



# RANDOLPH-ASHEBORO YMCA NEWS & EVENTS - MAY 2018

## FREE COMMUNITY EVENTS!

### FREE COMMUNITY DAY Saturday, May 19 (8am-4pm)

#### YMCA OPEN TO ALL!

- NO JOINING FEE! (May 18-20)  
\*Save \$50-\$100
- Free Swimming Lessons 10am-12pm
- Splash Pad Open 8am-4pm
- Annual Yard Sale 7am-12pm
- Healthy Kids Day/Kidztopia 10am-1pm
- Plant & Flower Swap 9am-10am



\*See webpage for complete details

#### PRESENTED BY:

The COURIER-TRIBUNE

Wake Forest Baptist Health

RANDOLPH-ASHEBORO YMCA  
A United Way Community Partner

## NEW MEMBER SPECIAL

RANDOLPH-ASHEBORO YMCA

### JOIN THE Y

MAY 18-20, 2018  
& PAY NO JOINING FEE!  
A SAVINGS OF \$50-\$100!

## MEMBER REFERRAL

### MEMBERS:

Bring a Friend to Join on May 19\* and get  
**1 MONTH FREE MEMBERSHIP!**

\*Must present referral card at time of joining  
MORE REFERRALS=MORE FREE MONTHS!

## WHAT'S HOT

### B-FIT BOOTCAMP

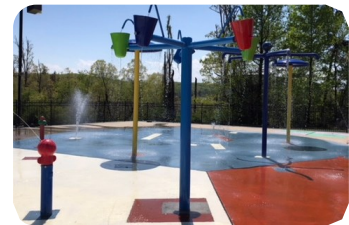
6 WEEK B-FIT BOOTCAMP  
MAY 19-JUNE 30

B-FIT  
BOOTCAMP!

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



LES MILLS  
VIRTUAL  
CLASSES



NEW  
SPLASH  
PAD  
FEATURE!

**CHALLENGE:** Get ready for summer with our 6-Week B-FIT BOOTCAMP beginning with workout & nutrition plan Sat, May 19th at 8am. There will be beginner and progressive workouts offered. Registration is May 14-19 and the fee is only \$5 for the entire 6-weeks. Winners will split the fees collected! See flyer for complete details. Register at Front Desk today and B-FIT with the Y!

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

**Gymnasium:** Fridays(6-Close) thru 5/11 \*Adult Soccer  
Saturdays(4-Close) thru 5/12 \*Adult Basketball  
8:30pm-Close Tue 5/15 & 5am-3pm Wed 5/16  
\*for Senior Boomer Caregiver Expo

#### MAY EVENTS/REGISTRATIONS:

- Summer Camp Registration - ongoing (register any time)
- TBall/CBall Registration - thru 5/14
- Midnight Basketball Registration - thru 6/18
- B-FIT Bootcamp Registration - May 14-19
- 2 - Adult Painting Class 9a-12p
- 3 - Cinco De Mayo Bingo 10:45a
- 7 - **SPLASH PAD OPENS** (see hours on website or in lobby)
- 15 - Blood Drive 2:30pm-7:00pm
- 16 - Boomer Senior Caregiver EXPO 10a-2p
- 17 - Healthy Habits-Eating to Reduce Inflammation 1p & 6p
- 19 - Yard Sale (7a-12p), Community Day (8a-4p),  
Healthy Kids Day (10a-1p), B-FIT Workout (8a)
- 24 - Blase Chiropractic: How to Stay Young/Free Screenings 10a
- 29 - Foot and Ankle Seminar with Dr. Tilles 11a

**SAVE THE DATE! JUNE 1-MEMBER SPLASH PAD MOVIE NIGHT!  
JUNE 2 - KIDS TRI AT THE Y!**

A United Way Community Partner

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

“Be joyful in hope, patient in affliction, faithful in prayer. - Romans 12:12