



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

#YCON OF THE MONTH

90 Years Strong: The Inspiring Journey of Jan Hamilton

There's something special about members who have been with the YMCA from the very beginning. They've witnessed our growth, celebrated our successes, weathered challenges alongside us, and helped shape the welcoming community we know today. Jan Hamilton is one of those members. If you've spent any time at the Y, chances are you've crossed paths with Jan. Maybe you've seen her in a group exercise class, sharing a laugh with friends in the lobby, or volunteering at one of our events. Her warm smile and encouraging spirit have become a fixture of our Y family, but what many may not know is the remarkable life story behind that familiar face.

Jan was born on November 29, 1935, in Illinois, where she lived through her college years. Before her senior year of college, she took a summer job at the courthouse in Springfield, Illinois, where she met her first husband. Following her graduation in 1957, the two married and moved to Florida where they raised their children, Greg and Lori. Later, in 1973, Jan married her second husband and lifelong partner Charlie Hamilton, welcoming another son into her life: her stepson Mike.



With a degree in home economics, Jan jokingly describes herself as an “educated housewife.” While she devoted many years to raising her family, she also built a varied and interesting career. Over the years, she worked in banking, held office positions, and even spent several years coordinating a PGA Tour event.

In 2007, when Charlie retired, the couple decided to move to the High Country to be closer to family. That decision eventually brought Jan to our YMCA, where she quickly became an active and engaged member. At one point, she was taking as many as nine group exercise classes each week, embracing every opportunity to stay healthy and connected.

Over the years, Jan has built a rich life. She is the proud grandmother of five and great-grandmother of one, she has traveled to all 50 states, checking Rhode Island off her list just last year, and she is a survivor of both breast cancer and skin cancer. Most impressively, Jan and Charlie shared 47 years together before his passing five years ago.

For more than 16 years, through life's celebrations and challenges alike, the YMCA community has remained a constant source of support and friendship for her. Jan shared that she has experienced the physical, social, and emotional benefits of being part of the Y. One of her favorite things about coming to the Y is getting to see “her people”—the fellow members, volunteers, instructors, and friends who have become such an important part of her life.

The physical benefits have been remarkable as well. After recently suffering a compression fracture, Jan began physical therapy and has continued to defy expectations. At 90 years old, she can squat with a 15-pound weight and deadlift 45 pounds! Her strength is inspiring, but perhaps even more inspiring is her determination to keep moving, stay connected, and live life to the fullest.

Jan's story is a powerful reminder that the Y is about so much more than exercise. It's about community, friendship, resilience, and finding support through every season of life. We are grateful that Jan chose to make the Y part of her journey—and that she continues to inspire all of us along the way.

What's Happening



Join us for Campfire Across America on July 22!

Gather with us, and Y's across the nation, for a fun-filled evening of campfires, s'mores, fellowship, and YMCA memories. This special community event is an opportunity to relax, connect with friends, and share your favorite Y stories around the campfire. We'll also have a special guest appearance from Smokey Bear!

Whether you've been part of the YMCA family for years or are just getting to know us, we invite you to come enjoy an evening of community, conversation, and summer fun. We look forward to seeing you there!

WHEN: July 22, 5:00 p.m.-7:00 p.m.

WHERE: Williams YMCA of Avery County

Come share a story, enjoy a s'more, and celebrate the spirit of the YMCA with us!



Thanks for Celebrating 175 Years of the YMCA in America with us!

At the Williams YMCA of Avery County, we want to sincerely thank you for helping us celebrate the YMCA of the USA's 175th Anniversary at our Birthday Party at the Y on the 175th day of the year, June 24th.

Thanks to your support, we enjoyed a wonderful day of fellowship, fun, and community. We were able to celebrate not only the Y's rich history, but more importantly, YOU—our members, guests, volunteers, and community partners. Together, we shared a fun-filled morning and provided a free lunch for up to 200 people.

Everything we do at the YMCA is made possible by the people we serve and the communities that support us. We are incredibly grateful for each of you, and this celebration was just one small way for us to say thank you.

We look forward to continuing to serve, support, and celebrate our community in the months ahead.

Thank you for being part of the YMCA family!



Homeschool P.E. Open for Fall Registration!

Homeschool PE is open for Fall registrations! Open to all Homeschool students, join us for an hour of structured physical activity, including games, athletic skill development, team building skills, swimming and more.

The program starts **Tuesday, August 3, 2026**, and will meet every Tuesday and Thursday from 12:00 p.m.-1:00 p.m. until October 23, 2026.

Cost: Members \$40.00 / Non-members \$60.00

Ages: 5 - 12 years old

To register online, visit the link below.

Homeschool P.E. Registration



Staff Shoutout: Walker Barrier

Walker is one of our newest interns at our Blackburn Athletic Facility, and he has already made a meaningful impact in the short time he has been with us. From day one, he has shown a willingness



Summer Aquatics Updates

With summer camp in full swing, our littles have been coming to the pool almost every day—and because of their hard work and confidence building in the water, 18 kids have passed the swim test for

to help wherever he is needed and a genuine desire to be part of the team. Although he hasn't been here long, Walker has quickly found his place and has become a valued member of our Blackburn family.

He consistently brings a positive attitude, a strong work ethic, and a willingness to learn each day. Whether he's taking on new tasks, supporting his teammates, or stepping up to help, Walker approaches every opportunity with enthusiasm and a great attitude. His kindness, reliability, and eagerness to contribute have not gone unnoticed.

We are so appreciative to have Walker here with us and look forward to seeing all the ways he continues to grow and make a difference!

the very first time!! What an incredible milestone and a testament to their determination and progress this summer.

A special, non-Aquatics shoutout goes to Hattie, Grace, and Amelia from Summer Camp for always doing such an amazing job supporting and encouraging the kids at the pool. Their patience, energy, and care make a big difference in helping our campers feel safe and successful in the water.

With that momentum continuing, our private swim lesson timeslots are almost completely booked—don't miss your chance to get involved! Email Sidney Cooper below to be added to the schedule and secure your spot.

[Email Sidney](#)



Community Engagement Opportunities

Looking for a fun way to stay active and connect with others in our community? Join us for one (or all!) of our recurring community programs at the YMCA.

- **Community Hikes** take place on the **4th Wednesday of every month**. Our next hike is **Wednesday, July 23**. Meet at the YMCA at **12:00 p.m.** and enjoy fresh air, great conversation, and beautiful local trails.
- **Bingo** is held on the **2nd and 4th Tuesday** of each month. Bring a friend and join us for an afternoon of fun, laughter, and friendly competition.
- **Ties That Bind Quilting Program** meets on the **1st and 3rd Friday** of each month. Whether you're an experienced quilter or just enjoy fellowship and creativity, we'd love to have you join us.

All programs are a wonderful way to build friendships, stay engaged, and strengthen our community. We hope to see you there!



Pedaling for Parkinson's Returns July 6

Our next Pedaling for Parkinson's session begins July 6 and runs through August 28. This evidence-based cycling program is offered at no cost to anyone living with Parkinson's disease, as well as caregivers who want to support their loved ones while staying active.

Classes are held three days each week:

- **Mondays:** 12:00 p.m.
- **Wednesdays:** 9:00 a.m.
- **Fridays:** 12:00 p.m.

Whether you're looking to improve mobility, build strength, or connect with others on a similar journey, we'd love to have you join us. For more information or to register, contact Deana Acklin below. Come take a ride with us!

[Email Deana](#)

Shoutout to our 'Tri the Y' Wellness Challenge Winner!

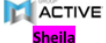
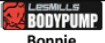
A huge congratulations to **John Ray** for winning our Tri the Y Triathlon Challenge! If you've spent any time at the Y, you've probably seen John putting in the work.

Congratulations, John! Thank you for being such a positive example of what determination, consistency, and hard work can accomplish. We're proud to have you as part of our Y family!

July Schedules

July Group Exercise Schedule

July GROUP FITNESS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am		 Tyler		 Eva		
7:00am	Hatha Yoga Sarah 		Hatha Yoga Sarah		Hatha Yoga Sarah	
7:30am		Core with Sheila		Core with Sheila		
8:30am	Stretch, Tone Balance-Sheila Blackburn GYM B	 Sheila	Stretch, Tone, Balance- Sheila Blackburn GYM B	 Edie	Stretch, Tone & Balance – Sheila Blackburn GYM B	
9:00 am	Water Fit ROSE	Water Fit JUNE	Water Fit ROSE	Water Fit JUNE	Water Fit Rose	
9:45am	 Lisa	Alignment Yoga Carol Ann	Yoga Sculpt Chris	Flow Yoga Jocelyn	 Lisa	
11:00 am		Qigong/Tai Chi Carol Ann	Dance Fit Kim   Low-med impact	Qigong Tai Chi Carol Ann	Dance Fit Kim   Med High Impact	
12:00 pm	 Bonnie	 Bonnie	 Teresa	HITT FIT & Core Ann Marie	 Kathleen	
2:00pm					Water Fit Genevieve	
5:30pm	Popup Dance 6:30 Monday 7-13	Spin Fusion Vanessa		Spin Fusion Vanessa		
5:30pm 6:30 Monday July 13 th Popup	 Nyoka Water Fit Genevieve Dance Sherri/Nyoka	Barre Shannon Water Fit(Lucy)	 Lisa Water Fit Genevieve	 Sheila Water Fit(Lucy)		

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

[Group Exercise Schedule](#)

[July Aquatics Schedule](#)

JUNE/JULY 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	SUMMER CAMP SWIM TIMES		
8:00 AM								
9:00 AM				Reserved for Water fit Monday-Friday 8a-10a				
10:00 AM								
11:00 AM								10AM-11AM
12:00 PM								
1:00 PM								12PM-1PM
2:00 PM	Reserved for Aquatics Programs			First come first serve/Open swim	First come first serve/Open swim			
3:00 PM						2:40-3:40		
4:00 PM								
5:00 PM	Water Fit	Monday-Thursday 5:30-6:30				WE ARE NOW OFFERING QUIET HOURS ON WEDNESDAYS FROM 1P-3P TO ALLOW US TO TEACH ADAPTIVE SWIM LESSONS TO THOSE IN OUR COMMUNITY WITH AUDITORY SENSITIVITIES, WE ASK THAT DURING THAT TIME IT IS LAP SWIM ONLY		
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](#)

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



Blackburn Athletic Facility

July 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	CLOSED FOR SUMMER CAMP	Stretch, Tone, & Balance 8:30 - 9:30 am	CLOSED FOR SUMMER CAMP	Pickleball 9 am - 11 am	CLOSED FOR SUMMER CAMP	Stretch, Tone, & Balance 8:30 - 9:30 am	CLOSED FOR SUMMER CAMP	Pickleball 9 am - 11 am	CLOSED FOR SUMMER CAMP	Stretch, Tone, & Balance 8:30 - 9:30 am	CLOSED FOR SUMMER CAMP	Pickleball 9 am - 11 am
9 AM												
10 AM		EnhanceFitness 10 am - 11 am				EnhanceFitness 10 am - 11 am				EnhanceFitness 10 am - 11 am		
11 AM		Pickleball 11:30 am - 1:30 pm				Pickleball 11:30 am - 1:30 pm				Pickleball 11:30 am - 1:30 pm		
12 PM				Open Gym				Open Gym				Open Gym
1 PM												
2 PM												
3 PM												
4 PM												
5 PM				Open Gym				Pickleball 5 pm - 7 pm				Open Gym
6 PM												
7 PM												
8 PM	Close at 8 PM											



O'Connell Field House

July 2026 Schedule

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

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