



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Y STORY OF THE MONTH

Roxanne Mann is a firecracker: a burst of energy wherever she goes bringing joy and a light to all she meets. She embodies the idea of a beautiful sparkler on the 4th of July. You may recognize Roxanne from chatting in the front lobby, or on the pickleball court. You may have set up beside her in Body Pump, Group Active, or Spin Class, or know her as a Y volunteer. If you have not yet met Roxanne, let me introduce you!

Roxanne is a passionate advocate of a healthy lifestyle and has spent her lifetime working to improve the lives of those around her. Through her home YMCA, the J Douglas Williams YMCA, in Mary Lake, Florida, she has taught group exercise classes for 25 years, is an ACE-certified instructor, and is a Nutrition Coach, Health Coach, and Life Coach through the Health Coach Institute. Roxanne volunteers here at the Williams YMCA of Avery County seasonally when she is in the area, and we are excited to offer her Christian spin classes this summer. When asked what the Y means to her, Roxanne describes family, friendships, and relationships that have become lifelines for her, which hold joy and hope.



Roxanne shared that her life is much richer because of the relationships formed at her Ys, both here and in Florida. She feels thankful for opportunities to encourage and demonstrate long-lasting, faith-inspired changes that can come through the Christian values and principles embodied at the YMCA. Roxanne is a prayer warrior for everyone she meets and feels that the Y is a “dot-connector,” bringing people together through programs that build a healthy spirit, mind, and body for all. She is grateful for the mission and values the Y represents. She is a force of nature, an avid prayer, and someone who constantly encourages all, including her aging father-in-law whom she helps care for. Share a word, a workout, or just a smile in the lobby with Roxanne, and her passion for family, health and fitness, and the YMCA will also touch you. We are so happy she is a part of OUR own Y family!

## What's Happening in Avery



### Welcome to Adam and Dan!

We are excited to Welcome two new employees to our Leadership Team at the



### Gym A Remains Closed

The Blackburn Athletic Facility will host our Youth Summer Camp



### Summer Camp Fun

Summer Camp started on June 3rd! We had had so much fun these past few weeks. Our first field trip was on June 12th to the NC



### YMCA CLOSED

The Williams YMCA of Avery County will be closed Thursday July 4th, 2024 in observance

Williams YMCA of Avery County!  
**Dan Winters** is joining the team as our new Facilities Director. He will oversee all of the YMCA facilities and properties managements in Avery and Mitchell Counties.

**Adam Phillips** has been with the YMCA for about 2 years as a Wellness Coach and Personal Trainer. As of June 17th, 2024 Adam was promoted into the Wellness Coordinator position where he will oversee the Wellness Center, Personal Training and Group Exercise programs and services.

program from May 27th, 2024 through August 4th, 2024. As a result Gym A will be closed to the public this Summer. For additional updates about the Blackburn Athletic Facility please visit the Athletic page on our website.

[Athletics Webpage](#)

Arboretum where the kids got to explore the gardens and exhibits. We are looking forward to the rest of the summer and the other events and field trips we have planned.

of the Independence Day Holiday. If you have signed up for 24-hour access you will be able to access the Wellness Center. If you haven't signed up for 24-hour access, you can do so by stopping by our Membership desk during our staffed hours, M-F 5am-8pm and Saturday 8am-4pm.

[Learn More About 24/7 Access](#)



### Student Success

After School and Summer Camp programs make a difference for many students! Through the 21st Century Community Learning Centers 3-year grant we are able to offer After School and Summer Camp programming to Avery County K - 5 Students at no cost. Here's a look at the impact these programs have on our students and the community!

#### In the 22/23 - 23/24 School Years:

- 96% of students improved in engagement in their learning
- 23% of students improved from "non-proficient" to "proficient" in Math
- Over 32,000 meals were served
- 89.5% of parents have observed an improvement in their student's school



### Register For Fall Swim Team

We had so much fun with our Spring Swim Team that we are offering it again this Fall!

Fall Swim Team Registration opens July 15th, 2024 for all Kindergarten through Fifth graders. Our practices will be Mondays and/or Thursdays depending on how many days per week you register.

Members: \$100 for 1 day per week  
 OR  
 \$150 for 2 days per week.

Non-Members: \$150 for 1 day per week OR  
 \$200 for 2 days per week

This program will be offered September 2nd - November 22nd. To join the team please email Faith Boyette, Aquatics Director using the button below.



### Jimmy's Journey

Jimmy Ross has participated in many programs at the Williams YMCA, including Livestrong, Enhance Fitness, and Stretch Tone and Balance.

"The classes at the Williams YMCA truly add so much to my overall wellness. My energy is much improved. [My] Stamina, strength and balance as well as agility are much better than they were 4 months ago when I joined, thanks to all the staff here at the Y".



### Women on Weights (W.O.W.)

An introduction to weight lifting for women! W.O.W. is a small group training program to help women feel comfortable lifting weights. Strength training is important for a woman's bone and muscle development, yet many women don't know where to start. Learn proper exercise form and the fundamentals of weight lifting while getting a great workout! Our next session begins July 8th through the 31st and is held on Mondays and Wednesdays from 4-5 pm. The cost is \$60 for members, and \$80 for non-members plus includes access to the facility for the 8 weeks duration of the program. T-shirt include upon registration!

[Register Today!](#)

- performance
- Without the After School program 70% of parents do not know where their child would go or would be home alone after school.

Email Faith

## What's Happening in Mitchell



### Summer Experience for Teens

Come join us for a two-day Summer Youth to Youth Experience on July 22 and July 29th, 1:00-4:00 at the Mitchell Healthy Living Center! This program is offered in partnership with Appalachian Youth to Youth and Partners Aligned Towards Health (PATH).

What is the Youth To Youth Program?



### Time to Celebrate!

The Delay the Disease program for those living with Parkinson's Disease in Mitchell County, finished it's 2nd program session on 6/20/24. They met to celebrate the end of their 12 weeks of hard work at the riverside park! If you know someone living with Parkinson's or a similar neurological disease who might benefit from being a part of our group, meeting from 11 am-12 pm on Tuesdays and Thursdays, please contact Jessica Thomas, Healthy Living Director at Mitchell Healthy Living Center.

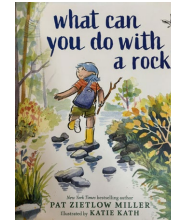
Register Today!



### Community Health Worker

Community Health Worker, Carlos Lopez will be tabling at Dig In's Harvest Share Market in Yancey County on July 3rd from 10 am - 12 pm. Carlos will also be participating in two of the Mitchell Giving Gardens Harvest Table events in Spruce Pine on July 12th and July 26 both from 5 pm - 7 pm

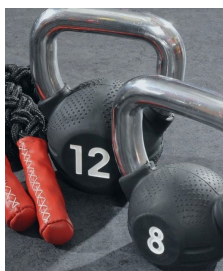
Come out to join the fun, learn more about the Y, and say hello to Carlos!



### July Story Trail Installation

This July we will be welcoming a new book to Riverside Story Trail! Come explore and move with 'What Can You Do with a Rock?' by Pat Zietlow Miller.

## Upcoming Events at Your YMCA



### Women On Weights

An introduction to weight lifting for women! W.O.W. is a small



### NEW Group Exercise Class

We are excited to announce a



### Outreach Hiking Group

Our next hike is approaching fast! This month we will be hiking on

group training program to help women feel comfortable lifting weights. Member Registration Fee: \$60 Non-YMCA Member Registration Fee: \$80

[Add to My Calendar](#)

new class in July! Lisa Isley will be teaching DDPY. DDPY workouts combine yoga positions, sports rehab therapy, old school calisthenics, and dynamic resistance. This workout is for all fitness levels and will strengthen muscles, ligaments and tendons while stabilizing core muscles, increasing flexibility, agility and balance. This class will be offered on Wednesdays at 5:30 pm and Thursdays at 11 am.

July 17th at a mystery location. We will meet at the YMCA at 12:30 pm to carpool or you can meet up us at the mystery location by emailing Sheila. Bring a lunch and a bottle of water along with your dog on a leash if you want. If you have any questions please let Sheila know!

[Email Sheila](#)

## Mark Your Calendars



### July Group Exercise

A NEW Spin class will start Monday mornings at 9am for the summer months with Roxanne Mann at the Avery location. Roxanne has many years of Group Exercise background and we are thankful to have her with us for the summer and early fall months!

[Download Avery Group Exercise Schedule](#)

[Download Mitchell Group Exercise Opportunities](#)



### July Athletics

Come and check out our Golf Simulators in our O'Connell Fieldhouse. You can make a reservation Monday - Friday 8am-12pm and 3pm-7pm or on Saturday from 8am-3pm.

[Download Blackburn Athletic Facility & Fieldhouse Schedules](#)



### July Aquatics

Summer Lap Lane Reservations will be moved down to two reservations per day instead of three reservations per day for month of July.

[Download Aquatics Schedule](#)

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](#)

