

A FANTASTIC FALL AT THE Y!



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



HARRISON FAMILY YMCA FALL PROGRAMS

CARE MEETS ACHIEVEMENT

Before & After School Care

Y Childcare is more than just a daycare. As the leading Childcare provider in Nash and Edgecombe Counties, we understand the importance of developing the whole child, while providing peace of mind for the family.

- ⇒ **Ages 5-14:** Y Future Leaders Childcare Center
- ⇒ **Ages 4-14:** All School Site Locations

Enrollment Fee: \$25

After School Care only

Monthly Rates

School Site- Standard: \$165, Teachers: \$145

Rocky Mount Prep: \$175, Teachers: \$155

Y Site- Standard: \$240, Y Members: \$220

Before School Care only

Offered at school sites only

Monthly Rates

Standard: \$65, Teachers: \$55

Before & After School Care combined

Monthly Rates

Standard: \$205, Teachers: \$185

Holiday Camp (All Day Care when school is out)

Offered at YMCA Site Only

6:30 AM -6:00 PM on weekdays

Standard: \$35/day, Y Members: \$30/day

Drop-In After School Care only

School Site: \$50/5 day booklet

Y Site & Rocky Mount Prep: \$65/5 day booklet

School Site Locations:

- Bailey Elementary
- Benvenue Elementary
- Coopers Elementary
- Englewood Elementary
- M.B. Hubbard Elementary
- Nashville Elementary
- Red Oak Elementary
- Spring Hope Elementary
- Swift Creek Elementary
- Winstead Avenue Elementary
- Rocky Mount Preparatory***NEW!**
- Martin Millennium Academy***NEW!**



NEW WAYS TO BE ACTIVE!

Fall Sports

Participate in one of these brand new Fall Sports offered at the Y!

BOYS FLOOR HOCKEY

Ages: 5-11

Registration closes Oct. 7

Fees: \$40/Y Members

\$50/Non-Members

Season: September 12-October 7



GIRLS VOLLEYBALL CLINICS

Ages: 7-13

Fees: \$25/Y Members OR \$7/day; \$30/Non-Members OR \$9/day

Dates: Every Sunday in October!



PARENT/TOT BASKETBALL

Ages: 3-4 & parent

Registration closes Sep. 7

Fees: \$35/Y Members

\$45/Non-Members

Season: September 14-October 5



HARRISON FAMILY YMCA

1000 Independence Drive

252-972-9622

Harrisonfamilyy.org

REGISTER AT THE Y OR ONLINE!

WELCOME TO ALL

Financial Assistance is available to those who apply and qualify. Annual Campaign Support Funds are raised each year to help provide this to our community.



QUESTIONS, COMMENTS, IDEAS?

Contact below. We are here to help you have the best experience EVER at the Y!:

Alyssa Matthews, Marketing & Events: amatthews@rmymca.org

Liz Lord, Membership: llord@rmymca.org

Jennifer Rankin, Childcare: jrankin@rmymca.org

Kaila Billups, Aquatics: kbillups@rmymca.org

CHECK OUT OUR SPECIAL DEALS!

EXPERIENCE MEMBERSHIP!

Bring this flyer in with you to the Y and join as a Member for

\$0 joining fee!

*expires October 1, 2016

*Must still pay monthly membership fees, as they apply

SWIMMING ISN'T JUST FOR SUMMER!

Bring this flyer in to receive

15% off your first

session of Swimming Lessons or Seahorse Swim Club!

*expires October 1, 2016

INSTILL CONFIDENCE

Karate Goju Shorin



Goju Shorin is designed to teach discipline, instill confidence and increase body strength with a

focus on core muscles and balance. Program will use the 5 Belt System.

Monthly Fees: \$45/YMCA Members & \$55/Non-Members

Ages 5-12

Mondays 5-6pm

Thursdays 5-6pm

Ages 13 & up

Mondays 6:15-7:15pm

Thursdays 6:15-7:15pm

FALL INTO FAMILY FUN!

Fall Family Event

Save the date for this Super Hero themed, fall family event!

**SATURDAY,
OCTOBER 22ND
5:30-7:30PM**

Location: Harrison Family YMCA

FREE, COMMUNITY EVENT!

Treat Trail around the Y, refreshments, face painting, arts & crafts, exercise, family fun & prizes for those who complete their Character Completion Cards!



TEAMING UP FOR SUCCESS

Racers Swim Team



Our Racers Swim Team is a competitive swimming organization providing the finest instruction and training to participants in Rocky Mount, NC and the surrounding areas. The year round program gives youth a chance to experience success and achievement through a wholesome, healthy activity.

Required: YMCA Membership

Envolve is sponsoring all K-12 students by paying their YMCA Racers annual registration fee. This is in an effort to support our youth and their families, by making it easier for them to enjoy the benefits and atmosphere of the swim team. **SAVINGS OF \$70!**

Monthly Team Fees: Gold -\$74 Silver- \$69 Bronze - \$64 Racers - \$59 Mini-Racers - \$59 HS Development - \$64



LEARN TO SWIM

Swim Lessons & Seahorse Swim Club

Lessons (PRICES VARY. CALL FOR DETAILS)

- Parent-Tot Swim (Ages 6-36 months)
- Preschool Swim Lessons (Ages 3-5 Years)
- Progressive Swim Lessons (Ages 6-12 Years)
- Teen & Adult Swim Lessons

The Seahorse Swim Club is a developmental group with swimmers ages 5 through high school who want to improve their swimming ability, learn legal strokes, and improve fitness and endurance in a fun, friendly atmosphere.

- Mondays & Thursdays 6:30-7:15pm
- Y Members \$40/month
- Non-Members \$50/month

STRETCH YOUR LIMITS

Recreational Gymnastics & Gymnastics Team

Recreational classes (PRICES VARY. CALL FOR DETAILS)

- Parent & Tot (18 months-3 years)
- Preschool (3-5 years old)
- Beginner (5 years old and up)
- Intermediate (5 years old and up)
- Advanced (5 years old and up)
- Parkour (8 years old and up)



Gymnastics Competitive Team: a year round program for competitive gymnasts who wish to compete against outside teams and gymnasts within the state of North Carolina.

Gymnastics Pre-Team: a year round program, preparing advanced gymnasts who wish to participate on our competitive team in a year.