



# RANDOLPH-ASHEBORO YMCA NEWS & EVENTS - FEBRUARY 2018

the Y FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## THERE'S A Y IN EVERY FAMILY

**RANDOLPH-ASHEBORO YMCA**  
Serving our Community since 1971

Join the Y between 12/26/17-2/14/18 and receive:

- **No Joining Fee!** (A savings of \$50-\$100)
- **13 Months for the Price of 12!\***
- **FREE YMCA t-shirt!**

\*Free month will be the 13th month of membership.

## BUDDY UP FOR WELLNESS

### Member Referral Program



### IT'S BETTER TOGETHER

Refer friends and family to join the Y during the 2018 Membership Campaign (December 26, 2017-February 14, 2018)

YOU GET:

For each new membership you refer during the campaign you get your option of:



**\*\*MUST GIVE REFERRAL CARD TO FRONT DESK AT TIME OF NEW MEMBER JOINING\*\***

## WHAT'S HOT



**LES MILLS VIRTUAL CLASSES**



**VISUAL SCENERY CYCLE CLASSES**



**NEW! YOGA WALL CLASSES**

### **CHALLENGE: BRING A FRIEND EVENT!** SATURDAY, FEBRUARY 3 (8am-2pm) **EARN A FREE MONTH OF MEMBERSHIP IF FRIEND JOINS 2/3!**

Bring a friend FREE to workout with you to learn more about membership at the Y. Prizes for current & new members.  
Members! Tours | Refreshments | Door Prizes

**BECAUSE WORKING OUT WITH A FRIEND IS BETTER TOGETHER**

### **CLOSINGS:**

**Pool:** Feb 23 (6pm-close) \* Polar Plunge Splash N' Dash  
Feb 27 & 28 (9am-12pm) \*Special Olympics Swim Meets

**Gymnasium:** Saturdays (all day) thru 2/17 \*Indoor Soccer

### **FEBRUARY EVENTS/REGISTRATIONS:**

- Youth Soccer Registration - now thru 2/12
- Girls Youth Volleyball Registration - now thru 3/19
- Father & Daughter Prom (March 17) - tickets now thru 3/11
- 3 - Parents Night Out
- 7 - Adult Painting Class
- 14 - Senior Day, Rose Bud Vase Craft, Connect Hearing Talk  
Spaghetti Potluck, Monarch Hand Bell Choir, Partner Yoga
- 15 - Healthy Habits - How to Prevent a Heart Attack Seminar
- 16 - Celebrate Chinese New Year
- 21 - Power Outage Talk, Hot Tea Tasting  
50's Sock Hop @5:30 in GX Studio
- 22 - New Member Mingle
- 23 - Polar Plunge Splash N' Dash for RCSO
- 27 - Blood Drive

A United Way Community Partner

**For more information on events—[www.randolphasheboroymca.com](http://www.randolphasheboroymca.com) or (336) 625-1976**

"Above all else, guard your heart, for everything you do flows from it." - Proverbs 4:23

