



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STAY CONNECTED.



April 2016

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

THANK YOU VOLUNTEERS!

National Volunteer Appreciation
April 10 - April 16

We are grateful for our many volunteers. In 2015, 847 Cannon Y volunteers logged over 9,700 hours. We couldn't do it without you! You are changing our community one smile, one story read, one "this is how you dribble the ball", one window cleaned at a time. **THANK YOU!**

CANNON Y 17th ANNUAL GOLF TOURNAMENT

DETAILS:

Monday, June 6.
Cabarrus Country Club.
Check-in is at 10am.
11am-Shot gun start and lunch on the Course.
Dinner and lunch will be catered.



FOR MORE INFORMATION:

Debbie Owens, 704.933.9622, ext. 617
dowens@cannonymca.org

SUMMER DAY CAMP REGISTRATION GOING ON NOW!

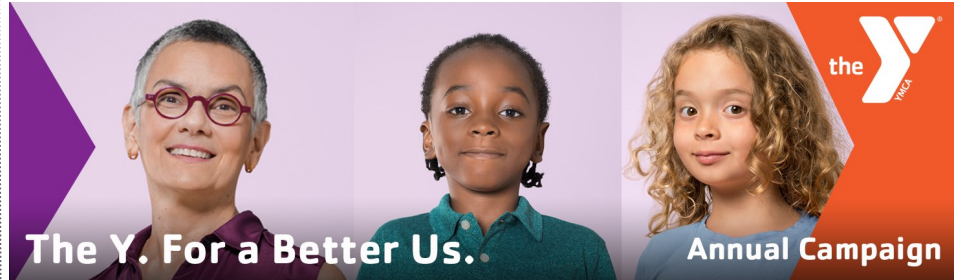
REGISTRATION FEES: Due at time of registration
\$30 | Per child *waived now - April 4th
\$25 Non-refundable deposit | Per week/child
WEEKLY FEES: Vary by branch. Please contact your local YMCA for more information.



**KANNAPOLIS YMCA
CAMP CONNECTIONS**
JAMI EAGER
704.939.9622 x 737
jeager@cannonymca.org

**WEST CABARRUS YMCA
CAMP HORIZONS**
RYAN WEBER
704.795.9622 x 222
rweber@cannonymc.org

**HARRISBURG YMCA
CAMP PINNACLE**
JEANNA LAZARO-WILLIX
704.454.7800 x 320
jlazaro@cannonymca.org



The Y. For a Better Us.

Annual Campaign

HEALTHY KIDS DAY IS HERE!

COOL

HARRISBURG

April 9, 2016 8am - 10am

KANNAPOLIS

April 30, 2016 9:30am - 11:30am

WEST CABARRUS

May 7, 2016 10am - 12pm

DO YOU KNOW WHAT YOUR Y DOES FOR YOUR COMMUNITY?

One out of every twenty members who walks through the branches of a Cannon YMCA is receiving some type of financial assistance through our Open Doors scholarship program. The member could be a single parent, a teen who cannot afford a membership and needs a safe place to hang out and have fun, an active older adult on a fixed income, or someone like "Jeff" who once was between jobs.

"We are charter members at West and one day I was laid off. We could no longer afford the family membership, but we also couldn't afford to 'not' have a membership. Our family needed to still be able to come. Being able to lift weights and play basketball when I was stressed out and worrying about finding a new job, kept me sane. It made me and my wife stronger. It kept my family together," said Jeff.

It's part of the Ys mission to help all regardless of their ability to pay. Cannon YMCA is able to provide membership and program assistance to members like "Jeff", thanks to those who give to our Annual Support Campaign for scholarships. Last year Cannon Y gave over \$350,000 in scholarships to those in need. "We actually gave away more than we raised. But I've seen first-hand people who has benefitted and how it has changed their life," says Marc Niblock, campaign chairperson.

"All of the money raised is used to help others. Membership fees go towards operating expenses and keeping the lights on. Campaign money helps our neighbors, our relatives, our friends, our community," said Ron Davis, CEO of Cannon YMCA. This year's goal is \$197,953. To make a donation, please stop by the membership desk at any of our three Cannon Y branches.

**Those who apply for the Open Doors scholarship must demonstrate financial need, so income statements are required. The process is confidential.



>> PROGRAMMING AT ITS BEST

SATURDAY SWIM LESSONS



Session 6: Apr 16 – May 21
 Registration: M | Mar 26 – Apr 11
 Non-M | Apr 2 – Apr 11
 Ages: 6 months – Adult

For more information or to register for programming, please visit www.cannonymca.org or stop by the membership desk at one of our three locations.

EMPLOYEE SPOTLIGHT



ABBY MANNING | HARRISBURG GROUP X INSTRUCTOR

"I love working at the Y! It is such a welcoming place to go. The Y is a great place for families and its members are amazing. The Y feels like home to me. When I first joined the Y, I immediately felt welcomed and learned so much. I will forever feel indebted to them. That now motivates me to be the best instructor possible for our members. They really are the best!" Abby Manning, Group Exercise Instructor, Harrisburg Branch. The photo is of Abby and her Couch-to-5K running club. They will be

running the 9th Annual Harrisburg 5K on April 9. Based on this photo, we think Abby is not only teaching great skills, but that exercise is FUN! Thank you Abby for being a part of the Y Family!

HARRISBURG HAPPENINGS

- ◆ 1st Annual Active Older Adults Light & Lively Spring Potluck Luncheon. Stop by the Membership Desk today to sign up for this fun fellowship event. April 4, 11:45am - 1:30pm, Character Room Harrisburg Y.
- ◆ Register today for the 9th Annual Harrisburg 5K/1 Mile Fun Run and Health EXPO to be held on Saturday, April 9. Come run with your neighbors on a closed course, stay for family fun! The Harrisburg 5K/1 Mile Fun Run is presented by the Harrisburg YMCA, Southwest Cabarrus Rotary and Harrisburg Parks & Recreation. This event is also made possible by our generous sponsors; Leigh Brown and Associates, Noelle Donovan Team –Allen Tate Real Estate, Farm Bureau of Harrisburg, 49 Yardline, Gate PRC, Chad Johnson Orthodontics, KS Image Solutions, Dicks Sporting Goods, Saucony, Bank of North Carolina, Volk Physical Therapy, Family Foot Care, Benchmark Pressure Washing, Knorr Mortgage, Zsambeky, Chaney and Associates Dentistry, Venture Realty, Run for your Life.
- ◆ REMINDER: No Group Exercise classes on Saturday, April 9 due to the 5K. Playhouse will open at 7:30am.
- ◆ Register your child today for "A Bug's Life" themed Parents' Night Out on Friday, April 15, 5:30 - 8:30pm. Our April PNO will feature a pizza dinner, viewing of the movie "A Bug's Life" and creepy, crawly crafts. Register online at CannonYmca.org or stop by the Membership Desk.
- ◆ Save the date to support the Annual Support Campaign. Here are some great ways to participate:
 - ⇒ Dance-A-Thon: Saturday, April 16, 10:30am - 12:00pm. Come dance for a cause with Mirna. Available to Members and Non-Members. Entry with donation.
 - ⇒ Dare U Challenge: Saturday, April 23, 9am - 12pm. 3 classes/3 hours/0 breaks. Cost: M | \$20; Non-M | \$25. Each person will receive a Dri-FIT shirt with completion.
 - ⇒ Essentrics Workshop: Saturday, April 30, 10:30am - 12:00pm. Available to Members and Non-Members. Entry with donation.

KANNAPOLIS BRANCH REMINDERS

- ◆ Join the Kannapolis Seals swim team today for "splashfulls" of fun this summer. We are a competitive swim team in the Southern Piedmont Swim Conference for ages 5 to 18 who swim or are learning how to swim. Get ready for fun team activities, achievement ribbons for swimming and an end-of-season awards banquet. Registration is going on now through April 24. For cost and more information please visit our website at CannonYmca.org or contact Taylor Carroll at 704.939.9622 x719.
- ◆ Now offering Pickleball at the Kannapolis YMCA!! Try this increasingly popular sport that will provide you with a great workout while offering a very social and competitive game. Starting March 14. Equipment: Net, paddles, balls and court lines can be checked out at the Front Desk. Open play is FREE Monday-Friday, 8am-2pm for Members. Non-Members are welcome on Tuesdays and Fridays with a \$3 fee paid at the Front Desk at check-in. For more information contact Brett Crosby at bcrosby@cannonymca.org or 704.939.9622 x738.

>> AOA EVENTS

KANNAPOLIS YMCA

- ◆ Lunch & Learn: Thursday, April 7, 2016 at 11:30 - How to shop healthy on a budget.
- ◆ Prayer Breakfast: Thursday, April 21 at 9am Join us for a great meal and fellowship.
- ◆ Senior Dances: 7pm-10pm | \$5 at the door
 - Friday, April 8 with Country Music Legend Band
 - Friday, April 22 with Second Time Around
 - Friday, April 29 in the gym with Rowan Big Band All-Star Band

WEST CABARRUS YMCA

- ◆ Book Club: Tuesday, April 12, 9:30am-11:30am in the Sullivan room. We will discuss The Haj by Leon Uris.
- ◆ Crafting Club: Wednesdays, April 13 & 27, 10am - 12pm in the Sullivan room. *Bring a project to work on.
- ◆ Lunch, Fun & Learn: "Issues Facing Active Older Adults" Friday, April 29 from 11:30am - 1:30pm in the Williams Room. Bring a meal or dessert to share.

WEST CABARRUS BRANCH: Keeping you in the loop!

- ◆ Strive 4 a Tri: Women's Triathlon Training, April 5 - June 5, Tuesdays, Thursdays & Sundays. Time Varies. Registration is March 1 - April 11. Cost \$150 Member, \$225 Non-Member.
- ◆ Tae Kwon Do for ages 5-16. Session dates: April 4 - June 27. Class times vary. Registration is now - April 15.
- ◆ Parents' Night Out, Friday, April 8, 6pm - 9pm. Kids will enjoy an evening of "Paddington" themed activities that include games, crafts, dinner and a showing of the movie "Paddington." Registration ends Tuesday, April 5.

DINE TO DONATE

Chili's
 (located at Carolina Mall)
 WILL DONATE



10%

of your food purchase to the Y Annual Support Campaign when you tell your server you are from the Y.

THURSDAY, APRIL 14, 2016
5pm - 9pm