



RANDOLPH-ASHEBORO YMCA NEWS & EVENTS - FEBRUARY 2019

ENDS 2/14



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

JOIN THE Y
OFFER ENDS SOON — JOIN TODAY!

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

FREE MEMBERSHIP!

Member Referral Program



IT'S BETTER TOGETHER

Refer friends and family to join the Y during the 2019 Membership Campaign (Now thru February 14, 2019)

YOU GET:

For each new membership you refer during the campaign you get

ONE FREE MONTH OF MEMBERSHIP & A RAFFLE TICKET TO GET A CHANCE AT WINNING THE Y-GIFT BASKET (A VALUE OF \$800+)

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

WHAT'S HOT

POUND
ROCKOUT. WORKOUT.



Thursdays 6:30pm

NEW! POUND CLASSES

FRIDAY, FEBRUARY 22ND

2019 SPLASH 'n DASH

SPLASH 'N DASH

ULTIMATE FRISBEE

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ADULT FRISBEE OPEN PICKUP (AGES 18+)

SATURDAYS 6PM-7PM



CHALLENGE: The Randolph-Asheboro YMCA challenges you to Get Moving Each Day: Most of us know that daily exercise is the very best way to invest in your total wellness. Exercise can improve everything from your mood to your blood pressure. One easy way to stay motivated is to use a fitness tracker. Many of us have heard about or tried Fitbit to track our 10,000 steps a day goal. This way we challenge ourselves each day to accomplish a task; never let exercise become a chore. Hit the bikes in our Virtual Cycle classes, try Hip Hop dance (or our new Pound classes), or tackle that Beast Mode class. The more fun you are having, the less it feels like exercise!

CLOSINGS:

Pool: Feb 22 (6pm-close) * Polar Plunge Splash N' Dash
Feb 26 & 27 (9am-2pm) *Special Olympics Swim Meets

Gymnasium: Saturdays (all day) thru 2/23 *Indoor Soccer 2/15-4/27 Fridays (6pm-close) & Saturdays (4pm-close)
* Adult Indoor Soccer & Adult Basketball

FEBRUARY EVENTS/REGISTRATIONS:

- Youth Spring Outdoor Soccer Registration - now thru 2/11
- Girls Youth Volleyball Registration - now thru 3/11
- Father & Daughter Prom (March 30) - tickets now thru 3/24
- 5 - Free Hearing Screenings
- 6 - Adult Painting Class
- 7, 13, 21 - Randolph Health Lunch & Learn
- 13 - Eye Health Seminar with Dr. Kernodle
- 14 - Aquatics Bring-A-Friend Day, Nursery Valentine's Party Spaghetti Potluck, BINGO, Movie, Partner Yoga
- 20 - Valentine's Tutu Dance Party
- 21 - Blood Drive
- 22 - Splash 'N Dash Special Olympics Fundraiser

BINGO CHALLENGE GOING ON THRU 2/28!



A United Way Community Partner

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

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