



RANDOLPH-ASHEBORO YMCA NEWS & EVENTS - MAY 2019

FREE COMMUNITY EVENTS!

FREE COMMUNITY DAY
Saturday, May 18 (8am-4pm)

YMCA OPEN TO ALL!

- **NO JOINING FEE! (May 17-19)**
*Save \$50-\$100
- **Free Swimming Lessons 10am-12pm**
- **Splash Pad Open 10am-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 17-19, 2019
& PAY NO JOINING FEE!
A SAVINGS OF \$50-\$100!

MEMBER REFERRAL

MEMBERS:

Bring a Friend to Join on May 18* and get
1 MONTH FREE MEMBERSHIP!

& Y GYM BAG

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

WHAT'S HOT-ONLINE REGISTRATIONS!!!

MIDNIGHT BASKETBALL



SUMMER CAMP



KIDS TRI AT THE Y



CHALLENGE: 30 MIN EXERCISE CHALLENGE

Everyone seems to start their new exercise regime in January and finds, due to the wrong mindset, that they quit by Feb. So, this May, get in the right mindset. The Randolph-Asheboro YMCA challenges you to add an extra 30 minutes of exercise to your daily life. This could be high impact or low impact, going for a walk, doing some yoga, and just making sure you get off the sofa more. 30 minutes isn't much time to think about in a day, but see how you feel by the end of the month.

MAY EVENTS/REGISTRATIONS:

- Summer Camp Registration - ongoing (register any time)
- TBall/CBall Registration - thru 5/13
- Copperhead Baseball Camp Registration - thru 6/8
- Midnight Basketball Registration - thru 6/10
- 1 - Adult Painting Class 9a-12p
- 2 - National Day of Prayer & Bingo 10:45a
- 3 - National Meditation Day-in the Garden 11:30a
- 13 - **SPLASH PAD OPENS** (see hours on website or in lobby)
- 15 - Boomer Senior Caregiver EXPO 10a-2p *off-site location
- 18 - Yard Sale (7a-12p), Community Day (8a-4p),
Healthy Kids Day Kidztopia Event (10a-1p)

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For more information on events—www.randolphasheboroymca.com or (336) 625-1976

"He gives power to the faint, and to him who has no might he increases strength." - Isaiah 40:29