



RANDOLPH-ASHEBORO YMCA NEWS & EVENTS – SEPTEMBER 2018

AFTER SCHOOL CHILDCARE

AFTER SCHOOL FUN CLUB

INSPIRING
ACHIEVEMENT,
BELONGING AND
CONNECTEDNESS



Pick up Available at:

- McCrary Loflin Southmont
- Teachey Balfour Lindley Park

**ALSO ACCEPTING K-5 UWHARRIE CHARTER STUDENTS DROPPED-OFF BY SCHOOL BUS **

Devotions, Homework Assistance, Swimming & Splash Pad, Sports, Games, Arts & Crafts, Field Trips & Playground, Youth Fitness Classes, Teen Center & Computer Learning Center

MEMBER REFERRAL



REFER A NEW MEMBER in **SEPTEMBER** and receive a YMCA baseball cap!
*referral card must be turned in at time of joining

WHAT'S HOT



CALLING ALL CRAFTERS!
HOLIDAY CRAFT FAIR TABLES ON SALE!
SATURDAY, NOVEMBER 10 8AM-3PM
Reserve your space for ONLY \$20/table!

YFIT CAMP
Weight Loss & Nutritional Program
October 2 - November 13 @ 12pm or 6pm
Lecture/Discussion Topics
Weekly Weigh-Ins
Body Fat Analysis
Exercise Programs
Nutrition Plans
CHANGE YOUR BODY ~ CHANGE YOUR LIFE!
Cost: \$50/Members; \$100 Public

YFIT WEIGHTLOSS PROGRAM

YOGATHON
September 29 5PM-10PM
Bicentennial Park
151 Sunset Ave.
Asheboro, NC

CHALLENGE:
Shocking fact: loneliness is actually a greater risk for morbidity than cigarette smoking! Though a common human emotion, longer periods of loneliness has been associated with cardiovascular problems, poor sleeping, and reductions in creativity and reasoning. The Randolph-Asheboro YMCA challenges you to strengthen social ties! Make time for quality social interaction each day. This is NOT social media interaction. Talk one on one! Social connections boost brain function and stabilize blood pressure. Socializing reduces loneliness and isolation, both factors that can accelerate aging, increase blood pressure and create anxiety. Start a book club, workout group, or join in with friends at our upcoming Yogathon in Bicentennial park!

CLOSINGS: *See website facility page for any updates*
Gymnasium: Fri, Sept 14 (6pm-close) & Sat, Sept 15 (8am-3pm)
*Corporate Cup Events
Pool: August 25-September 3 for Annual Maintenance
Sat, Sept 15 (10am-1pm) for Corporate Cup Events

SEPTEMBER EVENTS/REGISTRATIONS:
After School Fun Club Registrations going on now!
Fall Swim Lesson Registrations: 1st session starts 9/10
Fall Girls Volleyball Registration - thru 9/24
Girls Volleyball Skills Camp Registration thru 9/10
Fall Adult Volleyball League Registration - thru 9/17
Yogathon Vendor Space Registrations going on now thru 9/26
1 - Holiday Craft Fair table registration open for vendors (first come, first served-1 direct sales rep from each company)
10 - YFit Registration open for Members: Public open 9/17
11, 12, 13 - Girls Volleyball Skills Camp (5:30-7:30pm)
19 - Black-Out Dance Party (5:30pm)
29 - Good News Spectacular at the Y (10am-2pm)
Yogathon at Bicentennial Park (5-10pm)
***Please note: SEPT 3 - Y is CLOSED for the holiday**

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

“Be still before the Lord and wait patiently for him.” – Psalm 37:7a

A United Way Community Partner