



# RANDOLPH-ASHEBORO YMCA NEWS & EVENTS - MARCH 2019

## 80's THEME DAY



LOOKING  
TO JOIN  
THE Y?

We're taking  
it back to  
the 80's  
with a \$25  
joining fee!!!

Wednesday, March 20<sup>th</sup>

Join the staff and come dressed in your 80's  
attire & enjoy FUN THROUGHOUT THE FACILITY!  
**MEMBERS: BRING A FRIEND TO JOIN IN THE FUN  
FOR FREE!**

## MEMBER-GET-A-MEMBER

Member Referral  
Program



IT'S BETTER TOGETHER



Get \$10 Y-BUCKS when you refer a new member. Referral  
card must be filled out and turned in at time of joining.

## WHAT'S HOT

**REGISTER EARLY FOR SUMMER CAMP AND SAVE \$35!!!  
NOW THROUGH APRIL 14!**



**CHALLENGE:** It's almost spring cleaning time!  
Though we clean our homes, letting light in, it's  
even more important to cleanse our bodies and  
minds. Perhaps a fast. It is important to fast  
safely. The Randolph-Asheboro YMCA challenges  
you to a fast! Go meat free a few meals a week.  
Reducing meat consumption is good for your  
total health. Some of the many benefits include;  
weight-loss, improved cholesterol, reduced  
blood sugar levels and better skin. Look up  
vegan and vegetarian recipe ideas for meatless  
Mondays!

### CLOSINGS:

**Gymnasium:** Fridays(6-Close) thru 4/19 \*Adult Soccer  
Saturdays(4-Close) thru 4/20 \*Adult Soccer

### MARCH EVENTS/REGISTRATIONS:

Girls Youth Volleyball Registration - now thru 3/11  
Father Daughter Prom (March 30) - tickets now thru 3/24  
Lifeguard Cert. & Swim Lesson Registrations going on now!  
Summer Camp Registration with discounts starts March 1st!  
Senior Functional Fitness Class Registration March 1-22

- 5 - YFit Nutrition Classes begin
- 6 - Adult Painting Class
- 7 - FREE Hearing Screenings; 10:45am  
Pressure Cooker Party (must sign up); 5:30pm  
Lifeguard Certification Classes 7, 8, 9, 10
- 15 - Pastor Appreciation Breakfast for local pastors; 8am  
Nursery St. Patrick's Day Party; 9:30am
- 20 - Bring a Friend Day; Senior 80's Party; 80's Dance Party
- 30 - Father Daughter Prom at 105Worth; 6-9pm

A United Way Community Partner

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

"Be strong and take heart, all you who hope in the Lord." - Psalm 31:24