



# RANDOLPH-ASHEBORO YMCA NEWS & EVENTS - JUNE 2017

## MEMBER REFERRAL PROGRAM

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

## SUMMER CHILD WATCH-AGES 7-11

Members Only! On-site childcare & activities: Mon-Fri (8:45am-12:15pm). Available June 12-August 18 \*This program's operation is dependent upon a minimum number of registrations by June 5.  
COST: \$40/child; \$20/add'l child (covers the whole summer!)

## KIDS 'TRI' AT THE Y—FREE EVENT

FREE Community Event—Saturday, June 3—Ages 6-14. This event combines swimming, biking, and running that promotes fun, fitness, and self-confidence! Register today!

## SUMMER DAY CAMP-AGES 5-12

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

## SUMMER SWIM LESSONS

Registration for Summer Swim Lessons is now open. Morning & evening times available. COST: \$35/Members; \$55/Public

## SUMMER SWIM TEAM REGISTRATION

Register today! All registrations are done through Shawn Columbia. Registration forms are at Front Desk.

## TBALL/CBALL BASEBALL CAMP (AGES 3-11)

Saturday, June 10 (9am-12pm)—Camp is run by the Copperheads Coaches & Players ; \$5 discount if registering for Youth TBall/CBall League  
COST: \$15/Members; \$20/Public

## YFIT WEIGHTLOSS & NUTRITION CLASS - JULY 11-AUG 15

Change your body, Change your life! COST: \$50/Members; \$100/Public  
Member registration begins June 13; Public registration begins June 20.

## MEMBER MINGLE - ICE CREAM SOCIAL - TUES, JUNE 20 (6-8PM)

Join us in the Community Room on Tuesday, June 20; 6pm-8pm. Meet other members, & get info on all we have going on this summer at the Y! Door Prizes! Ice cream & toppings will be provided.

## BEGINNING PICKLEBALL

Wednesdays at 10am—Learn to play one of America's fastest growing sports. Sign up at the Front Desk. COST: FREE/Members

## READING FOOD LABELS SEMINAR - THURS, JUNE 8 (10AM)

Presented by Luke Holland with Humana. COST: FREE

## HEALTHY HABITS—MEN'S HEALTH & GRILLING NIGHT - JUNE 8

Thursday, June 8th; 6pm-7pm. Come join Scarlet Brady as she prepares delicious grilled items and shares healthy grilling recipes & tips for men's health. COST: FREE & Open to the Community!

## FREE SUMMER MOVIE NIGHT AT THE SPLASH PAD!

'Finding Dory'—Friday, June 23—Enjoy family time under the stars! FREE and open to the community! Bring enough seating for your family to sit on the YMCA Splash Pad. Be seated by 8pm to secure a spot!  
Concessions will be available for sale.

## SPLASH PAD OPEN!

Now thru June 9th: open Mon-Fri (11am-2pm), Sat(10am-5:45pm), Sun(2pm-4:45pm). June 10-Aug 27: open Mon - Fri (10am-6:45pm), Sat (10am-5:45pm), Sun (1pm-4:45pm). Parties by reservation only.

## ONGOING WEEKLY ACTIVITIES

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

## JUNE CHALLENGE

June is Professional Wellness Month. Your well-being in the workplace/professional life is important to reduce stress and increase work production. The Randolph-Asheboro YMCA challenges you to find more of a work-life balance! To get the most out of Professional Wellness Month, take time to exercise. Even walking around the block every day during a work break helps! Take time for yourself during the week, it'll tone up your performance at work. Challenge your brain with a class or special workshop you've been wanting to try. Reconnect with former colleagues and friends who have knowledge and experience to share. Take a "mini-sabbatical" away from technology to clear and refresh your mind. Go for a hike, camp, or just walk barefoot in the grass. Little steps to improve your health will make a big difference at work!

## HOME HEALTH SEMINAR - THURS, JUNE 22 (10:30AM)

Presented by Randolph Home Health. COST: FREE

## CLUB Y.M.C.A. FOR KIDS (FREE/MEMBERS)

Meets Mon-Thurs (4pm-7pm) \*Summer Hours begin 6/12  
Program for ages k-12 years. See flyer for schedule!  
COST: Free/Members; Daily Guest Fee/Public

## 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 - JUNE 21 & 29

FREE injury and prevention screenings by Pro-PT. Sign up at Front Desk for an appt.

## 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!

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

Use our hashtag when posting pictures on social media!

## NEW GROUP FITNESS CLASSES

Tuesday; 5:30pm-6:25pm - Hip Hop with Felix  
Saturday; 10am-11am - Zumba with Matt

## BASKETBALL COURTS CLOSED

Tues & Thurs; June 6-29 (5pm-10pm) for Midnight Basketball  
June 19 & 20 (8:30am-5pm) Asheboro Basketball Jamboree

## POOL CLOSED - SAT, JUNE 3 (8:45AM-12PM) FOR KIDS 'TRI'

A United Way Community Partner

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

"Look to the LORD and His strength; seek His face always." - I Chronicles 16:11 (NIV)