



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PROGRAM GUIDE
WINTER EDITION

FOR A BETTER US

GOLDSBORO FAMILY YMCA



VISIT US ONLINE!
WWW.GOLDSBOROYMCA.ORG

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FACILITY HOURS

Monday-Thursday	4:45 am - 10:00 pm
Friday	4:45 am - 9:00 pm
Saturday	7:00 am - 7:00 pm
Sunday	1:00 pm - 6:00 pm

**Gym, pool & Child Watch closes earlier than facility

POOL HOURS

Monday-Thursday	5:30 am - 9:00 pm
Friday	5:30 am - 8:30 pm
Saturday	7:30 am - 6:30 pm
Sunday	1:00 pm - 5:30 pm

HOLIDAYS

Christmas	Closed
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CONTACT US

Main Y Facility	(919) 778-8557
Afterschool/Camp	(919) 947-0124
Preschool	(919) 778-0016
Fax	(919) 778-8645

CONTACT THE Y STAFF!

Staff emails are on page 13 to ensure you connect with the right staff member for your needs!

MOBILE APP

Forget your membership card? Or what time Yoga starts? No worries! Download our Mobile App to always have that on the go! Apple | Android

MY Y EVENTS

HELP THE HUNGRY CHALLENGE

Get in on this motivational fitness challenge that begins in October and ends early December. Donated food items go to families during Christmas through the Y's Men Program.

Y'S MEN OUTREACH EVENT

The Y's Men Outreach Event is a way for you to help families in Wayne County this Christmas, and throughout the year.

FATHER DAUGHTER DANCE

An opportunity for dads or dad figures to bring their favorite girls out for a special date, at a High Tea themed event.

OUR MISSION

To put Christian principles into practice through programs that build a healthy spirit, mind, and body for all.

WHO WE ARE

The Y is the nation's leading non-profit organization committed to strengthening communities. We know that lasting personal and social change comes about when we all work together. That's why, at the Y, strengthening community is our cause. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

AREAS OF IMPACT

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

HEALTHY LIVING

Improving the nation's health and well-being.

SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors.

YOUTH DEVELOPMENT

YOUTH SPORTS, SWIM LESSONS

BASKETBALL

Registration opens in October for ages 4-15, with practices in December and games in January. Jersey and shorts are included.

\$70/Y Members
\$95/Program Participants

SPRING SOCCER

Registration opens in January for ages 4-13. Practices begin in March and games in April. Jersey, socks and shorts are included.



GET IN THE GAME

T-BALL/COACH PITCH

Registration opens in February. Ages 4-6 for T-Ball and 7-8 for Coach Pitch. Practices begin in March and games begin in April. Jersey + hat included.

PEE WEE SPORTS

A Parent/Child youth program for ages 3-6 years old to teach the fundamentals of basketball, T-ball and Soccer during a 6-week program. Registration in May and sessions begin in June.

FALL SOCCER

Registration opens in July for ages 4-13, with practices in August and games in September. Jersey, socks and shorts included.

SWIM LESSONS

NEW SESSIONS
HELD MONTHLY

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months-3 years
PARENT* & CHILD:
STAGES A-B



3 years-5 years
PRESCHOOL:
STAGES 1-4



6 years-12 years
SCHOOL AGE:
STAGES 1-6



13+ years
Adult Group
Lessons

All age groups are taught the same skills but divided according to their developmental milestones.

WHICH STAGE IS THE STUDENT READY FOR?

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

A / WATER
DISCOVERY

Will the student go underwater voluntarily?

NOT YET

B / WATER
EXPLORATION

Can the student do a front and back float on his or her own?

NOT YET

1 / WATER
ACCLIMATION

Can the student swim 10-15 yards on his or her front and back?

NOT YET

2 / WATER
MOVEMENT

Can the student swim 15 yards of front and back crawl?

NOT YET

3 / WATER
STAMINA

Can the student swim front crawl, back crawl across the pool and dive off a swim starting block?

NOT YET

4 / STROKE
INTRODUCTION

5&6 /PRE-
TEAM

PRESCHOOL: Y MEMBER \$65, PROGRAM PARTICIPANT \$105, **YOUTH:** Y MEMBER \$75, PROGRAM PARTICIPANT \$115. SCHEDULE IS AVAILABLE ON THE AQUATICS SECTION OF OUR WEBSITE, OR YOU MAY CONTACT THE FRONT DESK FOR MORE DETAILS.

YOUTH DEVELOPMENT

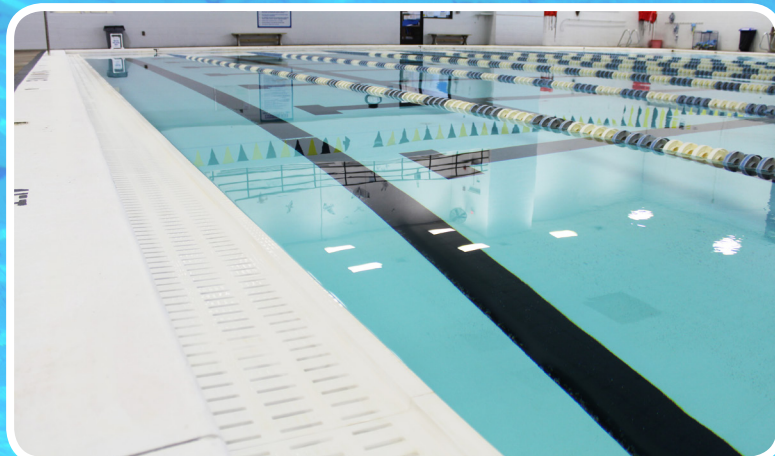
YOUTH AQUATICS, PARTY RENTALS



PARENT & CHILD SWIM LESSONS

Age 6 months to 36 months
8 class program helps children explore and adjust to a water environment with their parents. Both parent and child enter the water.

Y Member	\$65
Program Participant	\$105



COMPETITIVE AQUATICS

The Goldsboro Family YMCA Sharks (GOLD) are the premier swim team in Wayne County and Eastern North Carolina. We provide all youth the opportunity to participate in a year round competitive sports program. GOLD shares in the Y's mission to build a healthy spirit, mind, and body for all.

GOLD offers professional swimming instruction, training and competition. Our coaching staff places a strong emphasis on stroke technique, goal setting, time management, work ethic, and team loyalty. GOLD Swimming will teach, train, and empower swimmers to achieve their ultimate potential in and out of the water.

For more information on GOLD Swimming, please contact **Coach Barry Neville**, either by phone at 919-778-8557 or email at Barry.Neville@GoldsboroYMCA.org

SHARKS SWIMMING
GOLDSBORO YMCA



PARTY TIME!

Let the Y host your next event! A safe and fun setting for any type of gathering. Small family reunions, Girl or Boy Scout events, Church groups, and Birthday Parties. Parties are held at the pool or in the Multi-Purpose Room. Pool inflatables also available. \$50 Deposit required.

AVAILABLE POOL PARTY TIMES:

Fridays: 5-7pm Saturdays: 10am-12pm, 1-3pm & 4- 6pm
Sundays: 3-5pm

All pool parties are scheduled through Donavann Thornton and all other facility rentals are scheduled through Cynthia Oxendale.



Member Pool Party Rentals start at \$100 for up to 20 swimmers, and Guest Rentals at \$150.

Contact:
Donavann.Thornton@GoldsboroYMCA.org

YOUTH DEVELOPMENT

CHILDCARE, YOUTH WELLNESS

ONSITE CHILDCARE

Our Clubhouse provides Nursery and G.A.M.E.S. services for our valid family memberships. These programs provide short-term child care for children, while their parents participate in YMCA activities. Children are not permitted in exercise classes or to be left alone in the lobby, hallways, or program areas at any time.

Clubhouse Hours

(Ages 6 weeks old – Kindergarten)

Monday-Friday 8:00 am - 1:00 pm
4:00 pm - 8:00 pm (Fridays 7:30pm)
Saturday 8:30 am - 12:30 pm
Sunday 1:30 pm - 4:30 pm

Time Limit - 2 Hours

G.A.M.E.S. Hours

(Ages 6 years old (or 1st grade) – 12 years old)

Monday – Friday 4:00 pm - 7:00 pm
NO WEEKENDS

Time Limit – 2 hours

*Parents must read and sign a copy of the Rules & Regulations for their child to attend the Clubhouse.

THE DROP ZONE (For Household Members)

Drop children off during Clubhouse hours while offsite for up to four hours.

Up to 2 Hrs. \$10/child
Up to 4 Hrs. \$20/child

GOOD NEWS!

PARENTS NIGHT OUT

A NIGHT AWAY WHILE THE KIDS PLAY!

HELD MONTHLY

Free benefit for Household Members



YOUTH WELLNESS

TEENS IN TRAINING

Teens in Training is for teens ages 12-15 years old. Teens will learn how to properly use the equipment in the Wellness Center and learn about muscles and how they work with the body. This class meets the first Wednesday of every month at 6pm. Cost is \$10 and includes instruction and a test, which students must pass to use the Wellness Center without an adult present. Current dates are December 4th, February 5th and March 4th. There is a minimum class size, and registration numbers will be confirmed by the Monday prior to the class. Please register at the front desk.

GIRLS ON THE RUN/STRIDE

Running and character building are the focuses of this program for 3rd-5th graders. Girls on the Run is a volunteer-led afterschool program at various sites throughout our region. Participants meet twice a week and at the end of the program participate in a 5k race. Next sessions are September through November. Anyone interested in the program, setting up a site, or wanting to volunteer should contact [Jaclyn White](mailto:Jaclyn.White@GoldsboroYMCA.org) at Jaclyn.White@GoldsboroYMCA.org.

PRIMETIME

This program is for 12 year olds to use the Y facilities without a parent/guardian for up to two hours per day. Youth have access to fitness classes, swimming, basketball, the track, racquetball, and a wellness center orientation. Inquire with [Kati Lappin](mailto:Kati.Lappin@GoldsboroYMCA.org) at Kati.Lappin@GoldsboroYMCA.org for more information.

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

C.H.A.N.G.E. is a program dedicated to teaching kids and their families who struggle with weight issues how to achieve a healthier lifestyle. Participants (ages 6-16) experience a variety of activities to keep them moving, including ball games, fitness classes, swimming, skating and more! Stay tuned for session dates in the future. Sessions are held on T/Th from 5:15-6:30pm and include nutrition lessons weekly. Cost is \$50 for the 8-week program. Register your child at the Front Desk or contact [Jaclyn White](mailto:Jaclyn.White@GoldsboroYMCA.org) at Jaclyn.White@GoldsboroYMCA.org for more details.

YOUTH TRIATHLON

An exciting, fun opportunity for youth ages 6-18! Broken into age groups, 9 & under complete a 25 yard swim, 1 mile bike ride and 1/2 mile run. Ages 10-12 a 50 yard swim, 2 mile bike ride and 1 mile run. Lastly, ages 13-15 years and 16-18 years, a 75 yard swim, 5K bike ride and 2 mile run. Visit goldsboroyymca.org to participate at our next event!

YOUTH DEVELOPMENT

PRESCHOOL

PRESCHOOL LEARN. GROW. THRIVE.

ENROLL FOR THE UPCOMING SCHOOL YEAR!

We strive to provide an environment that will stimulate and nurture the development of your child. Along with the social element of attending with their peers, your child will receive academic exposure to pre-emergent reading, writing, math and science that promote kindergarten readiness. We also teach them our foundational principles of Caring, Honesty, Respect and Responsibility.

A day in the life of your child at the Y may include puppet shows, arts and crafts, outdoor play, field trips, swimming/water play, story time, naptime, dance and tumbling, and much more! Come visit us at 900 S Harding Drive and see for yourself our age appropriate classrooms, friendly staff, and our smiling children ages 2-5. Rate is \$110/week and includes a household YMCA membership.

For more information visit www.GoldsboroYMCA.org or call Alisa Oates at 919 778 0016 or email Alisa.Oates@GoldsboroYMCA.org

NOW OFFERING HOLIDAY & BREAK CAMPS | K-8 GRADE

Youth and Family Services will host Holiday and School Break Camps throughout the remainder of the year! This will include Holidays and Teacher Work Days.

The next camps are held on:
Christmas Break
(Dec. 23, 26, 27, 30, 31)
New Years - Jan. 2 & 3

Registration available now at the front desk and ONLINE!



For more information contact Aries.Brinson@GoldsboroYMCA.org
Visit www.GoldsboroYMCA.org

HEALTHY LIVING

AQUATICS, PERSONAL TRAINING

PRIVATE SWIMMING LESSONS

\$65 for 4 sessions

Custom swim program for ages 3 through adult. 30 minute sessions. Contact Donavann for more information at Donvann.Thornton@GoldsboroYMCA.org. Open to Members Only.

LIFEGUARDING

Looking for a great part-time job? Lifeguarding opportunities in the Wayne County area are abundant through the YMCA.

We offer lifeguard training classes throughout the year, and certify attendees in Lifeguarding, CPR and First Aid. Must be at least 15 years old to register.

Cost is \$200 for Y members and \$250 for participants. For minimum requirements and further information contact Donavann.Thornton@GoldsboroYMCA.org.



STRONGER TOGETHER

Achieving your goals with personal training.

PERSONAL TRAINING

Whether you are a beginner or an accomplished athlete you can increase your fitness performance and learn techniques that will help to prevent injuries and improve your overall fitness level. Our personal trainers will help you set up an individual, realistic and reasonable program designed with fun and effectiveness in mind.

Available for members only, during Y business hours. When you train with a Certified Personal Trainer, you will receive a personally designed program, along with the motivation you will need to succeed. Whether your goal is to lose weight, get stronger, improve your body composition or recover from an injury, personal training can help! For information contact Jaelyn.White@GoldsboroYMCA.org, register at the Front Desk or complete an interest form at www.GoldsboroYMCA.org.

"Having a personal trainer has been a wonderful experience for me because it has required a deeper commitment on my behalf, plus it has helped me with stress, weight, and most importantly, my heart."

"Hiring a personal trainer really promotes discipline!"



GROUP TRAINING

Bring a friend to push you!
(2-3 people. Price per person)

1 Hour
\$25

5 Hours
\$115

10 Hours
\$225

PRIVATE TRAINING

1 Hour
\$35

5 Hours
\$162.50

10 Hours
\$300

HEALTHY LIVING

GROUP EXERCISE CLASSES



KICKBOXING Full-body low-impact cardio conditioning workout including punches, knee lifts, and a variety of kicks.

LINE DANCING Not only is this fun, but it's a great way to exercise! No partner needed!

MIX IT UP A little bit of everything! Using body weight, light weights, exercise balls and more.

PILATES A core-centered workout that increases flexibility, improves posture and tones the body.

PIYO A high intensity, low-impact workout for a new kind of strong! Combines muscle-sculpting, core-firming benefits of pilates with the strength and the flexibility of flowing yoga moves.

POWER CUT Full-body strength training class that shapes and tones your body from head to toe using hand weights, medicine balls, body weight and much more!

AEROBICS CLASSES

BARRE Total body toning and sculpting using little-to-no weight and is great for any fitness level!

BOOM Combines cardio, strength, and endurance exercise with a fun mix of 60s-90s music. Regina offers modifications to make this class inclusive of all levels of fitness with high- or low-impact moves. Join the party and burn some calories!

CARDIO FUSION A fun cardio class that incorporates some dance moves and uses a variety of light weights and bands to songs that will make you want to move!

CARDIO GROOVE Groove your way into better health! This dance-based cardio class incorporates a wide variety of low-to-medium-impact aerobic moves to a variety of high-energy beats. Come join the dance party!

CARDIO MIX Enjoy a variety of cardio formats each week including aerobics, kickboxing, intervals, step drills, & tabata.

CYCLE Follow your instructor through a high-impact ride with climbs, sprints and more. ***Evening classes require a reservation by calling the front desk at 919.778.8557.*

DEEP RELAXATION Both physical and mental techniques are combined to ease the body/mind into a pleasant, refreshing state of deep relaxation.

H.I.I.T. Get shredded by burning fat and building muscle with this full-body workout that utilizes High Intensity Interval Training.



**RESILIENCE
CONFIDENCE**

Strength Train Together

SILVER SNEAKERS® Have fun with a variety of exercises designed to increase muscular strength, range of motion, and activities for daily living for older adults.

SILVER SNEAKERS® STABILITY Designed to help you become stronger and improve balance.

SILVER SNEAKERS® YOGA Designed to specifically target balance, range of movement, muscular endurance, restorative breathing and mind-body integration improvement.

STRETCH & TONE Low intensity, low impact class that gives you the cardio, strength training and stretching your body needs. Also good for anyone just starting out or just starting back.

TAI CHI Involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. This class is great for balance, strength, stress relief, sleep & more!

YOGA Gain strength, stamina, and balance as you control your mind, body, and breath through a series of poses and stretches.

- **YOGA 101** Intro class to yoga. Learn how poses work and pull it all together.
- **YOGA 2** Intermediate class where participants move from post to pose for a total workout.
- **CHAIR YOGA** Chair based class for active older adults.
- **SPECIAL POPULATIONS YOGA** A chair and mat-based class for those with physical and/or cognitive disabilities and their caregivers.

ZUMBA® “Ditch the Workout, Join the Party!®” while burning major calories with fun and easy to follow dance moves inspired by Latin, American, and International music.

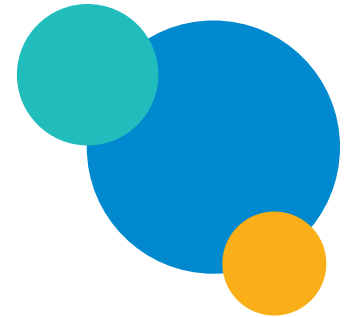
- **STRONG by ZUMBA** Combines muscle conditioning, cardio and plyometrics training synced to original music.
- **ZUMBA GOLD** Lower impact Zumba for heart health.
- **ZUMBA TONING** Adds resistance moves to tone and sculpt your muscles.

COMING SEPTEMBER...

STRENGTH TRAIN TOGETHER Maximizes your workout results within 60 minutes of impactful strength training. You'll get stronger while improving movement when you combine traditional strength training with functional exercises using an adjustable barbell, weights and body weight.

HEALTHY LIVING

GROUP EXERCISE CLASSES



AQUATICS CLASSES

AQUA DANCE Dance to the beat of the music in the water! Enjoy the fun of dancing with little or no impact on your joints in an exciting and invigorating aqua dancing class

AQUA ZUMBA® Aqua Zumba blends the Zumba philosophy with water resistance for one pool party you shouldn't miss! This class is perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercises to their fitness routine.

DEEP WATER VARIETY Incorporates high-intensity, non-impact strength and cardiovascular movements that provide one of the best forms of exercise.

GENTLE MOVES

A class formatted to suit the needs of people challenged with arthritis, fibromyalgia and joint problems. Participants need to be independently mobile.

H2O CARDIO

Come join the fun at the pool and get your heart healthy. Water aerobics set to lively music will keep you fit. You will burn fat while having fun with easy moves that will shape and sculpt you a whole new body. This workout may incorporate resistance tools such as buoyant water weights and noodles.

HEALTHY JOINTS Designed to help relieve the pain and stiffness caused by arthritis, while providing a fun, social opportunity. Not necessary to know how to swim for this shallow end class. Soothes pain & stiffness, increases mobility and improves overall balance.

WATER POWER

A shallow water aerobics class with low impact to knees, ankles and back. Great range of motion exercises and strength-building moves that are beneficial as well as fun.

HEALTHY LIVING

ACTIVE OLDER ADULTS, ACTIV TRAX, EQUIPMENT ORIENTATION, DIABETES PREVENTION

ACTIV TRAX

Activ Trax is another option to help you meet your fitness goals. The Wellness Center staff can help you get activated in the Activ Trax system. After your initial enrollment appointment, you will be able to print off personalized workouts to meet your goals. Members can also access the Activ Trax website for valuable resources on exercising and nutrition. Schedule your appointment at the Front Desk on the Touchscreen.

EQUIPMENT ORIENTATION

A FREE equipment orientation is offered to all members. These orientations include instruction to use the fitness equipment safely and effectively. Youth members 12-15 years old must go through this orientation before using the Wellness Center. Please see a Wellness Center Attendant for this free service. (Staff hours: M-F 6-12, 4-8; Sa: 8-1, 2-7; Su: 1:30-6)

DIABETES PREVENTION PROGRAM

1 in 3 adults have prediabetes, and only 10% are aware of it. We can help you lose weight, increase your physical activity and improve your health! Make a lasting change today! This one-year program is held every Thursday. For more information, contact Jaelyn at Jaelyn.White@GoldsboroYMCA.org. YMCA membership is not required for participation.

CALLING ALL ACTIVE OLDER ADULTS & SENIOR MEMBERS!

SILVERSNEAKERS®

SilverSneakers fitness programs are the nation's leading fitness programs designed exclusively for Active Older Adults. Participating in SilverSneakers classes improves: cardiovascular endurance, muscular strength and endurance, body composition, flexibility, speed, power, agility, and balance and coordination.

SENIOR LUNCHEONS

Join us for a monthly lunchtime, covered-dish celebration! Dates and times will be posted in the lobby and newsletter.

SENIOR TRIPS

Future trips and events will also be released in the newsletter and posted at the Front Desk.

BINGO/CHESS

Join us in the Y-brary 1st Fridays at 10:30am for BINGO, and 2nd & 4th Tuesdays at 5pm for Chess.

GET FIT & MAKE A DIFFERENCE
HELP THE HUNGRY FITNESS CHALLENGE
November 1 - December 31

GOLDSBORO FAMILY YMCA PRESENTS
GIVE CHRISTMAS AWAY
Y'S MEN OUTREACH EVENT
DEC. 8
Benefiting families in our community

BRING A FRIEND WEEK
DECEMBER 23rd - 31st **FOR FREE!**
Have friends & family visiting for the holidays? Bring them to workout with you at no charge!

SOCIAL RESPONSIBILITY

BIBLE STUDY & VOLUNTEERING

BIBLE STUDY

Join us every Wednesday morning at 7am in the Y-brary for coffee and bible study with fellow members!

VOLUNTEERING

Dedicated volunteers, members, staff and donors enable the Y to provide invaluable services and programming to thousands of Wayne County's children, families and individuals. Time and talent translates into helping a child, mentoring a teen or providing support.

Volunteers are at the very core of the YMCA movement. They coach Y youth sports programs, work at Y service centers, tutor kids, assist with special events and help guide our association as members of our Y's Board of Directors. Volunteers help create a safe and healthy environment for people of all ages and backgrounds.

As a YMCA volunteer, you can lead a program, serve as a role model for young people, help out in the office or at a special event, raise much needed funds, or be part of a group or committee working on a neighborhood issue. No matter how you help, you'll make a big difference as you work with others to create a feeling of unity in your community. Do something good. Volunteer at the Y.

Volunteer Opportunities at the Goldsboro Family YMCA include:

- Youth Sports Coach/Official
- Fitness/Aquatics Instructor
- Mentor for Older Youth
- Child Watch
- Front Desk Customer Service
- Tour Guide
- Special Events and Projects
- Board of Advisors
- Fundraisers
- Clerical/Office
- Wellness Center
- Afterschool



MAKE YOUR YEAR-END DONATIONS HERE!

As a 501(c)(3), donations to the Y are tax-deductible!



The holiday season allows us to reflect on what we are thankful for and, at the Y, we are most grateful for our friends and donors like you. The Y is the place for everyone in our community to belong, and your generous donations help us to remain relevant and available to all. Getting your donation in by December 31 also allows you to include this donation on your 2019 taxes. Stop by the front desk or visit www.goldsboroymca.org to make your contribution.

SAFETY

POLICIES/PROCEDURES, NEWSLETTER SIGNUP

INCLEMENT WEATHER POLICY

For your safety, staff will monitor weather and alert you if the facility is to close. When there's thunder and lightning, the pool closes until 30 minutes after the last sign of lightning, at the discretion of our staff. Download our Mobile App on your cell to be notified of any closures.

EMERGENCY PROCEDURES

EVACUATIONS

All emergency exits are clearly marked. Please familiarize yourself with their locations. Should an evacuation of the facility be required for any reason, follow the directions of YMCA staff to ensure a safe and orderly exit from the building.

FIRE ALARM

If the fire alarm sounds please:

- STOP all activity
- Follow evacuation procedures
- Follow direction from Y and Emergency Response Staff

INCIDENT REPORTS

In the event that first aid or corrective action is provided to you, or for you, the staff responding is required to ensure that proper documentation is provided for our records.

MEMBER RESPONSIBILITY

Members are expected to assist Y staff in the event of an emergency by following instructions from Y staff in order to resolve the situation as efficiently and safely as possible. Staff on Duty are staff designated to take a lead role in the daily operations of the facility and also in the event of an emergency. Please follow their direction.

MEMBER CODE OF CONDUCT

We ask individuals to behave in a manner that upholds the Y's core values of CARING, HONESTY, RESPECT, AND RESPONSIBILITY at all times when using the Y facilities or participating in Y programs. Failure to adhere to the Code of Conduct may result in suspension or termination of membership.

Actions that do not adhere to these guidelines and are not permitted include:

- wearing provocative attire or attire that includes vulgar or profane messaging
- using angry or vulgar language
- making physical contact with a person in an angry or threatening manner
- engaging in sexual activity or contact with another person
- harassment by means of language, gestures, body language, or menacing behavior
- stealing or destruction of property
- carrying or concealing any weapons, devices or objects which may be used as a weapon
- use of tobacco products, drugs, or alcohol
- refusing to adhere to staff requests
- using a camera in the locker rooms

STAY IN THE KNOW!

Here at the Y we have A LOT going on! So stay connected and informed by signing up for our bi-monthly newsletter. This way you'll never miss out on anything! Visit us at www.GoldsboroYMCA.org to sign up!

CONTACT

STAFF EMAILS

EMAIL

CHIEF EXECUTIVE OFFICER

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FAMILY ENGAGEMENT COORDINATOR

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HEALTH & WELLNESS COORDINATOR

Jaclyn.White@GoldsboroYMCA.org

YOUTH PROGRAM COORDINATOR

Rayshawn.Wellington@GoldsboroYMCA.org

PHONE

Front Desk Phone (919) 778-8557

Preschool Phone (919) 778-0016

Afterschool Care & Day Camp (919) 947-0124



Bruce Griffin
CEO

MEMBERSHIP

JOINING HAS BENEFITS

WELLNESS

Wellness Center & Free Weight Training Room

Featuring training equipment, free weights, and cardio machines to help improve muscle tone and/or build muscle mass. Members receive one orientation session with a staff member.

Triple Court Gymnasium

Join in a game of Pickleball or Basketball. Check the Front Desk for up to date schedules.

Indoor Track

Walk or run on the Y's indoor track located above the gymnasium. Track direction is posted.

Racquetball Court

We have racquets, balls and goggles at the Front Desk.

POOLS

An Olympic sized pool and a warm water pool are available. Family, Lap, Group Exercise and Recreational Swimming available in both pools. See current schedule in lobby for details.

GROUP FITNESS/AQUA GROUP FITNESS

People who participate in a group are more likely to achieve their fitness goals and stay active. Join in more than 90 free exercise and aquatic group classes offered on a weekly basis. Schedules are updated monthly, visit the Front Desk or goldsborymca.org for more details.

LOCKER ROOMS

The Men's and Women's Locker Rooms are equipped with lockers, showers, toilets and changing facilities. See the Front Desk regarding monthly locker rentals.

PROGRAM REWARDS

Members receive priority registration and special pricing on programs, child care and camp. Save even more by joining!



For a better us.™

ONSITE CHILDCARE

Household members have access to the Y's Child Watch facilities. See page 5 for details and schedules.

VOLUNTEERING

Volunteer opportunities are here! Research shows that volunteering can improve your health! Positions always available. See page 11 for more information.

FITNESS CENTER MEMBERSHIP

In addition to the above amenities, the Fitness Center Memberships include access to our deluxe locker rooms, which include a whirlpool jacuzzi, steam room, sauna, and towel service as well as showers, toilets and changing facilities.

MEMBERSHIP CATEGORIES

YOUTH: Any individual 13 - 17 years old

YOUNG ADULT: Any individual 18 - 26 years old

ADULT: Any individual 27 - 61 years old

SENIOR: Any individual 62+ years old

HOUSEHOLD: 1 - 3 Adults and all children under the age of 18; 24 if in college*.

*Must be able to present current college ID



MEMBERSHIP

INVESTMENT

WELLNESS MEMBERSHIP	AGES	MONTHLY DUES
YOUTH	13-17 YEARS	\$30
ADULT*	18 - 61 YEARS	\$35 - \$41
HOUSEHOLD*	SEE PAGE 14	\$65 - \$70
FITNESS CENTER	AGES	MONTHLY DUES
ADULT*	18 - 61 YEARS	\$45
HOUSEHOLD	SEE PAGE 14	\$75 - \$105

*Discounted Senior Memberships Available for ages 62+

METHODS OF PAYMENT

Monthly Membership Dues: Debited directly from a checking account. A \$30 Fee will be charged for insufficient funds.
One-Time Annual Payment: payable with Master Card, Visa, Discover, Cash and Checks. Please note there is a \$30 fee for all returned checks.

MONTHLY MEMBERSHIP

Upon joining your first payment is the first month's dues and the joining fee. Membership may be cancelled by giving written notice 30 days before your next draft. This is a continuous membership valid until cancelled by the member or payment returned by bank. Billing occurs monthly on the 4th.

NATIONWIDE MEMBERSHIP

Members of the Y are welcomed at all Y's nationwide for free! Be sure to utilize other Y's when traveling!

FINANCIAL ASSISTANCE

Since it is our intent that no one be denied membership or participation in programs because of an inability to pay, we offer financial assistance to those who qualify. Please complete a financial assistance form and attach proof of financial situation. Applications are available at the Front Desk and at goldsboroymca.org. All requests are kept confidential. For more information, contact the Front Desk at (919) 778-8557.



GUEST FEES & PRIVILEGES

Members are encourage to bring friends to enjoy the health benefits of the Y. Guests visiting a member of the Y may use a complimentary guest pass, or pay a nominal charge to use the facility.

Adult and Household membership will receive 5 guest passes per calendar year. Individuals can visit complimentary up to 5 visits/year.

Guests must complete the guest registration form when visiting the Y and have one form of ID for verification.

Ages 6+ years	\$10
Ages 6 weeks-5 years	No Charge

Non-Member guests may use the facility or attend a class at \$15 per person per day.

YMCA members under age 18 years are not permitted to bring guests. All guests under age 18 must use the General Locker Rooms.

YOUTH GUIDELINES

Children ages 15 and under may use the facility as long as their parents are in the building.

Children ages 12-15 must complete an equipment orientation and be supervised by a parent or guardian while using the Wellness Center equipment.

Children ages 12-15 must be enrolled in Prime Time to be in the facility without a parent or guardian. There is a two hour time limit per day. Membership card must be present to gain entrance into the facility.

Children ages 16-17 must complete an equipment orientation by Wellness Center Staff, and be with an adult while using the Weight Room.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GOLDSBORO FAMILY YMCA JANUARY PROMO PAY THE DAY!

JOIN FEE=THE DAY OF THE MONTH!

EXAMPLE:

Join on the 5th, pay \$5 join fee!
The sooner you sign up, the better!

JOIN TODAY!

Stop by our
front desk to
sign up!

GOLDSBORO FAMILY YMCA
1105 Parkway Drive
Goldsboro, NC 27534



goldsboroymca.org

