

STAY CONNECTED



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WEST CABARRUS BRANCH

January 2017

MEET YOUR YMCA STAFF

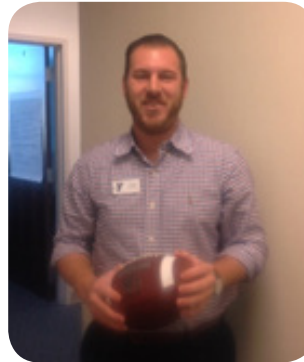
Tyler Jameson,
Senior Program Director

Why do you work at the Cannon YMCA?

I really enjoy that each day, we as an organization, have the ability to impact the community and truly make a difference through Christian programs that promote a healthy mind, body and spirit.

What is your favorite memory on the job?

Last year, during one of our basketball games, I had an unforgettable experience. A kid who played basketball at the YMCA growing up had never scored a basket during his entire career. With two minutes left in his final game, this player received a pass right in front of the basket and threw up a shot. It bounced around for a while, and finally went in the basket. The player's father, who was one of the coaches that year, was brought to tears of joy watching his son score. Both teams surrounded the player and lifted him up in the air to congratulate him.



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

I give back because I know that it allows others in the community to participate in such an amazing organization, and the YMCA is truly an organization for all. When people come to the Y, it doesn't matter what their financial, mental, physical or emotional situation may be. It is a place that harbors all and allows them to feel comfortable and grow.

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

The Y is more than a gym. It's more than a pool. It's more than an After School program. The Y is a place that impacts on a greater level, and is a place where the community comes together and embraces the ideas of Christ.

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)



www.cannonymca.org



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

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 Adults programs, and seized the opportunity to make a sizeable gift to cover half the cost of a brand new bus.



Read the rest of this story at: 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.

Read the rest of this story at: cannonymca.org/ystories

BASKETBALL CLINIC

Ages: 8-12 | Cost: \$100
 Dates: Jan 11 - Feb 15 | Wed 7-8pm
 Register by Jan 9



WHAT'S HAPPENING AT THE Y

Tae Kwon Do Training

Registration: Dec 1-Jan 16 | Beginner, Intermediate, & Advanced Classes
 Ages 5-7: Jan 9-March 29, Thurs 6-6:45pm | Ages 7-12: Jan 9-March 29, Mon/Wed 6-7pm | Ages 10-16: Jan 9-March 29, Mon/Wed 7-8pm

Homeschool PE Now Registering

Registration: Dec 1-Jan 11 | Session Dates: Jan 11-March 29
 Age Groups: 5-6, 7-9, 10-12, 13-17 | Day and Time: Wed, 1-2pm

Women's Triathlon Swim Clinic

Feb 9-March 19; Cost: \$75 Member | \$110 Non-Member
 Partnering with Strive4multisport, the YMCA is offering this 6-week swim clinic to jumpstart your tri training.

Exercise Class Announcements

New: Strength Circuits, Mon at 8:40am in Studio A; Easy Does It Cardio, Wed at 10:30am in Studio B
Name Changes: Pump & Burn changes to Total Strength; AFIT and Boot Camp change to Cross Training on Wed - Studio A
Time/Studio Changes: Tues HIIT changes to 9:30am in Studio B; Tues Easy Does It Cardio changes to 10:30am; Wed 9:30am Zumba Toning moves to Studio B

Combo Ballet/Modern Jazz Class

AGE	DATES	DAY AND TIME
2-3 Gumdrops	February 21 - May 16	Tuesday, 11:00-11:45am
4-6 Marionettes	February 21 - May 16	Tuesday, 4:30-5:15pm
4-6 Marionettes	February 23 - May 18	Thursday, 5:00-5:45pm
6-10 Swans	February 22 - May 17	Wednesday, 5:00-5:45pm

Active Older Adults

Book Club - Jan 10 at 9:30am - Williams
 In the Unlikely Event by Judy Blume
 Lunch & Learn - Jan 27 at 11:30am - Williams
 Fire Safety & Prevention, Free/Potluck

Lap Pool Closings

Pool closes at 4pm for high school swim meets on the following dates:
 Tues, Jan 10 | Fri, Jan 13, 20 & 27
 Sat, Jan 14 from 1:30-6:00pm



www.cannonymca.org

