

# STAY CONNECTED



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**KANNAPOLIS BRANCH**

January 2017

## MEET YOUR YMCA STAFF

**Chrystal Crabtree,  
Membership Administrator**

### Why do you work at the Cannon YMCA?

I work at the Cannon YMCA because I love the Christian atmosphere. It's great to work in a place where I can share my beliefs with other people, and truly make people feel welcome and part of the YMCA family. I like that the Y is a place where everyone's talents and personality are valued, which inspires us all to do our best work every day.



### What is your favorite memory on the job?

There are so many little moments at the Y that are special to me. I love connecting with our members. We'll see the same kids coming in to talk to us about school or their families and it's great to be able to help them grow. I do remember developing a special relationship with one member who often had a negative attitude when she came into the Y. I got to know her name and started greeting her every day with a smile. She slowly opened up to me and began to enjoy her time at the Y. It meant a lot to her that somebody was taking the time to get to know her and I enjoyed making her days a little bit brighter.

### Besides working here full-time, you donate to the Cannon YMCA Annual Support Campaign. Why do you give back?

I believe that it's our mission to support our community. The Y is great at putting a finger on the pulse of our community's needs. When I give, the Y knows where the greatest need is and is able to apply it there. Whether it's for camps in the summer or toys for the holidays, I know my donations are going to support the areas with the biggest need at that moment.

### What is one thing you'd like the community to know about the Cannon YMCA?

We partner with various organizations within our community to best serve the needs of all. For example, during the summer we partner with Kannapolis City Schools and others to provide free meals Monday through Thursday for all children in the community. We also have programs for seniors – even for seniors that are not members of the Y. The Y is so much more than a gym. We are a place where people can come together to enhance all aspects of their lives. We are family!

## SUMMER CAMP!

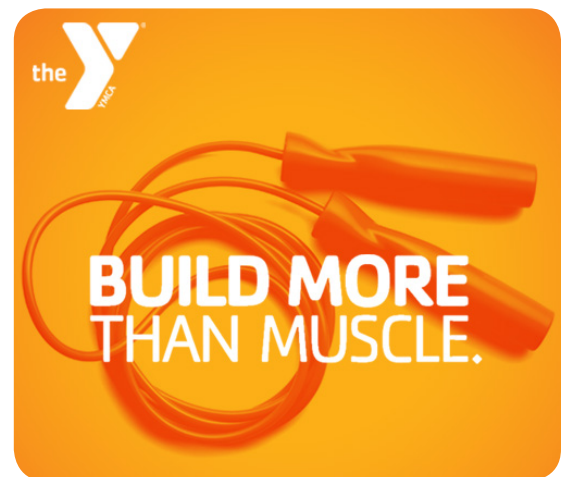


### SAVE THE DATE!

The Y will be registering early for camp this year!

Registration to begin February 20.

## INVITE A FRIEND!



### Invite a friend to join in January!

They earn \$30 in Y bucks and YOU earn a Free Month of Membership!



## TRIPLE YOUR MILES 2017 CANNON Y RACE SERIES

Harrisburg 5K and 10K – Saturday, April 8 at 8:00 am

Pumpkin Roll 5K – Saturday, September 30 at 8:00 am

Frostbite 5K – Saturday, December 16 at 10:00 am

Registration for all 3 races is \$60 (all 5Ks) or \$65 (10K + 2 5Ks)



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## BREAKFAST WITH SANTA RECAP

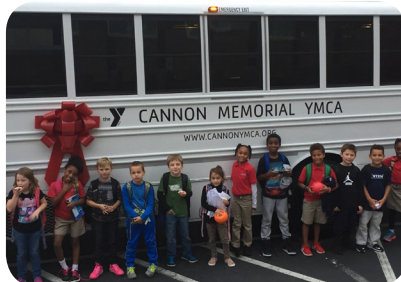
Last month, the Cannon Memorial YMCA hosted Breakfast with Santa at the Kannapolis Y. Santa, played by Kannapolis Y member Dr. James Litaker, had many friends with him; including Spiderman, Queen Elsa from Frozen, balloon animal artists, a face painter and a magician. A tasty hot chocolate bar was available for adults and children and the Mott Club cooked hundreds of pancakes for guests to enjoy with their fruit and juice. All of the food and refreshments were donated by our local ALDI, which also sent a few of Santa's Helpers to serve the pancake breakfast.



Read the rest of this story at: [cannonymca.org/ystories](http://cannonymca.org/ystories)

## BEEP BEEP – THE Y'S NEW WHEELS

Thanks to a generous anonymous donor, you'll be seeing a brand new activity bus around the Cannon YMCA this year. A white 2017 Thomas C2 72-passenger bus with "Cannon Memorial YMCA" painted on the side is the newest mode of transportation for our After School Program, as well as some association-wide activities. One of our members recognized the increasing need for dependable transportation for our After School, Summer Camp and Active Older Adult programs, and seized the opportunity to make a sizeable gift to cover half the cost of a brand new bus. This newest addition allows us to evenly distribute our most reliable, largest buses throughout the association, which opens up more opportunities for field trips, group outings and community outreach.



Read the rest of this story at: [cannonymca.org/ystories](http://cannonymca.org/ystories)

## DONATION THANKS

The 2016 Empty Stocking Fund wrapped up on Saturday, December 10th. This year, the Cannon YMCA served 257 families in Cabarrus County, providing 1,028 children in need with Christmas presents. In conjunction with the Empty Stocking Fund efforts, the 14th Annual Arzie Rogers Memorial Toy Run, sponsored by Speedway Harley Davidson, brought in over \$1,000 to the Cooperative Christian Ministry Fuel Fund. At the Toy Run, enough toys were collected to fill a mini bus for the Empty Stocking Fund Toy Closet! Due to the generous donations of our members and community partners, over \$10,000 worth of gifts were also purchased and given to participating families.

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## BASKETBALL CLINIC

Ages: 5–8; Cost: \$75  
Dates: Jan 10 – Feb 14; Tues 7–8pm  
Register by Jan 9



## WHAT'S HAPPENING AT THE Y

### Thank You for a Great Frostbite 5K

Thank you to our Frostbite 5K sponsors, runners and volunteers! We had over 440 runners and all funds raised went to our Cannon Y Annual Support Campaign. We hope to see everyone again next year!

### Congratulations Janeth

Congratulations to our 25 Days of Fit-Mas Challenge winner – Janeth Reyes!

### Swim Clinic

Clinic Dates: Feb 6 – March 16  
Registration Dates: Jan 16 – Feb 5

#### CLASS TIMES

Mondays & Thursdays  
5:30pm – 6:30pm Beginner and Intermediate  
6:30pm – 7:30pm Advanced/Swim Team Experience

Cost: Member: \$70 | Non-Member: \$100

### Active Older Adults

Lunch and Learn  
Jan 5 at 11:30 am  
Multi Purpose Room

Prayer Breakfast  
Jan 19 at 9:00 am  
Multi Purpose Room

Bingo  
Jan 19 at 10:00 am  
Multi Purpose Room



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