



RANDOLPH-ASHEBORO YMCA NEWS & EVENTS - AUGUST 2018

FREE MEMBER BENEFIT



Randolph Health Medical Group

will be on-site at our Y to assist with blood pressure monitoring and to answer your health questions. Stop by the lobby to meet with a medical professional.

No appointment needed.

Every Thursday, 9:30am-12:00pm

FREE MEMBER-ONLY BENEFIT

#FORABETTERUS
#FORHEALTHYLIVING

MEMBER REFERRAL



REFER A NEW MEMBER in AUGUST
and receive a **NEWLY** Designed Y T-shirt!

*referral card must be turned in at time of joining

WHAT'S HOT

AFTER SCHOOL FUN CLUB AFTER SCHOOL FUN CLUB
INSPIRING ACHIEVEMENT, BELONGING AND CONNECTEDNESS

Pick up Available at:

Loflin Southmont
Teachey Balfour Lindley Park

BACK TO SCHOOL BASH AT THE SPLASH PAD
Friday, August 10 6pm-8pm
FREE for ALL students K-5th
*Parents must remain on site with their child(ren)

FREE BACK TO SCHOOL BASH!

INVESTING IN PEOPLE
Scholarship Giving Campaign

Drawing held August 31, 2018

TICKETS: \$5/each or 5 for \$20



INVEST IN PEOPLE RAFFLE

CHALLENGE:

Back to school means back to a good schedule! Even if it's been years since you've been in class, the Randolph Asheboro YMCA challenges you to Get on a Sleep Schedule: Sleep has a greater impact on our overall health than most realize. The best way to get more sleep is to regulate your sleep schedule. Binging on Netflix, checking social media, and reading one more chapter is addictive, so try going to bed and rise around the same times each day. Consistency is key. Not only will you improve the quality of your sleep, but you will give your body the chance it needs to heal cells and regulate body function.

CLOSINGS: *See website facility page for any updates*

Gymnasium: Tuesdays & Thursdays July 10 - Aug 2 (5pm-Close) *Midnight Basketball League
Saturday, Aug 11 (all day) for Annual Volleyball Tournament
Pool: Closed August 25-September 3 for Annual Maintenance

AUGUST EVENTS/REGISTRATIONS:

- After School Fun Club Registrations going on now!
- Fall Girls Volleyball Registration - thru 9/24
- 3 - FREE Splash Pad Movie Night - Walt Disney's The Princess & The Frog
- 11 - FREE Back to School Bash at the Splash Pad (6-8pm)
- 16 - FREE Healthy Habits Talk (Cancer Prevention) 1pm & 6pm
- 21 - Blood Drive (2:30-7pm *Pre-register online & save time)
- 22 - 90's Dance Party (5:30pm)
- 27-31 - Senior Adult Week at the Splash Pad *see flyer for details
- 31 - Invest in People Raffle Drawing-Winners Announced

SPLASH PAD SUMMER HOURS! (see hours on website or in lobby)

***Please note: SEPT 3 - Y is CLOSED for the holiday**

A United Way Community Partner

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

"Be still before the Lord and wait patiently for him." - Psalm 37:7a