



# RANDOLPH-ASHEBORO YMCA NEWS & EVENTS - JUNE 2018

## SPECIALTY SPORT CAMPS

### NEW FOR SUMMER 2018 !!!

**BEST SUMMER EVER™**

**2018 SPECIALTY SPORT CAMPS AT THE Y**  
Each week coaches and professionals will lead sessions for the campers.

**HOURS: 9AM-1PM**  
(Min of 10/Max of 20 participants each week)

**FULL WEEK: \$75/Members; \$120/Public**  
**2 or 3 DAY: \$50/Members; \$80/Public**

**Already enrolled in Y Day Camp? It is just an additional \$15/week**  
(Limit of 10 from Day Camp)

**WEEK 1: BASEBALL/SOFTBALL & GOLF/TENNIS**  
**WEEK 2: BASKETBALL & SWIM SKILLS**  
**WEEK 3: FITNESS & AGILITY**  
**WEEK 4: SOCCER & VOLLEYBALL**

**SIGN UP AT LEAST 1 WEEK PRIOR TO CAMP DATE TO SECURE YOUR SPOT.**

\*See webpage for complete details

## JUNE MEMBER REFERRAL



**REFER A NEW MEMBER in JUNE**  
and receive one of our Y Keychain Wallets!

\*referral card must be turned in at time of joining

## WHAT'S HOT

**YFIT CAMP**  
Weight Loss & Nutritional Program  
July 10 - August 14 @ 12pm

Lecture/Discussion Topics  
Weekly Weigh-Ins  
Body Fat Analysis  
Exercise Programs  
Nutrition Plans

Cost: \$50/Members; \$100 Public  
**CHANGE YOUR BODY - CHANGE YOUR LIFE!**

**YFIT CAMP**  
Registration opens for Members 6/19!

**TRY LES MILLS VIRTUAL & VISUAL SCENERY CYCLE ON YOUR SCHEDULE!**

**LES MILLS VIRTUAL CLASSES**

GRIT  
GET LEAN AND STRONG



**NEW SPLASH PAD FEATURE!**

**CHALLENGE:** As we move into summer, a typical goal is to get a beach body. While there's nothing wrong with this goal, we want you to be your best healthy self. The Randolph-Asheboro YMCA Challenges you to focus on health and fitness! This is not just about how you look in a swimsuit, but making healthier choices for your overall well-being. Drink more water, add more greens, try different classes and get active! For additional help during this challenge join Yfit classes! In this 6-week program you will learn how to eat (whether at home or on vacation) and properly fuel your body to reduce body fat, exercise in order to improve your quality of life, & have the support and motivation to reach your health and fitness goals. For more YFit information check with the Front Desk and begin your healthiest, most fit summer ever!

**CLOSINGS: \*See website facility page for any updates\***

**Gymnasium:** June 15 & 16 (time TBD)  
\*Asheboro Basketball Jamboree

**Pool:** Saturday, June 2 (8:45am-12pm) \*Kids Tri at the Y

### JUNE EVENTS/REGISTRATIONS:

Summer Camp Registration - ongoing (register any time)  
Specialty Sport Camp Registrations are open  
Midnight Basketball Registration - thru 6/18  
YFit Camp Registration - 6/19-7/10(Members); 6/26-7/10(Public)  
Invest In People Raffle -Get tickets Today! Drawing held on 8/31

- 1 - Member Only Movie Night @ Splash Pad-Coco 7:30p-10p
- 5 - Balance Seminar w/ Jason Albright 11a
- 6 - Adult Painting Class 9a-12p
- 12 - Me, Myself, & Lies Bible Study starts (6-weeks)
- 22 - FREE Splash Pad Movie Night-'Ferdinand'

**SPLASH PAD IS OPEN!** (see hours on website or in lobby)

**\*Please note: JULY 4 - Y is CLOSED for the holiday**

A United Way Community Partner

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

“May your unfailing love be with us, Lord, even as we put our hope in you.” - Psalm 33:22