



# STAY CONNECTED.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

July 2016

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

## GETTING CLOSER EVERY DAY

Many in our community struggle to find an affordable place to:

GOAL: \$197,953

- ◆ Receive safe after school care
- ◆ Experience youth sports
- ◆ Find encouragement for healthy eating
- ◆ Remain physically active at any age
- ◆ Learn skills and make friendships in summer camp

\$141,940

When you give to the Y, you continue to strengthen our community and move us all forward. To give your support, visit [www.cannonymca.org/support/give](http://www.cannonymca.org/support/give) or stop by the Membership Desk at any of our three locations.



## THANK YOU

Many thanks to our sponsors and players who helped us raise \$17,401 for our 2016 Annual Support Campaign. We're already looking forward to next year!

### S&D Coffee and Tea

Afton Tavern

Shoe Show Incorporated

Dick's Sporting Goods

Huber Engineered Woods

K-Town Roofing, LLC

Customer Support Systems

Two Minds Group

Coca-Cola Bottling Co

SunTrust

Union Street Bistro

Toyota of Concord

Martin Marietta Materials, Inc

Sysco Food Services of Charlotte

Acoustic Measures by Bob Trice

Cabarrus Country Club

Deals Glass Services

## THE CANNON MEMORIAL YMCA WILL BE CLOSED ON INDEPENDENCE DAY MONDAY, JULY 4, 2016.

Thanks to all those who defend our nation. We celebrate your service and commitment to keeping our country safe and free. We will reopen on Tuesday, July 5, with regular business hours.

## THE Y: WHERE FRIENDSHIPS ARE MADE



This comical pair can be seen around the gym most days. Cohorts in fun, the two veterans have made a name for themselves, constantly joking with anyone lucky enough to be nearby. Whether they are working the room or working out, those who encounter this dynamic duo are sure to start their day with a smile.

Harry Turner served three years as an active Marine, was a reservist for an additional five and has been a member of the West Cabarrus YMCA for nine years. G.W. served in the Navy for 20 years and has been a member for three years. Both men served in the United States Military. Their different branches, Marines vs. Navy, leads to some intense sparring between the two. All in good fun! If not for the YMCA, their paths may never have crossed.

Turner and G.W. attribute their friendship to the YMCA. "We have almost like a family atmosphere here at the Y," said G.W. A friendship sparked between them three years ago and has been a positive experience for both them and fellow members. "We like to kid with one another, and others" said Turner, with a chuckle. "We're always doing something." They entertain, encourage and inspire. People like this are what forms the core of the YMCA community.

-Caitlin Steel, intern for Cannon Y

## EMPLOYEE SPOTLIGHT



My name is Tara Larish and I am the new Aquatics Coordinator at the West Cabarrus Branch. I recently moved here from Minnesota where I was an Aquatics Coordinator for almost 2 years. I really enjoy seeing the children's confidence grow as they swim during our open swim or through programs such as swim lessons. I am thankful to join such a great team and excited about our aquatics program.

## WHERE KIDS PLAY TO LEARN AFTER SCHOOL | 2016 - 2017 SCHOOL YEAR REGISTRATION GOING ON NOW!!!

### FOR MORE INFORMATION

#### KANNAPOLIS YMCA

Jami Eager  
704.939.9622 x737  
jeager@cannonymca.org

#### WEST CABARRUS

Jeremy Cawley  
704.795.9622 x220  
jcawley@cannonymca.org



### >> FOR YOUTH DEVELOPMENT

#### SUMMER SPRINT SWIM LESSONS

Session 9: July 11 - July 21

Registration going on now.

Session 10: July 25 - August 4

Registration: M | July 5 - July 20

Non-M | July 11 - July 20

Ages: 6 months - Adult

#### FALL SPORTS

##### RECREATION SOCCER



Registration: July 18 - August 15

Season: September 6 - October 29

Ages: 3 - 15 years old

##### FLAG FOOTBALL



Registration: July 18 - August 15

Season: September 6 - October 29

Ages: 5 - 14 years old

##### GIRLS VOLLEYBALL



Registration: July 18 - August 15

Season: September 6 - October 29

Ages: 6th - 8th grade girls

For more information or to register for programming, please visit [www.cannonymca.org](http://www.cannonymca.org) or stop by the Membership Desk at one of our three locations.

### WEST CABARRUS BRANCH: Keeping you in the loop!

- ◆ Nutritional Workshop, "Tips for Achieving & Maintaining a Healthy Weight" Wednesday, July 6 \*10:30-11:30am Conference Room (\*limited seating), 6:30-7:30pm Williams Room. Sign up at the 2<sup>nd</sup> Floor Courtesy Counter.
- ◆ We are proud to announce Toastmasters will be meeting at our West Cabarrus branch beginning Thursday, July 19, 6:30-8:30pm in the Williams Room. Free and open to the public! Toastmasters is a non-profit organization which through public speaking seminars helps you develop leadership skills.
- ◆ 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. Registration runs through August 5. Cost: M \$75 | Non-M \$112. Ages 2 ½ to 10. Session dates: August 16 to November 3. Day and time vary by age.

### HARRISBURG HAPPENINGS:

- ◆ Summer Camp has started out with a BANG! Register your child today for Camp Pinnacle 2016. Swimming, games, arts & crafts, field trips and much more! Weekly fee: M | \$140 Non-M | \$205. Hours: 7am-6pm. More information and registration forms available at [CannonYMCA.org](http://CannonYMCA.org). Camp location: Covenant Church | Harrisburg.
- ◆ Calling all KIDS! Join us for a FREE Summer Series for kids 6-12 years old. June 22- August 10. Kids Boot Camp and Yoga available.
- ◆ Tae Kwon Do Camp, July 18 - 22! Ages 5 and up. Monday- Friday, 10:30-12PM. M | \$40 Non-M | \$60. Register July 1-18. \*Sibling discount available.
- ◆ Summer Mini Dance Camp, August 1-4. M | \$80 Non-M | \$120. Registration going on now.
- ◆ The Fall Dance program at the Harrisburg Y is growing. Registration for children ages 3-10 begins July 15. Session runs August 29 - December 16. M | \$90 Non-M | \$135. Choose from Preschool Ballet, Modern/Lyrical, Hip Hop, Cheer/Tumble and Tap.
- ◆ Join Leslie Thompson, Registered Dietitian for a Nutrition and Wellness Seminar discussing her top tips for achieving and maintaining a healthy weight. Tuesday, July 19, 10:30-11:30am. Harrisburg Y Character Room.
- ◆ Save the date for the 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.
- ◆ Check out the Harrisburg Y Facebook page for videos of group exercise classes, Tuesday Tips from the Trainers and the most up-to-date information about all the exciting things happening at the Y! Do you have the Cannon Memorial Y App? Download it today to have group schedules and updates in the palm of your hand!

### >> AOA EVENTS

#### KANNAPOLIS YMCA

##### Lunch & Learn:

Thursday, July 7, 11:30am  
Kannapolis Fire Department

##### Prayer Breakfast:

Thursday, July 21, 9am  
Join us for a great meal and fellowship.

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

Friday, July 8 with Second Time Around  
Friday, July 22 with Dixie Sundown

#### WEST CABARRUS YMCA

We are taking the summer off. Keep an eye out this fall for our upcoming programming.

### KANNAPOLIS BRANCH REMINDERS

- ◆ Camps and other outside groups are using the pool throughout the summer. We ask everyone to be respectful and caring of others during this busy swim season.
- ◆ Nutritional Workshop, "Tips for Achieving & Maintaining a Healthy Weight." Tuesday, July 26 \*Kannapolis Multi-Purpose Room. Sign up at the Membership Desk.
- ◆ We are so excited to be one of the host sites for the Kannapolis City Schools Summer Feeding Program. June 20 - August 4, children ages 18 and under are able to get a free hot lunch at the Kannapolis YMCA - Multi-Purpose Room from 11:30am-1pm. \*Lunch is served Monday - Thursday only. Contact Jami Eager with questions 704.939.9622 ext. 737.