



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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August 2016

Members, Volunteers, Staff and Friends of the Cannon Memorial YMCA

More than a Gem

Thursday, October 13, 2016

5TH ANNUAL DIAMOND GIVEAWAY

Each ticket holder has an opportunity to win a pair of 0.75 total carat weight round brilliant cut diamond earrings, H-I in color and SI2-SI3 in clarity with a 14 KT white gold basket mounting and a 0.70 carat round brilliant cut solitaire pendant, H in color and SI1 in clarity with an 18" white gold chain set in a 14 KT white gold basket mounting to match. Appraised retail value: \$8,800.00. Thank you to Grimsley's Jewelry for their support of this event.

PROCEEDS

All proceeds from the GEM Event benefit the Annual Support Campaign and fund the Open Doors scholarship program. This program allows all to learn, grow and thrive at the Y regardless of ability to pay.

PURCHASE OPTIONS

\$800 = Includes table of 8 with dinner and 1 chance at the diamond set for each guest.

\$100 = 1 ticket, dinner and 1 chance at the diamond set

* Limited seats are available. Must be present to win.

For more information, please contact the Kannapolis Y at 704.939.9622.

SHARE THE HARVEST FARM



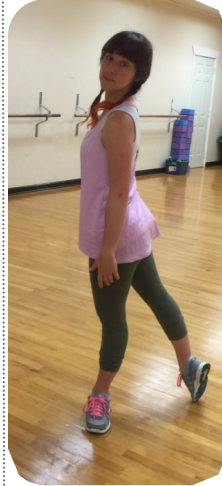
After years of planning, the YMCA Share the Harvest Community Farm planted the first edible crops on April 23. Harvest started on May 18 and as of July 24, over 2,700 lbs. of produce has been donated to Cooperative

Christian Ministry. The farm is on track to meet the first year goal of 7,500 lbs. A few more tomatoes along with a few more beans and some peas should take us to the 3,000 lb. mark. If all goes well, we are looking for 2,000 lbs. of butternut squash, 1,600 lbs. of sweet potatoes and 1,000 lbs. of cabbage. (The cabbage may be donated to Meals on Wheels, another partner for this effort.) We are also planting lettuce, collards, and carrots. Next year we will get started with early spring planting and our goal will be 10,000 lbs. for charity. If you want to be a part of the farm effort, the simplest way is to sign up for regular volunteer work days held on Wednesday and Saturday starting at 8am. Once school starts we will drop the Wednesday work day, but continue harvesting on Saturday until December. Sometimes we work until noon but the work is often done by 10am.

The farm also provides an educational experience. Recently a young girl saw a green bean plant for the first time in her life. It's a fact that nobody was born knowing what a green bean plant looks like and the farm is a good place to learn. Even some of us who are very knowledgeable about gardening have learned a few things!

Gardening Guru Goforth (David Goforth)

EMPLOYEE SPOTLIGHT



Julie Morrow, a West Cabarrus YMCA member for more than a year, is joining our team as the Dance Instructor for children two and half through ten years old. This Louisiana native moved to the Concord area ten years ago and is married with two young children.

Dancing since the age of two, Julie will bring her lifelong passion and enthusiasm for dance to her classes, which will be a mix of Jazz and Ballet with a modern twist. She hopes her classes will instill confidence and a healthy lifestyle in all of her students. "I want it to be a positive, nurturing environment where the kids feel confident and have good self-esteem," said Morrow. Her number one priority is to promote a healthy body image.

Four dance classes will be offered for toddlers and elementary school aged children. Participants in each age group will have the opportunity to learn dance skills while developing a healthy lifestyle.

Written by Caitlin Steel, YMCA Summer Intern

LOVE: THE HEART AND SOUL OF YOUR Y

It is a blessing to be working with the children at the West Cabarrus YMCA. I have always known that I wanted to work with children; even be a teacher. However, I had no idea how much I would love them until I became a Camp Counselor. They have really impacted my heart. I learn every day how to care, love and have fun from the children that God created.

Children carry a sense of adventure with them and their imaginations are so big. Each week of Summer Camp has a theme. Superhero week gave the campers the opportunity to be whoever or whatever they wanted to be while playing superhero games, which encouraged creativity - a vital part of life.

There are so many children here and so much love. A little girl in the Rising Stars group revealed to me a way to share the love. I banged my arm against the side of the pool while swimming. She saw what happened, swam over to me and prayed for me. I was so touched that a simple act of love and caring could affect me so greatly. My heart was filled with happiness and gratitude for this job.

I know that God led me to the West Cabarrus Y through a special friend for a reason. I love what I do and who I have become because of the children. I have learned so much about myself and look forward to work each day. The job can be challenging, but I would not trade it for anything in the world. I love pouring my heart and soul out to these children and they return the affection, which is the best reward. Each individual child is unique and has a story to tell, but the one thing they have in common is love.

By Camp Counselor "Daisy"





>> PROGRAMMING AT ITS BEST

FALL SPORTS



RECREATION SOCCER

Registration: July 18 – August 15
Season: September 6 – October 29
Ages: 3-15 years old



6TH - 8TH GRADE GIRLS VOLLEYBALL

Registration: July 18 – August 15
Season: September 6 – October 29
Ages: 6th-8th grade girls



FLAG FOOTBALL

Registration: July 18 – August 15
Season: September 6 – October 29
Ages: 5-14 years old



>> DATES TO REMEMBER...

Sunday, August 28, 2016

3rd Annual Kids Triathlon | 4pm start

The Y's 3rd Annual Kids Triathlon is a great opportunity to challenge yourself and stay active! The event is open to kids ages 5-14, no experience necessary. Registration going on NOW - August 28, 2016. For more information on prices visit www.cannonymca.org/events.

Saturday, September 24, 2016

7th Annual Pumpkin Roll 5k | 8am start

Saturday, September 24, 2016. Join us for a 3.1 Mile Run through Afton Village. Participants enjoy post-race food, chip timing, DJ entertainment, t-shirts and awards. All proceeds support the Annual Support Campaign.

KANNAPOLIS BRANCH REMINDERS

- ◆ Improve your skills and gain confidence during our fall Competitive Swim Training. This class is a great way for children to enhance their swimming skills between competitive seasons. Registration August 1 – August 14. Session begins August 16.
- ◆ If you missed out on summer swim lessons, no worries. We have sessions year-around. Check the website or stop by the Membership Desk for more information.
- ◆ Want to know what Personal Training is all about? Have questions about Personal Training? Enter to win a free 1 hour session with one of our Y Trainers. Entry forms will be available at the Membership Desk August 15 – August 28. Two winners will be announced on Monday, August 29.
- ◆ Group Exercise class updates: Check out the new schedule beginning August 1.

HARRISBURG HAPPENINGS

- ◆ Calling all KIDS! There's still time to join us for our FREE Summer Series for kids 6-12 years old. June 22– August 10. Kids Boot Camp and Yoga available.
- ◆ Tae Kwon Do classes beginning soon. Session: August 22 – November 23, Mondays & Wednesdays, 6:30-7:30PM. M | \$120 Non-M | \$180. Ages 5 and up. Register July 22 – August 31. *Sibling discount available.
- ◆ The Fall Dance program at the Harrisburg Y is growing. Registration for children ages 3 -10 is going on now. Session: August 29 – December 16. M | \$90 Non-M | \$135. Choose from Preschool Ballet, Modern/Lyrical, Hip Hop, Cheer/Tumble and Tap.
- ◆ Come join our Harrisburg Y crafting community! Bring your scrapbooking, knitting, coloring or any other portable craft beginning Thursday, July 28 from 1-2:30PM. We will meet in the Y Character Room to relax and enjoy fellowship while being creative. Crafters meet every other Thursday. Free for Members and Non-Members.
- ◆ Save the date! Back-to-School themed Parents' Night Out on Friday, August 19, 5:30-8:30pm. Enjoy a night out while kids play, make friends, eat dinner and have fun. M | \$14 Non-M | \$20. Register August 1– August 18. *Sibling discount available.
- ◆ Girls on the Run is back! Registration: August 26 - September 6 at www.gotrcharlotte.org. Program is available for all girls grades 3rd-5th. Session dates: September 19 - December 3. Cost: \$160. *Financial assistance is available through Girls on the Run.
- ◆ Want to know what Personal Training is all about? Have questions about Personal Training? Enter to win a free 1 hour session with one of our Y Trainers. Entry forms will be available at the Membership Desk August 15– August 28. Two winners will be announced on Monday, August 29.
- ◆ Group exercise class updates: Check out the new schedule beginning August 1.
- ◆ We are excited to provide Dave Ramsey's financial planning classes beginning Saturday, September 3 – November 5 from 9:30 – 11:00am. Register today online at CannonYMCA.org or stop by the Membership Desk at any of the Cannon Y locations. Cost: \$99. Available to Members and Non-Members.

>> AOA EVENTS

KANNAPOLIS YMCA

Lunch & Learn:

Thursday, August 4, 11:30am
End of Summer Social

Prayer Breakfast:

Thursday, August 18, 9am
Join us for a great meal and fellowship.

Senior Dances: 7-10pm | \$5 at the door

Friday, August 12 | Emeralds
Friday, August 26 | Second Time Around
*Beach Party

WEST CABARRUS YMCA

Events coming back in September. Please keep an eye out for flyers.

WEST CABARRUS BRANCH: Keeping you in the loop!

- ◆ Parents' Night Out--Friday, August 12, 6-9pm. Kids will enjoy an evening of Alvin and the Chipmunks-themed activities that include games, crafts, dinner and a showing of the movie Alvin and the Chipmunks. Registration ends Tuesday, August 9.
- ◆ Registration extended to August 10. Combo Ballet/Modern Jazz Dance Classes are designed to enhance fine and gross motor skills as well as cultivate imagination, creativity and social development in a caring environment. Students will grow and develop as they learn the fundamental vocabulary and skills associated with dance. Cost M \$75 | Non-M \$112. Ages 2 ½ to 10. Session dates August 16 to November 3, Day and time vary by age.
- ◆ Are you the parent of a homeschooler looking for physical activities for your child? Don't miss out on this great program. Homeschool PE begins September 7. Register now.
- ◆ Tae Kwon Do registration starts August 1 for ages 5-16. Fall session runs September 8 through December 7.

>> ASK OUR EXPERT

Stop by and see Erin Coggins, Registered Nurse with Carolinas HealthCare System, to discuss any health related questions and to learn more about the wellness services offered through the Cannon Memorial YMCA and CHS partnership. This is a FREE event.

Kannapolis:
August 8 from 9am-11am

Harrisburg:
August 10 from 9am - 11am

West Cabarrus:
August 18 from 9am-11am