



RANDOLPH-ASHEBORO YMCA NEWS & EVENTS - AUGUST 2017

**THE POOL, WHIRLPOOL, SAUNA, & STEAM ROOM WILL BE
CLOSED FOR ANNUAL MAINTENANCE
AUGUST 26-SEPTEMBER 4**

AUGUST MEMBER REFERRAL PROGRAM

Refer friends & family to join the YMCA! Receive a YMCA Stainless Steel Mug when a referral card is filled out by the new member.

AFTER SCHOOL FUN CLUB (GRADES K-5)

Devotions, Homework Assistance, Swimming, Games, Youth Library & Computer Learning Center, & MORE! Pick up at 6 schools. ***Now accepting 5th grade Uwharrie Charter students dropped off by Uwharrie school bus.

INVESTING IN PEOPLE RAFFLE TICKETS-\$5 EACH OR 5/\$20

Want to give back to your community & help others in need? Purchase your raffle tickets at Front Desk & help support our 'Investing in People' Scholarship Campaign. Drawing is August 29. You do NOT have to be present to win.

FREE OUTDOOR SUMMER MOVIE NIGHT SERIES!

Walt Disney's 'Beauty & the Beast'—Friday, Aug 4—Enjoy family time under the stars! FREE and open to the community! Bring seating for your family. Be seated by 8:45pm to secure a spot! Concessions available for sale.

FREE BACK TO SCHOOL BASH (GRADES K-5TH)

Fri, Aug 11 (6-8pm) - Join us for a FREE night at the Splash Pad to celebrate going back to school! Free for all students K-5th. Parents must remain on site with their child(ren).

FALL GIRLS YOUTH VOLLEYBALL REGISTRATION (GRADES 3-12)

Registration: Aug 1 - Sept 30; Season runs Oct 1 - Nov 10
COST: \$40/Members; \$55/Public

SUMMER CHILD WATCH-AGES 7-11

Members Only! On-site childcare & activities while you workout: Mon-Fri (8:45am-12:15pm). Available thru August 18. COST: \$40/child; \$20/add'l child (covers the whole summer!)

SUMMER DAY CAMP-AGES 5-12

Multi-child discounts! Only pay for the weeks you come! Full & part time options available! Field Trips & Weekly Themes! Register anytime!

HEALTHY HABITS-FRIENDSHIPS & SALAD IN A JAR WORKSHOP

Thursday, August 10th; 6pm-7pm. Scarlet will discuss what to look for in healthy relationships & you will make your own Salad in a Jar to take home! COST: \$5; Open to the Community!

SENIOR ADULT WATERMELON & BINGO - AUG 3 (11:15AM)

Celebrate National Watermelon Day! Come have a slice of watermelon and stay for Bingo. COST: FREE/Members

SENIOR ADULT WOOD WALL ART CRAFTS - AUG 9 & 23 (9-11AM)

Led by Anise Bertram; Register at Front Desk; COST: \$5/Craft
Aug 9 - "American Flag"; Aug 23 - "Butterfly Quote"

SENIOR ADULT SUMMER POTLUCK BINGO - AUG 10 (11:15AM)

Bring your favorite summer snack to share at Bingo! COST: FREE/Members

SENIOR ADULT TRAIL MIX DAY BINGO - AUG 31 (11:15AM)

Bring your favorite trail mix to share at Bingo! COST: FREE/Members

ONGOING WEEKLY ACTIVITIES

PICKLEBALL (INTER/ADV)— Mondays & Thursdays 10am-1pm
DROP-IN CRAFT /GAMETIME— Wednesdays 9am-11am
SENIOR BINGO— Thursdays at 11:15am
WE CARE (Devotion/Bible study)— Thursdays at 12:15pm
COOPERATIVE OUTREACH GARDEN— Tues & Fri at 9am

AUGUST FITNESS CHALLENGE

August is Family Fun Month! It's a perfect time to enjoy family with extra fun and activities before summer is over. The Randolph-Asheboro YMCA challenges you to make some time for family fun. Ideas to try: Order pizza and watch a movie in the backyard, Go camping, Take a vacation, Go out for ice cream, Play at the Splash Pad (all ages), Build a backyard fort, Family bike ride, Day trip to the zoo, Hiking, Day at the park, Cook meals together, Come to the Y's Outdoor Summer Movie Night August 4th. Be creative as you spend time together during this family fun month! Post on social media using #raymca #FamilyFunMonth to encourage others to join in.

COMMUNITY BLOOD DRIVE - THURS, AUGUST 10 (2:30-7PM)

Register at: Redcrossblood.org & use sponsor code YMCAAsheboro

WE CARE BIBLE STUDY-OPEN TO THE PUBLIC; THURS, AUG 10

Join us at 12:15pm for our 'We Care' Bible Study with Dr. Walter Scheu. Bring a friend for a devotion and prayer time.

CLUB Y.M.C.A. FOR KIDS (AGES K-12 YEARS)

Meets Mon (4:30pm-7pm), Tues-Thurs (4:30pm-6:30pm)
See flyer for program schedule! COST: Free/On-Site Members (fee charged if off-site); Daily Guest Fee/Public

WHAT'S YOUR SUCCESS STORY? (#WhyIY)

We are looking for stories that celebrate the impact we have in our community! Submit stories to Megan Clapp & get a FREE YMCA gift!

SPLASH PAD OPEN!

Now thru Aug 27: open Mon - Fri (10am-6:45pm), Sat (10am-5:45pm), Sun (1pm-4:45pm). Parties by reservation only.

Y AMBASSADORS PROGRAM

Volunteer your time & talents to assist others in feeling welcome at our YMCA—make connections & build community! Contact Megan Clapp for more info!

FREE BALANCE SCREENINGS - TWO FRIDAYS A MONTH (1-2PM)

Sign up for an appointment at Front Desk. Don't be a statistic!

PRO-PT PHYSICAL THERAPY SERVICES - AUG 1, 17, 22

FREE injury and prevention screenings by Pro-PT. Sign up in the Fitness Area for an appointment.

SHARE THE IMPACT OF THE Y & USE OUR HASHTAG (#raymca)

Use our hashtag when posting pictures on social media!

CLASS SCHEDULE CHANGES & CANCELLATIONS

Tuesday - Advance Line Dance will begin at 11:15am
Tuesday - Low Impact Aerobics will begin at 7:00pm
Thursday - 6:30pm Martial Arts CANCELLED
Friday - 9:00am Self Defense CANCELLED

NEW CLASS

Tuesday 6:30-6:50pm - Abs/Core with Myra

A United Way Community Partner

For more information on events—www.randolphasheboroymca.com or (336) 625-1976

"He has shown you, O mortal, what is good. And what does the LORD require of you? To act justly and to love mercy and to walk humbly with your God." - Micah 6:8