



RANDOLPH-ASHEBORO YMCA NEWS & EVENTS - JUNE 2019

SPECIALTY SPORT CAMPS

BEST SUMMER EVER™

SPECIALTY SPORT CAMPS AT THE Y

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

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

Ages 7-16
*Week 4 - Ages 5-16

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

If a child attends 5 weeks of Summer Day Camp, they get 1 week FREE of a Specialty Camp.

WHAT'S HOT-INVEST IN PEOPLE RAFFLE

TICKETS:
\$5/each
or 5 for \$20



CHALLENGE: The Squat Challenge

Maybe you hate them, maybe you love them, but there's no denying squats are good for you! Squats are one exercise which should be part of EVERYONE'S workout routine—regardless of age, gender, or fitness goals. Squats increase entire body strength and muscle, help burn fat, and increase flexibility & prevent injuries. So this month, the Randolph-Asheboro YMCA challenges you to SQUAT! Ask a Y trainer to show you the proper form and add them to your workout! Too busy to workout? Add 10 squats each time you go to sit down (or during TV commercials). Bad knees? Ask a Yoga Wall instructor to show you how to use the Wall to squat without stressing the knees. By the end of the month your body will thank you!

CLOSINGS: *See website facility page for any updates*

Pool: Saturday, June 1 (8:45am-12pm) *Kids Tri at the Y

SUMMER DAY CAMP

Your Child's

SUMMER CAMP CHECKLIST:

- Lunch & Snacks Provided***
*all weeks except week 10
- Field Trips & Special Guests**
- Pool & Splash Pad each week**
aquatic games & water safety
- Participation in Y Readers**
Summer reading program
- Fitness Challenges**
All fitness levels
- CPR & First Aid certified Counselors**
Safe environment

* **Members: \$95/Week; Public: \$120/Week**
PART-TIME (M,W,F only) - \$65/MEMBERS; \$90/PUBLIC

* **Ages 5-12**

Register now at:
randolphasheboroymca.com

BEST SUMMER EVER

JUNE EVENTS/REGISTRATIONS:

- Summer Camp Registration - ongoing (register any time online)
- Specialty Sport Camp Registrations are open
- Midnight Basketball Registration - thru 6/10
- Senior Functional Fitness Class Registration begins 6/3
- YFit Camp Registration - 6/10-7/9
- Fall Soccer Registration begins 6/24
- Invest In People Raffle -Get tickets Today! Drawing held on 8/31

- 1 - Kids 'Tri at the Y'-Free Community Event (ages 6-14)
- 5 - Adult Painting Class 9a-12p
- 6 - FREE Hearing Screenings (10:45-11:15am)
- 19 - Summer Lovin' Grease Dance Party (5:30pm)
- 21 - FREE Splash Pad Movie Night-'Incredibles 2'

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 or (336) 625-1976

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