

If the Y has made a difference in your life, we invite you to give today!

Your support—big or small—creates opportunities, builds community, and helps every person learn, grow, and thrive.

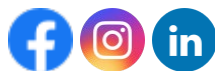
[DONATE](#)

Looking for other ways to give back to the Y? Give the gift of your time and skills in programs that change the lives of children, teens, adults, families, and seniors.

[VOLUNTEER](#)



Connect with us on:



Williams YMCA of Avery County | 436 Hospital Drive, Suite 145, Newland, NC 28657

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