



RANDOLPH-ASHEBORO YMCA NEWS & EVENTS - OCTOBER 2017

**LES MILLS VIRTUAL CLASSES COMING THIS MONTH!
STAY CONNECTED ON FACEBOOK, INSTAGRAM, &
RANDOLPHASHEBOROYMCA.COM FOR ALL THE DETAILS**

FALL SWIM LESSONS

Registration open for Infant/Parent (6mo-3yrs), Preschool (ages 3-5), Progressive (ages 6-12), & Adult (13+). COST: \$35/Members; \$55/Public

CALLING ALL CRAFTERS!

Our Holiday Craft Fair is Sat, Nov 11 (8am-3pm)—Reserve your table for \$20! Space is limited! 1st 90 tables or Nov 8 cutoff! Register at Front Desk.

PAINTING CLASS FOR ADULTS-REGISTER AT FRONT DESK

Wed, Oct 4 (9:00am-12:00pm)—Fall Landscape Painting with Nina Lathe Meet in Youth Room COST: \$8/Members & Public—Register at Front Desk

THRILLER DANCE CLASSES IN OCTOBER

Mondays (5:30-6:15pm)—Learn the dance moves to "Thriller"—a fun class for all levels! COST: FREE/Members; \$5 per class/Public

YFIT WEIGHTLOSS & NUTRITION CLASS - OCT 3 - NOV 7

Tuesdays (12pm or 6pm)—Get ready to change your body & change your life! A 7-week program that teaches how to transform your body by toning up & trimming down. Registration ends Oct 3. COST: \$50/Members; \$100/Public

FREE HEALTHY HABITS SEMINAR - BREAST HEALTH & NUTRITION

Thurs, Oct 12 (6-7pm) COST: FREE/Community; Sherry Tate RN, CBCN with Randolph Health Cancer Center, will share Breast Cancer detection and Prevention information, details about programs that are available to women in Randolph County, & about Eating to Prevent Cancer.

TRAIN AND TREAT-FRI, OCT 27 (6PM-8PM)

FREE Member Appreciation Event—Join us for a special Halloween celebration for the whole family. Kids & adult workouts, family game night, and dance party. Pumpkin carving competition - Sign up at Front Desk!

CELEBRATION DRESS-UP IN THE NURSERY-OCT 31

10:00am-11:00am—Dress up & Special Snacks COST: FREE/Members

ADULT VOLLEYBALL LEAGUE

Games played on Monday nights starting at 6pm. Registration includes certified referees & end of season tournament. Register your team by Nov 6th. COST: \$250 (per team of 10)

AQUA BALLET - EVERY SUNDAY IN OCTOBER (1:30PM-2:15PM)

Have a Dance Party in the water in this flowing, challenging, water-based workout that's cardio-conditioning, body toning, and exhilarating! Let the Dancer inside you flow into fitness! Instructor: Shay Jarmon

PRO-PT PHYSICAL THERAPY SERVICES - OCT 3, 11, 19, & 23

FREE injury and prevention screenings by Pro-PT. Sign up in Fitness Center for an appt.

COURT CLOSINGS

Tues, Oct 17 & Thur, Oct 26 (5-8pm) for Volleyball pictures & games
Fri, Oct 27 (5:30-8:30pm) for Train & Treat Member event

SCHEDULE CHANGES - OCT 31

NO Club YMCA for Kids
Evening Nursery Hours 4pm-7pm

ONGOING WEEKLY ACTIVITIES

PICKLEBALL (INTER/ADV)— Mondays & Thursdays 10am-1pm
BEGINNING PICKLEBALL— Tuesdays 10am (Sign-up at Desk)
DROP-IN CRAFT /GAMETIME— Wednesdays 9am-12pm
SENIOR BINGO— Thursdays at 11:15am
WE CARE (Devotion/Bible study)— Thursdays at 12:15pm
COOPERATIVE OUTREACH GARDEN— Tues & Fri at 9am

SHARE THE IMPACT OF THE Y & USE OUR HASHTAG (#raymca)

Use our hashtag when posting pictures on social media! Connect with us on Instagram, Facebook, Twitter, & on our website.

OCTOBER CHALLENGE-MAKE TIME FOR FAMILY!

It's October! The leaves are changing, the air has a crispness, apple cider is being drunk...and PINK is EVERYWHERE! Which means Breast Cancer Awareness Month is in full swing. The pink is a reminder to examine your breasts, get your doctor to check them out too, and schedule your mammogram. About 1 in 8 U.S. women, and 1 in 1000 U.S. men will develop invasive breast cancer over the course of their lifetime, and being proactive in this fight is crucial. This month we have a double challenge! October is also National Apple Month! The mission is to promote the sales of apples, as well as honor the people involved in getting them from the farm to our homes. It's also a wonderful way to implement healthier choices into each day...and keep the doctor away! Grab an apple and use #NationalAppleMonth and #raymca to post on social media. And be healthy inside and out!

POOL TOURNAMENT- MON, OCT 23 (6PM-8PM)

Sign up in advance at the Front Desk. Singles tournament will start at 6pm in the Knapp Senior/Teen Center. Prize for the winner!

SENIOR HALLOWEEN PARTY & CHILI CONTEST POTLUCK

Wed, October 25; 9am-1pm - Meet in the Senior Center at 9am for a Halloween Snack & Costume Party & then head to the Community Room at 11:45am for a Chili Contest Potluck. Sign up at the Front Desk.

AFTER SCHOOL FUN CLUB (GRADES K-5)-REGISTER NOW!

Devotions, Homework Assistance, Swimming, Games, Youth Library & Computer Learning Center, & MORE! Pick up available at 6 schools.

MEMBER REFERRAL PROGRAM-ONGOING!

Refer friends & family to join the YMCA! Must complete referral card at time of joining to qualify.

FREE BALANCE SCREENINGS

Two Fridays a month 10:10am-11:00am—Sign up for an appointment in Fitness Center. Don't be a statistic!

WHAT'S YOUR SUCCESS STORY? (#WhyIY)

We are always looking for stories that celebrate the impact we have in our community! Submit stories to Megan Clapp & get a YMCA gift!

BATTLE OF THE BEASTS

COMPETITION

SAVE THE DATE!

Sat, Nov 4 ; 2nd Annual
BeastMode Competition—
Open to the Community!
See flyer or website for
more details!



A United Way Community Partner

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

"I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus." Philippians 3:14