



RANDOLPH-ASHEBORO YMCA NEWS & EVENTS - DECEMBER 2018



STRENGTHENING COMMUNITY—CHANGING LIVES
**WE'RE MORE THAN A GYM
WE'RE A CAUSE**

JOIN THE Y

Beginning December 26, 2018

PAY NO JOINING FEE PLUS...
A Savings of \$50-\$100!

Play **PLINKO** for one of the following:

**10 FREE
Guest
Passes**

**1st Full
Month
FREE**

Each New Membership
& Member Referral gets
**ONE
RAFFLE TICKET**
into a drawing for a
**YMCA
GIFT BASKET
\$800+ Value!**

**FREE
Workout
Bag**

**FREE
\$25
Y-Bucks**

WHAT'S HOT

NEW! **BARRE CLASSES**



**PARENTS
NIGHT OUT** 

WHEN: Fri, Dec 14
TIME: 6pm-10pm
AGES: 5-11 yrs old



Member Referral Program

 **\$10**
Y-BUCKS

Get \$10 Y-BUCKS when you refer a new member. Referral card must be filled out and turned in at time of joining.

CHALLENGE: 'Tis the season...to get stressed! Researchers are currently studying the effects of stress management on heart disease. The Randolph-Asheboro YMCA challenges you to calm down. Dialing down the cortisone could save yourself a lot of heartache, literally! Learn how to manage stress by working out! A good sweat might be just what you need. Try Yoga classes, meditate, get a massage, or try our upcoming essential oils workshop. Don't worry about things you don't have control over, and make the healthier change of letting go unnecessary stress for you heart!

CLOSINGS:

Pool: December 12 (4:30-Close) for Swim Meet

Gymnasium: Dec 11, 12, 13 for Special Olympics Bball

Dec 19-Dec 30 for Annual Maintenance & JV Bball Tournament

Racquetball: Dec 19-26 for Annual Maintenance

Christmas Eve: 5am-1pm / CLOSED Christmas Day

New Year's Eve: 5am-6pm/New Year's Day: Regular Hours

DECEMBER EVENTS/REGISTRATIONS:

Youth Indoor Soccer & Basketball Registration - now thru 1/7

Adult Co-Ed Indoor Soccer & Men's Basketball Registration

begins 12/3 & Volleyball Registrations begin 12/24

2 - Cookies with Santa (Member-only) 2p-3p

4 - Adult Painting Class

5 - Monarch Handbell Choir 11:15am

Christmas Senior Luncheon 11:30am

7 - Nutcracker Workshop - Ballet Barre & Essential Oils 10am

Parents Night Out 6pm-10pm

10 - Free Hearing Screenings 11am-12:30pm

12 - Free Eye Health Talk w/ Dr. Kernodle 9am-10am

19 - Nursery Christmas Celebration 10am

Senior Christmas Gift Exchange & Party 9am-12pm

Wacky Christmas Shirt Dance Party 5:30pm

20 - Senior Christmas Potluck BINGO 11am

A United Way Community Partner

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

"Jesus said to him, "I am the way, and the truth, and the life. No one comes to the Father except through me." - John 14:6