



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Y STORY OF THE MONTH

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### **More Than Fitness: Darrell's YMCA Journey**

While walking the halls of the Y, you may notice a few familiar faces—members who show up consistently and quietly become part of the rhythm of our community. One of those faces belongs to Darrell Snavelly. You'll most often find Darrell in our aquatics area as a loyal member of our Adult Swim Group. What many don't know is that his membership is about more than just fitness.

Darrell's career brought him to Spruce Pine, NC in 1991. Darrell and Elaine's youngest child "Lucas" was born in Spruce Pine with Down Syndrome and a severe hearing impairment. Lucas loved the water, so his family used the previous Pinebridge facility, then later the Williams YMCA of Avery County (while frequenting other YMCA's whenever they traveled).



As retirement approached, Darrell had a simple plan: to spend more meaningful time with Lucas and family, and he was looking forward to the new YMCA facility in Spruce Pine. Unexpectedly, Lucas passed away, devastating the family.

After our Y opened, Darrell joined the Adult Swim Group to learn proper technique, improve endurance, and rebuild his fitness. Today, he's made incredible progress. He has become interested in recording his and the groups swims, as needed, to more effectively allow those leading the swim training to critique technique.

Darrell shared that every time he gets into the pool, he thinks of Lucas. For him, swimming is great exercise as well as a way to honor his son's memory. He is very thankful for the new YMCA facility here in Spruce Pine, as well as it's management team.

And that's what the Y is all about: a place where people come not just to work out, but to belong, to heal, and to keep moving forward.

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### **A Letter From our Executive Director**

We are off to a great start to the new year here at the A.M.Y. Wellness Foundation YMCA. We now have over 3,600 members, and our membership growth has exceeded our expectations. We are truly grateful to everyone who has taken the time to come to the Y and become part of our community.

With that growth comes an important responsibility—our job is to make sure every member has an exceptional experience each time you visit your Y.

As many of you know, I am often around the facility throughout the day talking with members. If you haven't met me yet, please stop and say hello. I truly value hearing from you and appreciate your feedback. In fact, we have already made several adjustments based on member input, and we will continue to do so.

We are always planning ahead to expand our offerings, including adding more group exercise classes, healthy living programs, new equipment on the wellness floor, and increased programming in our aquatic center.

Recently, we hosted our second swim meet in the Mauzy Family Aquatic Center. These meets are incredible to watch and bring great energy into our facility. The coaches, parents, and swimmers consistently express their appreciation for our space, and we are very fortunate to have such a strong aquatics program and facility.

In closing, thank you for being part of the A.M.Y. Wellness Foundation YMCA. Your support, feedback, and involvement help make this a welcoming place for all. We look forward to continuing to grow together and serve our community in the year ahead.

-Bill Hoag, Branch Executive Director

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## What's Happening



### Meet Lacie Weatherman—Marketing Intern

As you step into the Y in the new year you may find some new faces. One face that you might start to recognize is Lacie Weatherman. Lacie is a senior at Mountain Heritage High School. Crossing county lines Lacie has started interning at the Y working alongside Alex Robertson in the Marketing Department. Although Lacie may be newer to the Y, the Y is not unfamiliar to her family.

Lacie's mom, Julie Weatherman (once known as Julie McEntyre), has been long familiarized with the Y. Julie previously worked in the Y's youth department, where she spent her time supporting and encouraging young members of the community. Many years later, it has come to a full circle as Lacie begins her own journey at the Y. Although her role is different,

### A Special Christmas Surprise in After School

"It was such a joy to welcome the students back to the After School Program and hear all about their Christmas and holiday adventures! Among the many stories, one truly stood out.

Two sisters in our program were identified by our staff, in collaboration with their principal, as needing a little extra holiday cheer. The staff organized a fun party for the entire group, and then at the end of the day, the sisters stayed a little longer for a special celebration just for them—complete with food and gifts.

The girls were absolutely thrilled, and when they returned after the break, they couldn't stop sharing stories about their special Christmas party at the Y. Moments like these are a

### Have You Completed a Wellness Floor Orientation?

A reminder to both new and existing members: our Wellness Floor staff offer **Wellness Floor Orientations** for adults and **Youth Fit Orientations** for ages 8 and up. These orientations are a great way to get comfortable with equipment, learn proper techniques, and understand gym etiquette.

In addition to orientation, up to three 60-minute wellness coaching sessions are included with a membership.

For more information, or to schedule your orientation, speak to a Wellness Coach on the floor or call us at 828-520-9101.

the mission is the same, strengthening the community and making a lasting impact.

wonderful reminder of the thoughtfulness and heart of our amazing staff."

-Burton Blankenship, Mitchell Youth Development Director

*A REMINDER FROM OUR STAFF: Regular attendance in the After School Program is important for your child's success. Please help your student attend as often as possible to get the most out of the program.*



### Aquatics Updates

This month at the A.M.Y. Wellness Foundation YMCA of Mitchell County has been a great one, with many exciting things happening in our aquatics program. We proudly hosted our second swim meet, welcoming over 80 attendees, including more than 40 swimmers. It's encouraging to see this level of participation and enthusiasm in our facility.

Our adult swim group continues to be a hit, and we have recently begun using underwater camera equipment to help improve stroke technique. This state-of-the-art technology allows us to break down swimmers' movements beneath the water and provide more detailed, effective instruction. Additionally, we launched a Wednesday afternoon water aerobics class with Delaney.

While the class is still growing, it has already proven to be a great option for those looking for afternoon programming.

Overall, it has been a very positive month, and we are excited to continue building momentum, expanding our programs, and providing

### Introducing YMCA of the High Country!

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.

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

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

high-quality opportunities for our community.

healthier, more connected community for generations to come. To give, visit the "Giving Back" section below.

## Mark Your Calendars



### Blood Pressure Self-Monitoring Program Coming Feb. 3!

Have you heard? The YMCA's **Blood Pressure Self-Monitoring (BPSM)** will be starting in Mitchell County!

The informational session on January 20 was a huge success! Led by our Community Health Worker and Healthy Heart Ambassador, Anabel Zayas, the sessions offered valuable resources, screenings, and guidance—connecting members with tools to better manage their heart health.

BPSM will officially begin at our Mitchell location on February 3 and continue weekly for 16 weeks. Drop-in office hours are 10:00 AM – 11:30 AM, and monthly Nutrition Seminars will provide even more ways to learn and stay healthy.

Don't miss out—come join us, monitor your blood pressure, and take charge of your heart health!

For more information, or to register, email Anabel below.

[Email Anabel](#)



### February Wellness Challenge: Partner Edition

This month, strengthen your body AND your connections. Grab a partner—a friend, spouse, coworker, or workout buddy—and compete together in **4 weekly challenges**.

*Week 1 (Feb. 1-7): Power Pair Output (Calorie Focus)*

*Week 2 (Feb. 8-14): Distance Duo (Endurance Focus)*

*Week 3 (Feb. 15-21): Strength Ladder (Strength Focus)*

*Week 4 (Feb. 22-28): Partner Gauntlet Finale (Time Focus)*

Visit the Wellness Desk or Membership to pick up your partner workout sheet!



### Join Us For Groove & Gain

Groove & Gain kicked off last month at 10:00 AM on Tuesdays and Thursdays with Kim, and the response has been fantastic. Whether you're continuing your EnhanceFitness journey or simply looking for a welcoming group class that mixes low-impact cardio with strength, Groove & Gain offers a fun and effective way to stay active together.

Join us this month for class at the same time!



### Group Swim Lesson Changing Days

Heads up, swim families! Beginning in February, our group swim lessons will make a small splash by moving to the **first and third Thursday of each month** instead of Fridays.

We're excited about this change and appreciate your flexibility as we continue to create the best possible experience for our swimmers.

For any questions, feel free to reach out to our Mitchell Aquatics Director, Sam Reiger, below.

[Email Sam](#)

## February Schedules

### February Group Exercise Schedule



#### February Group Exercise and Healthy Living Schedule-Mitchell

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>7 Sunrise Yoga</b> Belinda *Room 109				
<b>9 Move &amp; Tone</b> Carolyn **Room 109	<b>9 ReFit</b> Morgan *Room 108	<b>9 Move &amp; Tone</b> Carolyn *Room 108	<b>9 ReFit</b> Morgan *Room 108	<b>9 Move &amp; Tone</b> Carolyn *Room 108 <b>**NO class 2/6, 2/13</b>	<b>9 ReFit</b> Morgan *Room 108
<b>10 Enhance Fitness</b> *Room 108 <b>*Registration closed</b>	<b>10 Groove &amp; Gain</b> Kim *Room 108	<b>10-11:30 Blood Pressure Self-Monitoring</b> *Room 109	<b>10 Enhance Fitness</b> *Room 108 <b>*Registration closed</b>	<b>10 All Levels Yoga</b> Belinda *Room 109	<b>10 Groove &amp; Gain</b> Kim *Room 108
<b>10 Enhance Fitness</b> *Room 108 <b>*Registration closed</b>	<b>10 Groove &amp; Gain</b> Kim *Room 108	<b>10-11:30 Blood Pressure Self-Monitoring</b> *Room 109	<b>10 Enhance Fitness</b> *Room 108 <b>*Registration closed</b>	<b>10 All Levels Yoga</b> Belinda *Room 109	<b>10 Groove &amp; Gain</b> Kim *Room 108
<b>11 Vinyasa Yoga</b> Maria *Room 109	<b>11 Delay the Disease</b> *Room 108 <b>By registration only</b>	<b>11 Chair Yoga</b> Nichole *Room 109	<b>11 Delay the Disease</b> *Room 108 <b>By registration only</b>		
	<b>12 Mat Pilates</b> Maureen *Room 109		<b>12 PIYO</b> Whitney Room 108	<b>12 Interval Strength Training</b> Joe *Room 109	
		<b>4:30 Yoga Sculpt</b> Maria *Room 108	<b>4 Barre</b> Dalila *Room 108		
<b>6 Zumba</b> Sarah *Room 108	<b>6 All Levels Yoga</b> Belinda *Room 109	<b>6 Water Aerobics</b> *Pool	<b>6 Zumba</b> Sarah *Room 108		

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

**Group Exercise Schedule**

**February Aquatics Schedule**

YMCA of Mitchell County



**POOL HOURS**  
 Monday through Friday - 7:00 AM until 7:00 PM  
 Saturday - 8:00 AM until 3:30 PM

FEBRUARY 2026 AQUATICS CLASS OFFERINGS AND PROGRAM DETAILS								
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			Private Swim Lessons - Registration Required - 30 minutes throughout the day - Cost and Scheduling Online		Private Swim Lessons - Registration Required - 30 minutes throughout the day - Cost and Scheduling Online			
5:00 AM	CLOSED	CLOSED					CLOSED	
6:00 AM		CLOSED						
7:00 AM		CLOSED						
8:00 AM		CLOSED						
9:00 AM		Adult Swim Group Registration Required \$10/month member \$20/month non-member		Adult Swim Group Registration Required \$10/month member \$20/month non-member		Adult Swim Group Registration Required \$10/month member \$20/month non-member		
10:00 AM			Water Aerobics		Water Aerobics			
11:00 AM								
12:00 PM						Potential Pool Party		
1:00 PM								
1:30 PM								
2:00 PM						Potential Pool Party		
3:00 PM								
3:30 PM								
3:45 PM								
4:00 PM						Group Swim Lessons Beginner <b>1st and 3rd Thursdays</b> 3:45 - 4:30 Registration Required \$10/month member \$20/month non-member		CLOSED
4:30 PM						Group Swim Lessons Intermediate <b>1st and 3rd Thursdays</b> 4:30 - 5:15 Registration Required \$10/month member \$20/month non- member		
5:00 PM								
5:15 PM								
5:30 PM								
6:00 PM								
7:00 PM				Water Aerobics Class				
8:00 PM		CLOSED	Kayak Roll Session - 1st Tuesday only - Free for Members; \$3 for non- members		CLOSED			

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

**Aquatics Schedule**

**Giving Back**

Do you want to be part of the Y movement and give back to the Mitchell County community? There are a variety of ways you can get involved with the A.M.Y. Wellness Foundation YMCA of Mitchell County!

At the A.M.Y. Wellness Foundation YMCA of Mitchell 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

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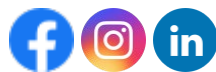
*Looking for other ways to give back to the Y? Give the gift of your time and skills in programs that change the lives of children, teens, adults, families, and seniors.*

VOLUNTEER



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Connect with us on:



A.M.Y. Wellness Foundation YMCA of Mitchell County | 97 Pinebridge Ave, Spruce Pine, NC 28777

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