



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Y STORY OF THE MONTH

As the YMCA continues to evolve to meet the diverse needs of our community, we are thrilled to share the exciting news of Jessa Cannon's promotion. A familiar face to parents and school-aged kids in Avery County's After-School and Summer Camp Programs, Jessa has been elevated to the role of Association Director of Youth Development. In this capacity, she will oversee all childcare operations and financial reporting for Avery and Mitchell counties, including the establishment of a licensed childcare facility in Avery County. This expansion is a testament to our commitment to serving the community, and we are proud to have Jessa leading the way.



Jessa began her career at the Y when she became a summer camp counselor at her home YMCA in Gastonia, NC, at 20. When she came to the High Country to attend Appalachian State University (APP), she applied for a Y position in after-school, advanced to a site lead, and spent the past year as the Avery County Youth Branch Director. Her husband even proposed to her with the help of her after-school students holding up the signs that spelled out "SAY YES"! Jessa brings affection, excitement, commitment to her faith, and a strong desire to improve the lives of all the children in Avery County, especially the underserved portions of our population. As a child, Jessa recalls a time during which she felt she would have significantly benefitted from a program such as the one she facilitates now, where all kids have a safe space to go after school, a hot meal at the end of the day, individual tutoring and help with homework, physical activity, and familiar, friendly faces. She feels a connection with kids and is enriched through her daily activities that care for kids in a variety of ways, and she is helping to raise a new generation of Y kids in our county. Last year, the Y served 175 students in after-school and 100 in Summer Camp at no cost to participants through the 21st Century Community Learning Centers (21CCLC) grant.

Jessa is not just a leader within the YMCA, but also a bridge between the organization and the community. She is excited to grow with our YMCA as she helps to meet the needs of youth and families in our community through child care services, encouragement of academic excellence, and promoting healthy living through the YMCA. When you see Jessa in a sea of children or on a field trip somewhere, say hi! She will share her love of children, her commitment to outreach, and all the ways that you too can volunteer and/or contribute in the growing service to children in Avery and Mitchell Counties. Your involvement is crucial to our mission, and we look forward to working together to create a brighter future for our community.

Ready for the School Bell?

As Summer comes to a close, we know that parents and caregivers are looking forward to school starting again; for those who need additional support after the school bell rings, the Williams YMCA of Avery County offers an After School program in both Avery and Mitchell County! The grant-funded program is designed for students who may need extra help with their homework, understanding the concepts taught in the school that day, or who need a safe place to go during the hours of 2 - 5 pm. If your student falls into any of those categories, keep reading to learn more about the after-school programs and how to register!

Avery County:

After School registration opened on July 22nd. We are very excited for the upcoming year!

This year Grandfather Mountain will be coming once a month to visit the schools to talk about the animals and plants that are native to our area! We serve a hot meal to every student through our partnership with Avery County Schools and offer quarterly Parent & Caregiver Engagement Sessions. We operate After School in all 5 elementary schools in Avery County and serve current Kindergartners-5th graders (no preschool). If you or someone you know is interested in enrolling their child, please register online using one of the links below or contact Jessa Cannon at jessaj@ymcaavery.org.

Mitchell County:

After School registration opened on July 22nd. We are very excited for the upcoming year! We will continue to partner with PENLAND School of Craft for the upcoming year! Every student will receive a snack and we offer quarterly Parent & Caregiver Engagement Sessions. We operate After School in 2 elementary schools in Mitchell County and serve current Kindergartners-5th graders (no preschool). If you or someone you know is interested in enrolling their child, please register online using one of the links below or contact Burton Blankenship at burtonb@ymcaavery.org.

Avery County Schools

Banner Elk Elementary

Crossnore Elementary

Freedom Trail Elementary

Newland Elementary

Riverside Elementary

Mitchell County Schools

Gouge Elementary

Greenlee Elementary

What's Happening in Avery



Outreach

The Outreach Department is collecting back to school supplies for all grade levels now through August 31st. Please bring your donations to the Welcome Desk of the Williams YMCA of Avery County and let them know it is for the Back To School Donations.



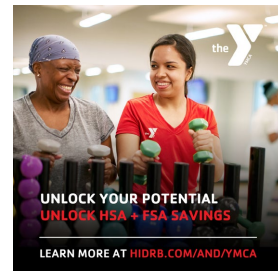
SPIRIT Program Returns this Fall

This program is for any child that wants to learn basic foundations of dance and tumbling. At the end of this program we will have a showcase in our Blackburn Athletic Facility. No dancing or tumbling experience necessary. There will be two different sessions this fall one for Pre-K -



Summer Camp Recap

Summer Camp ends on August 2nd! We have had a wonderful summer that included several field trips and lots of laughs! The kids learned about local and non-local plants and animals, how to tell the



New HSA/FSA Spending Option

We are excited to announce a partnership between Dr. B, a leading telehealth company, and the YMCA so that YMCA members can access HSA/FSA dollars for

If you have questions contact Sheila Bauer.

Email Sheila

Call Sheila

2nd grade and one for 3rd -6th grade! Registration is open now through the end of August.

Tell Me More

Pre-K - 2nd Grade Registration

3rd - 6th Grade Registration

difference in rocks, the different things meteorologists measure to gauge the weather, and so many other things that filled their summer with learning and fun. We are sad to say goodbye, but we are looking forward to our upcoming After School year!

managing their health outcomes. Dr. B's online platform provides health consultations for a wide range of common conditions (such as diabetes, high blood pressure, depression, heart disease and more) for just \$15. When you verify with your employer if you qualify, stop by the Welcome Desk at the YMCA to receive your upcoming payment receipts!

How Does This Work?



Avery County After School and Summer Camp Funding Renewed!

On July 16th, the Williams YMCA of Avery County was awarded three more years of funding from the 21st Century Community Learning Center (CCLC) program! With this funding the YMCA will be able to continue offering After School and Summer Camp to the K-5 students of Avery county at no cost. Partnering with Avery County Schools, we are excited to continue offering these programs and supporting the youth in our area. For more information about the CCLC program please [click here](#). To learn more about the Avery County After School and Summer Camp program visit our Youth Development webpage.

YMCA Youth Development Programs



Open Lifeguard Positions

Have you ever been or always wanted to be a lifeguard? Now's your opportunity! The Williams YMCA of Avery County is currently seeking those passionate about swimming and drowning prevention to be lifeguards. Applicants must be at least 15 years old. No previous experience required and certifications can be completed upon hiring. For more information please contact Faith Boyette

Email Faith

Call Faith



Reducing Our Fall Risks

Our Healthy Living programs have many physical, mental, and social benefits for adults in Avery County! Delay the Disease, Enhance Fitness, and Livestrong at the YMCA are three of the healthy living programs offered that not only help adults manage and improve their health but also greatly reduce fall risks. Check out the infographic showing the progress our 2024 participants have made!

For more information, please contact the Senior Program Director, Erin Spear, erins@ymcaavery.org

Fall Risks Infographic



Are You Ready for the Annual Remembering 9/11 Tower Climb Challenge?

In honor of the 343 first responders who made the ultimate sacrifice, help us remember them by participating in the 110-floor challenge (2,071 steps) on the stair stepper. This event will take place in early September! You may complete the challenge as an individual or recruit up to 4 others to participate as a team. This event is open to anyone. Can't use the stair stepper? Not a problem – walk or bike 0.8 miles instead! T-shirts will be available for purchase.

What's Happening in Mitchell



Mitchell County After School Restarts!

As summer winds down we are looking forward to another great year of After School! To learn more about the program use the button below to download the informational flyer.

Mitchell County After School Flyer



Second EnhanceFitness Program Nears the End!

The second offering of EnhanceFitness in Mitchell County, an hour program, offered three days per week focusing on low-impact cardio, strength and stretching for those living with arthritis or limited mobility is over half way through the 16 week program. Participants have increased the number of reps for each strength exercise and are starting to experience improvements in their balance and stamina. We are excited to see their progress throughout the program and in their post program assessments!



Look For Us in Mitchell

Mitchell Giving Gardens continues to have their harvest tables in August and we will be there also! Come by the community garden at Riverside Park to learn about our programs and other community resources as you pick through fresh and local produce.

Mitchell Giving Gardens Harvest Table August 30th from 5pm - 7pm at Riverside Park in Spruce Pine, we hope to see you there!



Mitchell YMCA Taking Shape

Construction on the Mitchell YMCA continues and we are so excited to see the Aquatics and Wellness Facility taking shape! Sincere thank you to the many hands and hearts that have brought us this far!

The top picture features the front of the YMCA. The bottom picture features the adjoining Aquatics Center.

Mark Your Calendars



August Group Exercise

Have You Tried DDPY Yet? Check out our newest class DDPY with instructor Lisa Isley! Classes will be available on Wednesday at 5:30pm and Thursday at 11:00am.



August Athletics

Fall Youth Soccer Registration Now Open!

This recreation soccer league is for any child ages 4-11 years of age, Pre-K through 5th grade. No



August Aquatics

K5 Swim Team Registration Open

Rising Kinders-Rising 5th graders are invited to register for our fall season!
When: September 2nd- November 22nd.
Register Today
[1 Day/ Week](#)

Download Avery
Group Exercise
Schedule

previous playing experience
required. [Visit our website](#) for
more information and to
register today!

[2 Days/ Week](#)

Download Mitchell
Group Exercise
Opportunities

Download Blackburn
Athletic Facility &
Fieldhouse Schedules

Download
Aquatics Schedule

Giving Back

Do you want to be part of the change and give back to the Avery and Mitchell County Communities? There are a variety of ways you can get involved with the Williams YMCA of Avery County!

Donate

Reinvest in the community through the programs and services offered by the YMCA, including drowning prevention programs, outreach services addressing social isolation and food insecurity, after school and summer camp programs that help youth find new and exciting ways to learn and connect with their peers, and Healthy Living programs that help those living with Chronic Diseases manage their symptoms.

Volunteer

Give the gift of your time and skills in programs that change the lives of children, teens, adults, families, and seniors.
Upcoming Volunteer Opportunities:

- Outreach - Home Visits with homebound seniors
- Athletics - Youth Soccer Coaches & Referees



Connect with us on:



Williams YMCA of Avery County | 436 Hospital Drive, PO Box 707 Linville, NC 28646

You received this because you are subscribed to emails from the Williams YMCA of Avery County.
[Manage Email Preferences](#)