



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STAY CONNECTED.

June 2016

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

2016 - 2017 AFTER SCHOOL

Learning doesn't end when the last school bell rings. The way your children spend their time after school makes a big difference in their growth and your family-life balance.

At the Y, kids get moving and use their imaginations, allowing them to explore who they are and what they can achieve. They learn to respect themselves and others as they work out differences and make lasting friendships. Caring counselors lend a hand with homework, allowing for quality family time at home.

REGISTER NOW - June 13 with NO REGISTRATION FEE.

REGISTRATION FEE of \$30/per child begins on June 14.

CONTACT Jami Eager at Kannapolis for more information at 704.939.9622 ext. 737 or jeager@cannonymca.org.

CONTACT Jeremy Cawley at West Cabarrus for more information at 704.795.9622 ext. 222 or jcawley@cannonymca.org.



EMPLOYEE SPOTLIGHT

My name is Rhoda Waters and I have been a Personal Trainer for 3 years. I have several certifications in Sports Nutrition, Yoga, Group Exercise, Cross Fit, Maximum Interval Training and SilverSneakers just to name a few. My hobbies include, weight training, running, biking and competing but most of all spending time with my wonderful husband, granddaughters and children. I am a member of the National Physique Committee of North Carolina. I have competed in several Master bikini shows and have placed in the top 5 three times making me a National qualifier for the Sport.



Rhoda Waters
Kannapolis YMCA
Fitness Coordinator

My expertise include, weight loss and focusing on a healthy lifestyle through nutrition. I also pride myself on creating specific routines for a diverse group of individuals. I especially enjoy making workouts interesting and challenging so that you have fun while staying interested and focused.

Personal note: I believe that anyone can improve their fitness level no matter what their physical conditions may be. I also believe that workouts that are functional and complement your lifestyle will make daily life more enjoyable and will improve your quality of life.

I am truly grateful for this time and season in my life. Thank you for this opportunity .

FATHER'S DAY

was founded at the YMCA in Spokane, Washington, in 1910 by Sonora Smart Dodd. Sonora was given credit for the holiday's creation because she was the driving force establishing an event to complement Mother's Day.



BREAK UP THE ROUTINE STARTING IN JUNE KANNAPOLIS YMCA

- >Barre - Mondays at 10am with Katie
- >HEAT - Tuesdays at 5:45pm with Michelle
- >Box & Burn - Thursdays at 7:15pm with Michelle

WELCOME TO THE TEAM!

- >Taryn Hare teaches Pump & Tone Monday mornings at 9am and HIIT Wednesday mornings at 9am. Join us for a fun and challenging workout!
- >Katie Williams teaches Barre Monday mornings at 10am. Join us to build core strength and gain better balance in this fun and challenging work out!

WEST CABARRUS YMCA

- >Cardio & Strength - Mondays at 5:30am with Jamie

HARRISBURG YMCA

- >Chisel - Thursdays at 5:45pm with Meredith
- Chisel is an intense weight training class that takes you through compound movements to develop muscular strength and endurance while emphasizing core activation.

WELCOME TO THE TEAM!

- >Ann Gibson will be joining our Harrisburg team for Thursday 8:30am Cycle. Please help me welcome her to our team.

IT'S NOT TOO LATE

Everything we do here at camp - every activity we lead, every decision we make, every policy we apply - is guided by the firm belief that we are responsible for the children we lead. We are responsible for showing them how to be honest, caring and respectful. We do everything in our power to provide them with a fun and safe camp experience. We offer opportunities for young people to try new things, learn, grow and make friendships that last forever.

SUMMER CAMP REGISTRATION STILL AVAILABLE!

Kannapolis • Harrisburg • West Cabarrus



>> DIVE INTO SUMMER

SATURDAY

K Session 7: June 4 - July 16

Registration:

M: May 21 - June 3

Non-M: May 28 - June 3

Cost:

Parent/Child & Preschool (30min)

M \$30 | Non-M \$45

WEEKDAY (K AND WC)

Session 8: June 20 - June 30

Registration:

M: May 30 - June 15

Non-M: June 6 - June 15

Cost:

Parent/Child & Preschool (30min)

M \$30 | Non-M \$45

WC Session 7: June 11 - July 23

Registration:

M: May 14 - June 6

Non-M: May 23 - June 6

Youth & Adult (45min)

M \$40 | Non-M \$60

Session 9: July 11 - July 21

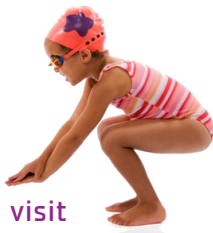
Registration:

M: June 20 - July 6

Non-M: June 27 - July 6

Youth & Adult (45min)

M \$40 | Non-M \$60



For more information or to register for programs, please visit www.cannonymca.org or stop by the Membership Desk at any of our three locations.

HARRISBURG HAPPENINGS

- Members are enjoying the new equipment at the Harrisburg Branch. We have added new Precor P30 treadmills and two stair climbers, all with individual TVs. Come try them out today. Refer a friend who becomes a member and receive a FREE month of membership!
- War Room Bible Study: Wednesdays, June 15-August 17, 10-11:30am. Prayer is a powerful weapon. Come explore the battle plan! Contact Jeanna Willix to register: Jwillix@cannonymca.org or call 704.454.7800. Available to Members and Non-Members.
- Register today for the Surf's Up Parents' Night Out. Friday, June 17, 5:30-8:30pm. Enjoy a night out while kids play, make friends, eat dinner and have fun. Kids will make a sandy craft and watch Surf's Up. M | \$14 NM | \$20. Register June 1- June 15. *Sibling discount available.
- Calling all KIDS! Join us for a FREE Summer Series for kids 6-12 years old. June 22- August 10. Stay tuned for specific dates and times.
- Preschool Princess Camp, June 6-9. Tumble Camp (Partnering with Impact One Allstars), July 11-15. Dance Camp, August 1-4. Registration going on now. Mini camps will take place at the Harrisburg Y Branch.
- Annual Support Campaign Update: Thank you to all who have participated in our campaign efforts by making a monetary gift, attending one of our special fundraiser classes or by trying your luck with the basket raffle. We have had great success with each event. The gifts received will ensure that we can continue to create opportunities that provide lasting impact in the community by helping us reach more people through life-changing programs and services. We are at 59% of our goal. We still need YOU! Please stop by the Membership Desk to make a gift or click the "make a donation" tab at CannonYMCA.org. #BetterTogether

WEST CABARRUS BRANCH: Keeping you in the loop!

- Lap Pool will close at 4pm for Blue Dolphins Intrasquad meet on Friday, June 3.
- Both pools, the sauna, steam room and whirl pool will close at 4pm for swim meets on Wednesday-June 8, Tuesday-June 21 and Tuesday-June 28.
- Summer Flag Football and Soccer Clinics. Registration from May 5 to June 13. Ages 5 to 14 Flag Football. Ages 3 to 14 Soccer. \$40 member | \$60 non-member. Clinic runs from June 20 to July 21. Clinics run every Monday and Thursday, June 20-July 21. No clinics the week of July 4.
- Parents' Night Out, Friday, June 10, 6-9pm. Kids will enjoy an evening of Under the Sea themed activities that include games, crafts, dinner, and a showing of the movie The Little Mermaid. Registration ends Tuesday, June 7.

>> AOA EVENTS

KANNAPOLIS YMCA

Lunch & Learn:

Thursday, June 2 at 11:30am

Learn about France!

Prayer Breakfast:

Thursday, June 16 at 9am

Join us for a great meal and fellowship.

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

Friday, June 10 with Second Time Around

Friday, June 24 with Emeralds

WEST CABARRUS YMCA

Book Club:

Thursday, June 14 at 9:30 - 11:30am

We will discuss My Beloved World by Sonia Sotomayor.

Crafting Club:

Taking a break for the summer. Club will meet again in September.

KANNAPOLIS NEWS

- The pool will close June 14 and 21 at 4:30pm for our Kannapolis Seals Swim Team swim meets. We apologize for any inconvenience and thank you for your understanding.
- Camps and other outside Groups: We will have several groups using the pool throughout the summer. We ask everyone to be respectful and caring of others and our limited pool space as we move into a busy swim season.
- Storm Policy: The pool will be closed for 30 minutes from the last audible thunder and/or visible lightning.
- Looking for something for your teenager to do this summer? Well look no further, we have just what you need. Kannapolis is offering Teen Summer Camps this year! Everything from Leaders in Training, Softball camp, Safe Sitter camp and MORE. Stop by the Membership Desk to register or for more information visit our website at www.cannonymca.org.

POWER OF PLANTS

Celebrate Fresh Fruit and Vegetable Month this June with a nutrition seminar from our Registered Dietitian! We all know fruits and vegetables are important for good health, yet most of us still don't get enough of them. Learn about the health benefits and disease fighting properties of fruits and vegetables and strategies to incorporate more plant foods in your diet.

WEST CABARRUS

Wednesday, June 1

10:30-11:30am & 6:30-7:30pm

HARRISBURG

Tuesday, June 7

9:30-10:30am

KANNAPOLIS

Thursday, June 23

10:30-11:30am