

STAY CONNECTED

GOLDSBORO FAMILY YMCA

1105 Parkway Dr, Goldsboro NC 27534

June | July 2019

www.GoldsboroYMCA.org | 919.778.8557

MEMBER ENGAGEMENT NEWSLETTER



Photo | YUSA

Gearing up for the best summer ever!

At the end of the summer, families want to hear their child had “the best summer ever.” To help make that happen, we are offering day camp, keeping kids and teens in Wayne County adventurous, active, engaged and healthy all summer long. YMCA camp programs offer youth fun and unique experiences with an opportunity to explore the outdoors, meet new friends, discover new interests and create memories that last a lifetime.

Summer is the ideal time for kids to get up, get out and explore. But for some kids, summer means no access to recreational and educational activities to help them learn, grow and thrive during out-of-school time. As a result, some kids can experience learning loss and gain weight twice as fast than during the school year. Attending summer camp is a wonderful opportunity for kids to keep their minds and bodies active.

It’s imperative that kids stay engaged socially, physically and academically throughout the summer. Summer camp is a wonderful way to ensure that. In our summer camp, kids are in a welcoming environment where they can belong, they’re building relationships, developing character and discovering their potential. We really encourage parents to give their kids the gift of camp to keep them active and engaged all summer long.

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ENJOY THIS NEWSLETTER?

Feel free to share this newsletter with anyone who you think may find it useful!

SEND US YOUR Y STORY!

**WE WANT TO KNOW HOW THE
Y HAS IMPACTED YOU!**

EMAIL US YOUR STORY AT
info@GoldsboroYMCA.org



C.H.A.N.G.E.

Commitment to Healthy Attitudes in Nutrition, Growth, & Education

SESSION BEGINS JULY 8 - AUGUST 29

***Space is available. Program information and registration at the front desk.

WHAT: Enjoyable, nutrition education, peer support, & weight management

WHEN: Tuesdays & Thursdays from 5:15-6:30pm

WHERE: The Goldsboro Family YMCA

Prior YMCA membership is NOT required. Session enrollment includes a family weekend pass. Scholarships and financial aid are available to qualifying families.

IN PARTNERSHIP WITH



DATES TO REMEMBER

- June 1 BINGO | 10:30am | Y-Brary
- June 5 Teens in Training
- June 7 BINGO | 10:30am | Y-Brary
- June 8 TRI the Y Family Fun Day
- June 14 Parents Night Out | Luau Party
- June 17 Summer Camp Begins!
- June 19 AOA Trip | Sylvan Heights Bird Park
- June 22 & 23 POOL CLOSED | Swim Meet
- July 3 Teens in Training
- July 4 Y CLOSED
- July 5 BINGO | 10:30am | Y-Brary
- July 8 CHANGE Program Begins
- July 12 AOA Luncheon | 12pm | Noon
- July 20 Walk to the Beach Challenge Ends
- July 24 AOA Trip | Raleighwood
- August 4 Y Family Olympics | 2-4pm

Every Wednesday Bible Study | 7 am | Y-Brary

SAFE SWIMMING SAVES LIVES

There are plenty of opportunities for your child to sign up for swim lessons this summer!

SESSION BEGIN:

- JUNE 3, 8 & 17
- JULY 8, 13 & 22
- AUGUST 5, 10 & 19



COMING THIS FALL RESILIENCE CONFIDENCE

Strength Train Together

STRENGTH TRAIN TOGETHER will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, this workout combines squats, lunges, presses and curls, with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat and push you to a personal best.

The Class You Pick, The Experience You Remember!



goldsboroyymca.org

SATURDAY JUNE 8

TRI The Y
FAMILY FUN DAY Featuring

the **Y**
YMCA

YOUTH TRIATHLON
SWIM • BIKE • RUN

7:30 AM

Must provide helmet, bike & shoes
Age Groups & Distance
Information Available Online

FOR YOUTH AGES 6 TO 18
TIMED EVENT & FINISHERS RECEIVE A MEDAL

Registration: \$25

More Info & Registration:
www.RunTheEast.org
Or GoldsboroYMCA.com

Healthy Kids Day®
10AM - 2PM

AWAKEN SUMMER IMAGINATION!
Saturday June 8

Free & open to the public! 1105 PARKWAY DR. GOLDSBORO, NC

SUMMER CAMP
JUNE 17-AUG 23

Week #1: Spirit Week
Week #2: STEM Week
Week #3: Baby You're a Firework
Week #4: Water Week
Week #5: Blast from the Past
Week #6: Color Run
Week #7: Growing Up Goldsboro
Week #8: Summer Olympics Games
Week #9: Going Green
Week #10: Walk Like an Egyptian

SCHOOL AGE CHILD CARE

Enroll for the 2019 - 2020
School Year!

www.GoldsboroYMCA.org

BEST SUMMER EVER®

REGISTER TODAY!

JUNE 17 THRU AUG 23

AGES 5-17

www.GoldsboroYMCA.org | 919.947.0124

the **Y**
YMCA

GOLDSBORO FAMILY YMCA
Preschool

AGES 2 - 5

- HELPING YOUR CHILD LEARN & THRIVE
- SAFE ENVIRONMENT & NUTRITIOUS LUNCH
- QUALITY CARE & ACADEMIC CURRICULUM
- OUTDOOR PLAY, ARTS & CRAFTS, AND MORE
- EDUCATIONAL PRESCHOOL GARDEN

We operate under the Y core values of Honesty, Respect, Responsibility and Caring, and want to instill those values into every child. Rates begin \$90/week for members and \$125/week for non-members for the September 1 school year.

CALL TODAY (919) 778-0016

www.GoldsboroYMCA.org | 900 S. Harding Drive, Goldsboro, NC 27534
[GoldsboroFamilyYMCA](https://www.facebook.com/GoldsboroFamilyYMCA) | info@GoldsboroYMCA.org

the **Y**
YMCA

GOLDSBORO FAMILY YMCA

YOUTH SOCCER
2019

Age 4 - 13 years old. Complimentary jersey, socks, and shorts provided.
SEASON STARTS END OF AUGUST

Registration: June 1 - August 1
Late fee applied after Aug. 1
Mobile App | www.GoldsboroYMCA.org | Front Desk

the **Y**
YMCA



FAMILY EVENTS!

Parent Night Out - June 14th

Join us for the next Parents Night Out! Get get to stay in at the Y while parents get a chance to have a night out! We will have a Luau Party! We will also have some crafts for the kids to make and take home to Dad for Fathers Day! Open and free for our Y members! Register by June 12. Space is limited!

Y Family Olympics - August 4th

On your marks, get set, go! Get your family ready because we are hosting our own Y Family Olympics August 4th from 2-4pm. Food will be provided! Let the games begin!

CONGRATS PRESCHOOL CLASS OF 2019!



WORDS TO LIVE BY



BIBLE STUDY

EVERY WEDNESDAY MORNING AT 7AM A BIBLE STUDY IS HELD IN THE Y-BRARY. FEEL FREE TO STOP IN AND ENJOY THE FELLOWSHIP!

LAP SWIMMERS

With the change to 50-meter lanes, half of the lanes are to be shared by YMCA members, Swim Team, and other programs. If you will be lap swimming, the times to avoid are Monday-Friday from 7-9am and 4:30-6:30pm. During these times, we only have 1 or 2 lanes available for lap swimmers/walkers. Thanks!

ANNUAL CAMPAIGN RECAP

Thank you to all of our superheroes who made contributions to the Y's Annual Support Campaign. With your help, we are able to make a difference in our community and the lives of others. Because of you, more kids will be able to go to camp, and more kids will learn to swim. The Y works hard to live its mission: To put Christian principles into practice through programs that build healthy spirit, mind, and body for all. While membership dues help keep our lights on, donations enable us to change lives in our communities. Thank you for joining for joining forces with the Y! If you would like to donate, please see our front desk or visit our website!