



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

#YCON OF THE MONTH

Serving Community and Country: Celebrating Graduate Rylan Edwards

It's officially graduation season, and our Y is proud to celebrate one of our very own — Rylan Edwards. A member of the Mitchell High School Class of 2026, Rylan graduated on May 22, but we've had the privilege of having him on our lifeguard team since October 2025. What many may not know about Rylan is that he has already dedicated himself to a life of service.

At just 17 years old, while still a junior in high school, Rylan enlisted in the United States Army. He attended basic training last summer before returning to complete his senior year as part of the Army Reserves. When asked why he chose to enlist at such a young age, Rylan shared, "I love my country and want to support and defend it. Additionally, the military comes with great benefits to help with my future."



That same drive and commitment to protecting others made Rylan a natural fit for our lifeguarding team, where he quickly stepped into a lead guard role. In this position, he has helped build schedules, support fellow guards, and maintain a safe and welcoming atmosphere in our aquatics area. Beyond his responsibilities, Rylan excels at building relationships with both his coworkers and the members who visit our facility each day.

Looking ahead, Rylan plans to attend East Tennessee State University to pursue a bachelor's degree in Criminal Justice after completing his Advanced Individual Training (AIT) with the Army.

We feel incredibly fortunate to have Rylan as part of our team and are proud of all he has already accomplished. If you see him around the facility, be sure to congratulate him on his recent graduation. We look forward to seeing all he will achieve in the years ahead!

A Letter from our Executive Director

As we move into June, I wanted to share a recent interaction that really reminded me what makes our Y special.

Recently, I noticed one of our members only had one of her daughters upstairs with her. I asked where her other daughter was, and she smiled and said she was enjoying her time in Child Watch with our morning staff. She then shared another story about her son asking to come to the Y simply so he could sit in Child Watch and read a book. Moments like these remind us that the Y is much more than a place to work out. It is a place where families connect, children build relationships, and people feel a sense of belonging.

We also have some exciting staff updates. We recently welcomed April as our new Membership

Associate. She has already brought great energy to our membership desk. We also welcomed Dan as our new Wellness Coach. He comes with valuable experience and is fitting into his role very well.

We also received a wonderful surprise this week when one of our members sent a beautiful bouquet of flowers to our Membership Associates. Thank you for your kindness and thoughtfulness.

We continue finding ways to engage our members. Our new "Super User" initiative recognizes members who visit more than 14 times in 30 days with a free guest pass. New members will also receive a welcome call from me around days 15–20 to see how we can help make their Y experience successful.

For our current and long-standing members, we continue to offer our Net Promoter Surveys near the coffee area at the front desk. We truly value your feedback and love hearing from each and every one of our members.

Once again, thank you for your commitment to the A.M.Y. Wellness Foundation YMCA of Mitchell County and to our community. We appreciate the opportunity to serve you and your families every day.

What's Happening



Celebrate 175 Years of the YMCA in America this June with a \$1.75 Joining Fee

The YMCA has been strengthening communities for 175 years, and we are celebrating this milestone with a special June promotion. **From June 1-June 30, new members can join for just a \$1.75 joining fee, reduced from the standard \$25.**

As an added bonus, every new member who joins in June will be entered into a drawing to win exclusive 175th anniversary retro merchandise.

Spread the word and invite your friends to be part of this celebration!

Tell Us How You Heard About Us!

At the YMCA, we are always looking for ways to better connect with and serve our community. We invite you to take a quick survey to help us better understand how people first hear about our YMCA and the programs, services, and opportunities we offer.

Whether you discovered us through a friend, social media, community events, or another source, your feedback helps us improve how we share information and reach current and future members.

The survey only takes about a minute to complete, and your input will play an important role in helping us strengthen communication and continue serving our community in meaningful ways. *You can find the survey by clicking the link below titled "YMCA Marketing Survey."*

Thank you for being a valued part of our YMCA family!



2025/26 After School Year Comes to a Close

"What an exciting year it has been in the After School Program. The students and staff were a joy to be around each day. Watching the students grow and learn each day kept all of us excited to come in to work each day.

We want to thank Penland School of Crafts for working with our students helping them explore the different media that are involved in art. We also want to thank the Toe River Valley Regional Library for having the Bookmobile visit the schools and allowing the students to check out books. Lastly, we want to say thank you to the parents of the students that participated in the After School program. It has been a pleasure to work with your children this year."

-Burton Blakenship, Mitchell Youth Development Director



Learning, Connecting, and Growing at the CHW Conference

Anabel Zayas, our Community Health Worker, had the pleasure of attending the North Carolina Community Health Worker Association Conference in Cherokee this month. Through the enriching experience, she gained valuable new knowledge, developed meaningful connections, and discovered fresh ideas to better serve the communities within her service areas.

During the conference, Anabel connected with Nicole Salde of High Country Community Health, Cristina Cardenas of WNCCHS, and also reconnected with Vanessa Phillips of Feeding Avery Families.

These new connections and opportunities for collaboration will help Anabel bring innovative ideas and expanded resources to the counties she serves while continuing to strengthen partnerships throughout the region.



Certified to Teach a Group Exercise Class? Bring it to Our Y!

Group exercise classes are a wonderful way



Have You Heard of LIVESTRONG at the YMCA?

Our Avery Campus currently offers this

to stay active while building meaningful connections within the Y community. In May, participants in the Move and Tone class surprised their instructor, Carolyn, with a special birthday celebration that brought plenty of fun and laughter to the group. In addition, Morgan, our Refit instructor, has been creating opportunities for class participants to connect outside of the Y by organizing group lunches that encourage fellowship, support, and community.

We are excited to continue expanding our group exercise schedule in the future. If you are certified to instruct a program and believe it would be a great addition to our offerings, please reach out to Jessica Thomas below or share your contact information with any member of our staff.

To stay updated on new classes, schedule changes, or cancellations, be sure to follow us on Facebook and Instagram. You can also connect directly with your class instructor to receive cancellation updates or call our facility at 828-520-9101 to confirm whether a class is being held that day.

[Email Jessica](#)



Aqua Arthritis Making a Splash!

This month in Mitchell Aquatics has been amazing. This month we started our Aqua Arthritis course, and it has already made such a positive impact on the participants involved.

It has been incredible to see the growth within the group, not only physically but also in their confidence and enthusiasm each week. Participants have continued to improve their mobility, strength, and comfort in the water while encouraging one another throughout every class.

One of the best parts of the program has been watching the strong sense of community develop among the group. Each session has been filled with positivity, support, and plenty of smiles as participants challenge themselves

impactful healthy living program, and we are exploring the possibility of bringing it to our Mitchell location as well. The program is designed to help adult cancer survivors improve their strength and physical fitness, reduce the severity of therapy side effects, and build supportive relationships that enhance overall quality of life. It creates a welcoming and encouraging community where participants can focus on reclaiming their health and well-being at their own pace.

This evidence-based program is offered in a small-group setting over 12 weeks and includes two 90-minute sessions each week. Instructors are specially trained in cancer survivorship, post-rehabilitation exercise, and supportive cancer care.

If you or someone you know may be interested in participating, please contact Jessica Thomas for more information.

[Email Jessica](#)



More Moving for Better Balance Coming Soon

In May, we celebrated the completion of our very first Moving for Better Balance–Tai Chi program. Twelve participants completed the class, and post-program assessments showed improvements in agility, leg strength, and balance across the group.

We are excited to offer another session this fall, with more details coming soon. If you are interested in joining the next class, please contact Jessica Thomas to be added to the interest list.

[Email Jessica](#)

and celebrate their progress together. The course has quickly become a highlight of our aquatics programming, and we are excited to continue building on this momentum in the months ahead.

Mark Your Calendars



BPSM Returning 2nd Week in June!

We are excited to be wrapping up our first Blood Pressure Self-Monitoring Program session and look forward to launching the next session during the second week of June! This no-cost program is designed for individuals who have high blood pressure, are at risk for developing it, or simply want to learn more about managing and improving their heart health.

For more information or to sign up for the next session, please contact Anabel Zayas below.

[Email Anabel](#)



Additional Water Aerobics Class Now Offered on Monday Evenings!

A new Monday session of Water Aerobics launched on May 18 at 6:00 p.m., led by Delaney. This class will follow the same format and structure as the current Wednesday evening program, offering another opportunity for participants to enjoy a fun, low-impact, full-body workout in the water.

Please expect lane closures during this time.



Summer Camp Still Open for Enrollment

We still have spots available for our Mitchell Summer Camp! This six-week program begins on June 15 and runs through July 23, operating Monday through Thursday from 7:30 a.m.-5:30 p.m..

Summer camp is a great opportunity for children to stay active, make new friends, and enjoy a fun and engaging environment throughout the summer. Visit the link below to register today!

[Summer Camp Registration](#)

June Schedules

June Group Exercise Schedule



GROUP EXERCISE CLASS OFFERINGS AND PROGRAM DETAILS									
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
7:00 AM									
7:30 AM		Sunrise Yoga (Belinda) - Room 109 No Class 6/23							
8:00 AM									
8:30 AM									
9:00 AM	Move & Tone (Carolyn) - Room 109	Refit (Morgan) - Room 108	Water Aerobics - Pool	Move & Tone (Carolyn) - Room 109	Blood Pressure Self-Monitoring - Room 108 then Pool Seating Area	Refit (Morgan) - Room 108	Water Aerobics - Pool	Move & Tone (Carolyn) - Room 109	Refit (Morgan) - Room 108
9:30 AM									
10:00 AM	Enhance Fitness - Room 108 *Registration Closed	Aqua Arthritis - Pool *Registration Closed		Enhance Fitness - Room 108 *Registration Closed		All Levels Yoga (Belinda) - Room 109 NO class 6/18		Enhance Fitness - Room 108 *Registration Closed	
10:30 AM									
11:00 AM	Vinyasa Yoga (Maria) - Room 109	Delay the Disease - Room 108 *By Registration Only		Chair Yoga (Nichole) Room 109		Delay the Disease - Room 108 *By Registration Only			
11:30 AM									
12:00 PM		Mat Pilates (Maureen) - Room 109				PIYO (Whitney) - Room 108			
12:30 PM									
1:00 PM									
1:30 PM									
2:00 PM									
2:30 PM									
3:00 PM				Prevent T2/DPP - Room 108 *Registration Closed					
3:30 PM									
4:00 PM		Barre (Dalila) - Room 108 No class 6/16, 6/23, 6/30				Barre (Dalila) - Room 108 No Class 6/18, 6/25			
4:30 PM				Yoga Sculpt (Maria) - Room 108 NO class 6/17					
5:00 PM									
5:30 PM									
6:00 PM	Zumba (Sarah) - Room 108	All Levels Yoga (Belinda) - Room 109		Water Aerobics - Pool		Zumba (Sarah) - Room 108			
6:30 PM									

BE ON THE LOOKOUT FOR MOSSA GROUP BLAST POP-UPS

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

[Group Exercise Schedule](#)

[June Aquatics Schedule](#)

POOL HOURS

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



SEE POTENTIAL LANE IMPACTS BELOW

JUNE 2026 AQUATICS CLASS OFFERINGS AND PROGRAM DETAILS								
Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			Private Swim Lessons Registration Required 30 minute classes throughout the day		Private Swim Lessons Registration Required 30 minute classes throughout the day			
5:00 AM	CLOSED	CLOSED					CLOSED	
5:30 AM		CLOSED						
6:00 AM		CLOSED						
6:30 AM		CLOSED						
7:00 AM		CLOSED						
7:30 AM		CLOSED						
8:00 AM		CLOSED						
8:30 AM		Adult Swim Group Registration Required			Adult Swim Group Registration Required			Adult Swim Group Registration Required
9:00 AM				Water Aerobics		Water Aerobics		
9:30 AM								
10:00 AM								
10:30 AM								
11:00 AM	Aqua Arthritis - Class Full			Aqua Arthritis - Class Full				
11:30 AM								
12:00 PM						Potential Pool Party		
12:30 PM								
1:00 PM	CLOSED							
1:30 PM								
2:00 PM								
2:30 PM						Potential Pool Party		
3:00 PM								
3:30 PM								
3:45 PM								
4:00 PM					Group Swim Lessons Beginner 1st and 3rd Thursdays 3:45 - 4:30 Registration Required			
4:30 PM					Group Swim Lessons Intermediate 1st and 3rd Thursdays 4:30 - 5:15 Registration Required	Potential Pool Party		
5:00 PM								
5:15 PM								
5:30 PM								
6:00 PM								
6:30 PM	Water Aerobics Class			Water Aerobics Class				
7:00 PM								
8:00 PM		CLOSED	Kayak Roll Session - 1st Tuesday only		CLOSED			

Lifeguard Training and certification will occur on the following dates and times in June. *Please be aware that 3 of the lap pool lanes will be utilized for these sessions.* See Sam Reiger or the Membership Services Desk to participate in the second class below (1st class is full).
First class will be held Thursday and Friday, June 4 and June 5th from 8:00 AM until 3:00 PM
Second class will be held Tuesday, Wednesday & Thursday, June 16 - 18 from 11:00 AM until 3:00 PM and Friday, June 19th from 9:00 AM until 1:00 PM

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](#)

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:



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

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