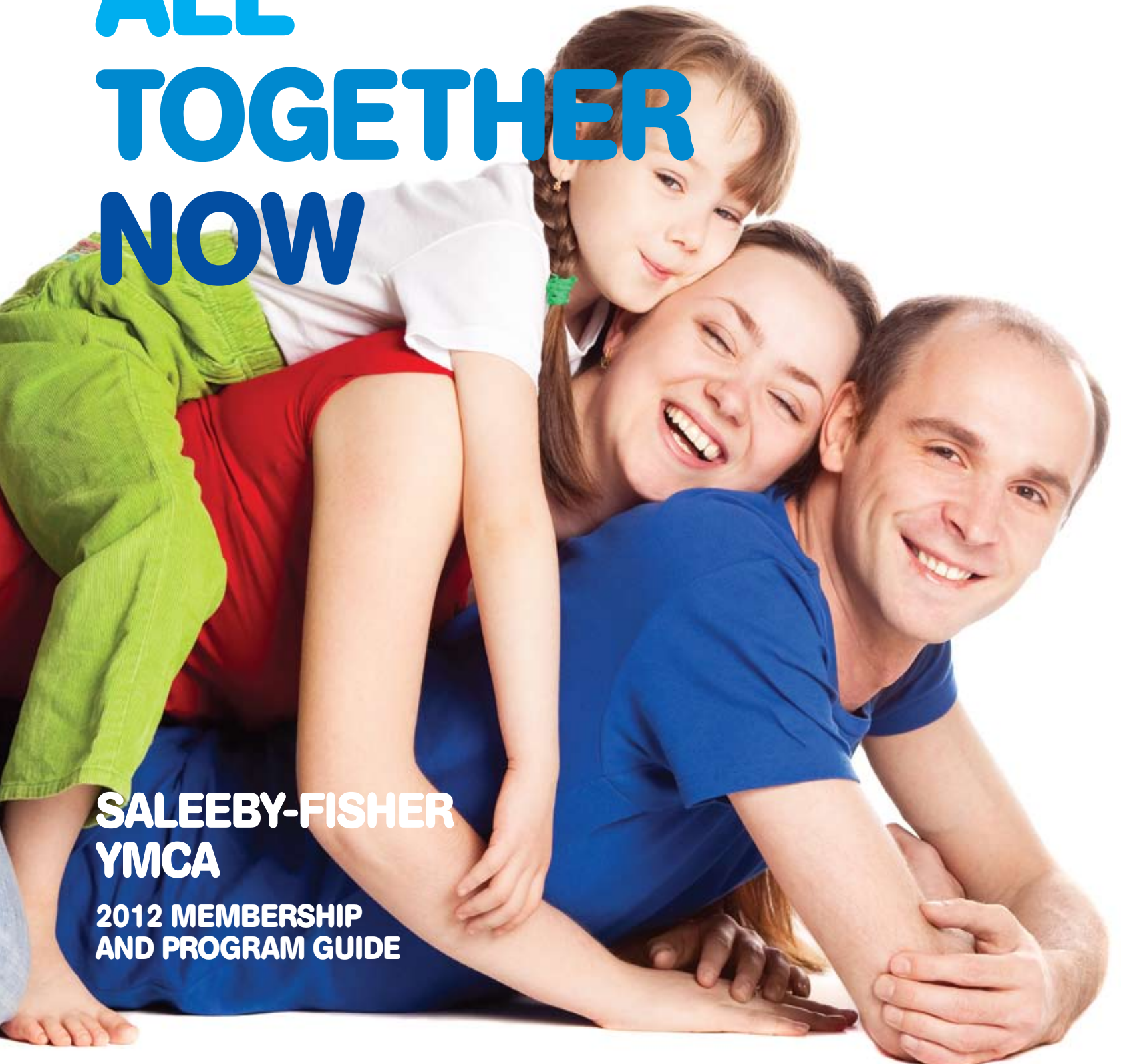




FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ALL TOGETHER NOW



**SALEEBY-FISHER
YMCA**

**2012 MEMBERSHIP
AND PROGRAM GUIDE**

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SALEEBY-FISHER YMCA

EAST ROWAN BRANCH

790 Crescent Road
P.O. Box 640
Rockwell, NC 28138
Phone 704.279.1742
Fax 704.279.7700
www.rowanymca.org



EXCELLENCE

“Excellence is the torch that lights the way. When an organization commits itself to excellence, it charts a course of unyielding, unending exploration and exhilaration.”

Excellence in an organization is never an accident. It is achieved only as a result of an unrelenting and vigorous insistence on the highest standards of performance.

It requires an unswerving expectancy of quality from the staff and volunteers.

Excellence is contagious. It infects and affects everyone in the organization. It charts the direction of the program. It establishes the criteria for planning. It provides zest and vitality to the organization. When achieved, excellence permeates every aspect of the life of the organization.



A NEVER-ENDING STRIVING

Excellence demands unyielding commitment and a tenacious dedication from the leadership of the organization. Once it is accepted and expected, it must be nourished and continually reviewed and renewed.

It is a never-ending process of striving and searching. It requires spirit of mission and boundless energy. It is always the result of a creatively conceived and precisely planned effort.

Excellence inspires. It electrifies. It makes every phase of the organization's life possible. It unleashes an impact that influences every program, every activity, every committee and every staff person. To instill the spirit of unyielding quality in an organization is difficult; to sustain it, even more so. It demands adaptability, imagination and vigor. But most of all, it requires a constant state of self-discovery and discipline from the leadership.

TO REACH NEW HORIZONS

Excellence is an organization's lifeline. It is the most compelling answer to apathy and inertia. It unleashes a stimulating and pulsating force. Once it becomes the expected standard of performance, it develops a fiercely driving and motivating philosophy of operation.

Excellence is a state of mind put into action. It provides the fortitude and resolve to reach new horizons and break all barriers.

When a climate of excellence exists, all things – staff work, volunteer leadership, finances, programs – are success-driven.

Excellence in an organization is important – **because it is everything.**

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

spir•it n.

1. Life-giving force
2. Presence of God

mind n.

1. Memory
2. The part of an individual that feels, perceives and especially reasons

body n.

1. The physical whole of an organism
2. Human being



MEMBERSHIP BENEFITS AND PRIVILEGES

Today's your chance to feel happier, healthier and more alive. It's all within your reach when you join the YMCA. You'll find all sorts of life-enriching activities at the YMCA, such as swimming, aerobics, child care, cardiovascular fitness, our Cybex and Nautilus strength circuit and much more. There's something for every age, shape and ability. So make the healthy choice for you and your family. Become part of your YMCA family today!

FEATURES OF THE FACILITY

- Bio-metric Measurements
- Cardio Theatre (above Gym)
- Chapel
- Childwatch – 5 years (in Kindergarten) to 10 years
- Cybex Strength Circuit Equipment
- Cycling Classes
- Elliptical Cross Trainers
- Fitness Center with Cybex Free Weights
- Fitness Tours/Orientations
- Game Room
- Indoor Swimming Pool
- Indoor Walking Track (above Gym)
- Land Aerobics Classes
- Member Discounts on YMCA Programs
- New Member 3 Free Personal Training Sessions
- Nursery – 6 weeks to 5 years (not in school)
- Outdoor Shelter
- Outdoor Walking Trail
- Quick Fit Room with Nautilus Strength Circuit
- Personal Training
- Playground
- Recumbent Bikes
- Sauna
- Steamroom
- Treadmills
- Two Regulation-Size Basketball Courts
- Two Handball/Racquetball Courts
- Upright Bikes, Arc Trainers and Rowers
- Water Exercise Classes
- Whirlpool

USE OF ALL YMCA OF ROWAN COUNTY BRANCHES:

- Saleeby-Fisher YMCA (East Rowan)
- J.F. Hurley Family YMCA (Salisbury)
- J. Fred Corriher, Jr. YMCA (South Rowan)



GENERAL INFORMATION

STAFF

Amanda Hesse
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Nicole Hill
Fitness Director
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John Peterson
Property Manager
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Sarah Zander
Family Services Director
szander@rowanymca.org

HOURS OF OPERATION

Monday, Tuesday & Thursday 6:00 a.m. – 9:00 p.m.
Wednesday 6:00 a.m. – 8:00 p.m.
Friday 6:00 a.m. – 7:00 p.m.
Saturday 8:00 a.m. – 4:00 p.m.

NURSERY HOURS

6 WEEKS – 5 YEARS (NOT IN SCHOOL)
Monday–Friday 8:00 a.m. – Noon
Monday, Tuesday & Thursday 4:00 p.m. – 9:00 p.m.
Wednesday 4:00 p.m. – 8:00 p.m.
Friday 4:00 p.m. – 7:00 p.m.
Saturday 8:00 a.m. – Noon

CHILDWATCH HOURS

5 YEARS (IN SCHOOL) – 10 YEARS
Monday, Tuesday & Thursday 4:00 p.m. – 9:00 p.m.
Wednesday 4:00 p.m. – 8:00 p.m.
Friday 4:00 p.m. – 7:00 p.m.
Saturday 8:00 a.m. – Noon
Summer Morning Hours 8:00 a.m. – Noon

POOL HOURS

Monday, Tuesday & Thursday 6:00 a.m. – 8:30 p.m.
Wednesday 6:00 a.m. – 7:30 p.m.
Friday 6:00 a.m. – 6:30 p.m.
Saturday 8:00 a.m. – 3:30 p.m.

HOLIDAYS (YMCA closed)

New Year's Day
Good Friday
Fourth of July
Labor Day
Day before Thanksgiving – Y closes at 6:00 p.m.
Thanksgiving
Christmas Eve
Christmas Day
New Year's Eve – Y closes at 6:00 p.m.

BOARD MEMBERS

David Bolick, President
Matt Staton, Vice President
Ann Eidson, Treasurer
Zebbie Bondurant, Secretary
Maxine Barnes
Sarah Campbell
Daniel Crowe
Bryan Duncan
Tristan Frick
Ronnie Glover
Patricia Hedenskog
Lonnie Hinceman
Howard Hurt
Reed Jones
Richard Jones
Scott Plyler
Rev. Mike Shoaf
Hoyle Talbert



MEMBERSHIP



Youth (up to 12th grade)

\$19 Monthly Bank Draft
\$228 Annually
\$25 Joiner's Fee

Adult (18 years and up)

\$40 Monthly Bank Draft
\$480 Annually
\$25 Joiner's Fee

Family (legal dependents)

\$65 Monthly Bank Draft
\$780 Annually
\$25 Joiner's Fee

Household (up to 2 adults and anyone living in the household)

\$65 Monthly Bank Draft plus \$15
for each additional adult/monthly
\$780 Annually
\$25 Joiner's Fee

Senior (62 years and up)

\$35 Monthly Bank Draft
\$420 Annually
\$25 Joiner's Fee

The joiner's fee is a one-time fee paid at the time you sign your membership application. Joiner's fee is only paid with new memberships or members rejoining after a 30-day lapse. These funds are used to keep equipment and facilities in good repair and updated for members' enjoyment, safety and comfort.

SPECIAL MEMBERSHIP FOCUS

- ▼ A picture ID must be presented upon signing up for a YMCA membership.
- ▼ A member **must** present his or her membership card at the front desk when using the facilities and programs. A member not presenting his or her membership card will not be allowed entry into the YMCA.
- ▼ Membership privileges and cards are not transferable.
- ▼ Lost cards will be replaced at the front desk. There is a replacement fee of \$1.00. Members must present a picture ID to replace the card.

- ▼ The YMCA reserves the right to revoke any membership for good cause as determined by the Executive Director or the Board of Managers.
- ▼ Membership dues are subject to change by the YMCA Board of Directors.

MEMBER-GET-A-MEMBER

In appreciation of our members, the YMCA wants to reward you for bringing in new members. If you, a YMCA member, bring in a potential member and he joins, YOU will receive one FREE month of membership at the YMCA. There is no limit to how many FREE months you can receive.

METHODS OF PAYMENT

Bank Draft

An easy way to go! Your checking account is debited once per month. If your draft is returned due to insufficient funds, we will resubmit the item up to two additional times until the item is paid. If the item is paid, we will make two attempts to draft an NSF fee of \$25 from your bank account. If the returned draft is still unable to be collected, your membership will be terminated if not paid within 15 days. If a draft is returned due to "Account Closed" or "Stop Payment," we will notify you by mail. If we do not have new account information and payment (including a \$25 returned payment fee) within 15 days, your membership will be terminated. This method of payment is perpetual. A bank draft membership will remain in effect until the YMCA has received 15 days' written notification from the member to terminate the membership agreement.

Annual Payment

Dues may be paid in full upon joining and yearly thereafter. Payment is accepted via cash, check or credit card – see membership desk for details.

OPEN DOORS – FINANCIAL ASSISTANCE

The YMCA welcomes all who wish to participate and annually raises scholarship funds to help make that possible. Scholarships are available upon appropriate review. Scholarship reviews are addressed immediately and processed within a two-week time period. Applicants are contacted by mail.

LOCKERS

- ▼ All items should be locked securely in a locker. However, the YMCA cannot be responsible for valuables even if they are locked in a locker.
- ▼ The YMCA recommends key locks over combination locks.
- ▼ Valuables and/or money should not be placed in lockers under any circumstance.
- ▼ All lockers are designated as day lockers. Locks left on the lockers overnight may be removed without notice. The YMCA is not responsible for items lost during lock removal.

AWAY

The AWAY Program is based on a YMCA membership philosophy that says: When a person enrolls in a YMCA, he/she becomes a member of a nationwide association of people that helps build strong kids, strong families and strong communities. Therefore, when away from home on business or vacation, each member will be warmly welcomed by all other participating YMCAs in the United States.

AWAY members using the YMCA of Rowan County will have three (3) visits per month, at no charge. There will be a charge of \$10 for each visit over three (3) during the month. AWAY members must present the member service desk with a current YMCA membership card and valid photo ID. AWAY members must complete a guest form when using the YMCA of Rowan County branches that includes emergency information.

UPGRADING MEMBERSHIP

Pay in Full – The difference in the annual fee will be prorated at the time of changing membership.

Bank Draft – Draft will be adjusted to new rate.

REGIONAL MEMBERSHIP

Central Carolina memberships include full access to these YMCAs: Cannon Memorial, Cleveland County, Gaston County, Rock Hill, Rowan County, Stanly County and Greater Charlotte.

Triad Regional memberships include full access to these YMCAs: Alamance County, Asheboro, Eden, Greensboro Metropolitan, High Point, J. Smith Young Family, Northwest North Carolina, Rowan County and Tom A. Finch Community.

REFUND POLICY

The YMCA reserves the right to cancel any program. Refunds and/or a credit will be issued for enrollment in a substitute class in the event a program is cancelled. Otherwise, it is YMCA policy not to refund programs or memberships. Bank Draft memberships remain in effect until the YMCA has received fifteen (15) days' written notification from the member to terminate the membership agreement. Regardless of termination date, annual memberships are not refundable.

GUESTS

- ▼ A guest may visit the YMCA of his choice in Rowan County for one (1) day for a fee of \$10 only if accompanied by a YMCA member.
- ▼ All YMCA members (youth, adult, senior and each family member) receive one (1) free guest pass per year.
- ▼ Each guest must complete a guest application and sign in upon entry into each YMCA branch in Rowan County.



PROGRAMS

- ▼ Guests may enter a YMCA five (5) times (free or paid) each year.
- ▼ All adult guests must present a picture ID upon entering the YMCA with a member.

CHILDREN'S PARTICIPATION

Children 10 and under are permitted in the YMCA only if enrolled in a YMCA program, under parental supervision or in a supervised activity. Otherwise, they are welcome to stay in the Nursery or Child Watch areas (see hours of operation).

Children 11 – 13 years old may work out with a parent upon completing two fitness orientations and approval by a fitness trainer. Parents must be beside the child throughout the entire workout.

Children 14 – 15 years old will be allowed to work out without a parent upon completing our orientation process.

No one under 16 years of age will be allowed in the steam room, sauna or whirlpool.

AQUATIC INFORMATION

There are several rules posted in the pool area for member safety and awareness. Please take the time to review all posted signs. The lifeguard on duty will enforce all YMCA rules and regulations. We ask the members and participants to demonstrate the YMCA character traits (caring, honesty, respect and responsibility) at all times. The aquatic staff makes every attempt to create a friendly, positive and safe pool environment.

Factors that cause the pool to close are inclement weather, power outages, water turbidity (cloudiness), water chemistry, and lifeguard breaks. Every attempt will be made to reopen as soon as possible. Lifeguards will take scheduled breaks throughout the day. This is required to ensure optimum lifeguard performance. The break schedule is posted on the locker room doors going into the pool, at the front desk and out at the pool on the bulletin board. We appreciate your flexibility and understanding with this issue.

There is a 25:1 lifeguard to swimmer ratio in our facility; you may be asked to sit out until a second lifeguard arrives.

Lifeguards will be testing swimmers/non-swimmers for swimming ability. Swimmers who can swim 25 yards (one length) with an established swim stroke and tread water for 30 seconds using their legs only will receive a gold band. The gold band gives the swimmer permission to swim in all areas of the pool. Swim bands must be worn around the neck.

CHILD CARE

Fun Camp

A fun-filled day of safe activities on most school closings and holidays. Some activities include arts and crafts, gym games, playground activities, inflatable, swimming and field trips. Fun camps will not be offered on Labor Day, Thanksgiving Day, Christmas Eve and Day, New Year's Day, Good Friday, and Memorial Day.

Location: Saleeby-Fisher YMCA
Cost: \$10/day YMCA Member
\$20/day Potential Member
After School Participants FREE

\$15 FEE IF REGISTERING SAME DAY AS FUN CAMP

Register: Must be registered by NOON the day before fun camp is offered.

Hours: 7:00 a.m. – 6:00 p.m.

Pack: Lunch, snack, drink, swimsuit, and towel. Be sure to wear tennis shoes!

KIDS' CLUB BEFORE AND AFTER SCHOOL PROGRAM

Kids' Club provides quality, safe, fun programs in a Christian environment. The YMCA builds character by teaching honesty, respect, responsibility, caring and faith. After school child care offers fun activities, homework time, healthy snacks, outdoor games, sports, movies, crafts and playground activities. Anyone registering for the program must register by noon the day before starting. The registration fee is taken at the time the application is taken. All other fees are due on or before the first of the month.

Before School Locations

Saleeby-Fisher YMCA for the following schools: Faith, Granite Quarry, Rockwell and Shive Elementary

Before School Times

6:30 a.m. – start of school

After School Locations

Faith, Granite Quarry, Morgan, Rockwell and Shive Elementary

After School Times

School dismissal until 6:00 p.m.

Fun Camps are included in Kids' Club fees!

MOTHER'S MORNING OUT

Mother's Morning Out will be held during the summer months on Wednesdays. Children must be potty-trained, ages 3 – 5 years old. Activities include arts and crafts, music, games, snacks and fun themes.

Dates: TBD – Please see Web site or flyers for information.

Times: 9:00 a.m. – NOON

Cost: \$10 YMCA Members
\$15 Potential Members

Limit: 8 spaces per class

Register: 2 weeks prior

NURSERY AND CHILDWATCH

Two (2) consecutive hour limit offered to members while using the facility. Sign your child in before going to the fitness center, track, aerobics or water aerobics classes. Refer to the parent handbook for specific rules and regulations.

NURSERY TIMES

6 weeks – 5 years (not in school)

Monday-Thursday	8:00 a.m. – Noon 4:00 p.m. – 9:00 p.m.
Wednesday	4:00 p.m. – 8:00 p.m.
Friday	8:00 a.m. – Noon 4:00 p.m. – 7:00 p.m.
Saturday	8:00 a.m. – Noon



PROGRAMS

DAY CAMP

Camp Explorer

A day camp experience your child will never forget! Camp Explorer provides a fun, structured and safe environment for your child. Campers are given the opportunity to develop new skills, good leadership, self-reliance and Christian values. Campers are grouped into grade levels and have the chance to build interpersonal relationships with other campers that will last a lifetime. Each week of summer is a different experience for your child. Join us for the summer.

Location: Saleeby-Fisher YMCA
Cost: \$95/week YMCA member
\$135/week Potential member
\$25 (One-time fee) Registration Fee

\$10 off registration fee and \$10 off weekly fee for additional children in the same family.

Age: Rising 1st – 5th Grades
Child must have completed kindergarten

Hours: 7:00 a.m. – 6:00 p.m.

Registration Begins: March 1, 2012

Middle School Adventure Camp

An exciting program for pre-teens that will push the limit of action and adventure throughout the summer. Adventure Camp will challenge campers to excel in many areas: sports, crafts, Christian values, team concepts, community involvement, leadership skills and much more. Trips may include rock climbing, Emerald Pointe, and Carowinds.

Location: Saleeby-Fisher YMCA
Cost: \$95/week YMCA member
\$135/week Potential member
\$25 (One-time fee) Registration Fee

\$10 off registration fee and \$10 off weekly fee for additional children in the same family.

Age: Rising 6th – 8th Grades

Hours: 7:00 a.m. – 6:00 p.m.

Registration Begins: March 1, 2012

NEW Part-Time Day Camp

All of the fun of camp but for only two days of the week. This is an ideal solution during the summer when you only need a couple of days during the week.

Location: Saleeby-Fisher YMCA
Cost: \$50/per two days YMCA member
\$75/per two days Potential member
\$25 (One-time fee) Registration Fee

Super Star Camp (Limit 20 spaces)

The week long active camp will teach gymnastics, cheerleading, swimming, dance and fitness to every child. The camp will help improve self-esteem and confidence in young girls. Physical activity makes your life healthier and happier. Girls will need to bring a bag lunch, drink, swim suit, and towel.



Date: July 9 – 13
Cost: \$95 YMCA member
\$135 Potential member

Age: 6 – 11 girls
Hours: 9:00 a.m. – 4:00 p.m.

Registration Dates: June 1 – July 3, 2012
Limit 20 spaces

SWIM, SPORTS AND PLAY RECREATION

Dances

Our dances include 3rd-, 4th-, 5th-grade and family dances. We offer a variety of fun activities for the 3rd – 5th grade dances, including concessions. This will be a special night to remember with dancing, eating and socializing.

Location: Saleeby-Fisher YMCA Gymnasium
Date: TBD – Please see Web site or flyers for information.

Family Dances

Cost: \$10/family
Time: 7:00 p.m. – 9:00 p.m.

3rd – 5th Grade Dances

Cost: \$5/child
Time: 7:00 p.m. – 10:00 p.m.

Parent's Night Out

Parent's Night Out is designed to give you a break to enjoy a nice evening alone or out on the town with some friends. The activities include arts and crafts, movie, light snack, games, and much more! This program is for ages 6 weeks – 10 years old.

Dates: TBD – Please see Web site or flyers for information.

Cost: \$10 YMCA member
\$15 Potential member

Limit: Must have 8 registered and paid for by noon to hold the event.

Register: 2 weeks prior

Santa's Workshop

Need some time to finish your Christmas shopping without having to drag your children through the mall madness? Santa's Workshop will be open for one day for children to come in and spend the day with Mr. and Mrs. Claus while they finish their Christmas preparations. There will be Christmas crafts, snacks and story telling, and every child will have the opportunity to speak with Santa himself to ensure they are securely on the "nice" list. Kids need to bring lunch, drink, swimsuit and a towel. Ages K – 5th grade.

Date: December 8, 2012
Cost: \$15 YMCA member
\$30 Potential member

Hours: 9:00 a.m. – 3:00 p.m.

Limit: Must have 8 pre-registered and paid for by noon the Friday prior to hold event.

Register: 2 weeks prior

Themed Birthday Parties

Cost: \$175

All parties are based on the birthday child plus 9 guests. Parties include invitations, half-sheet birthday cake, decorations, paper products, games/activities, a YMCA birthday coordinator, treats and a birthday gift for the birthday girl/boy. All parties will allow the last 30 minutes for family and friends to share gifts with the birthday child.

Themes include: Pool Party, Basketball, Football, Soccer, Arts and Crafts and INFLATABLE!

Additional children attending the party will be charged \$10 per child – not to exceed 20 total. To add an inflatable to the party, the cost is \$50. A \$75 non-refundable deposit is required to ensure date and time and must have a signed contract. The remaining \$100 (plus fee for additional children or inflatable) balance is due 24 hours prior to the party date. Parties must be scheduled 2 weeks in advance, but no more than 3 months in advance.



YOUTH DEVELOPMENT: Nurturing the potential of every child and teen.

PROGRAMS

YOUTH SPORTS

Watch for flyers to announce registration dates for each sport.



YOUTH BASKETBALL

Boys Basketball High School League

Teaches basketball skills and fundamentals along with YMCA core values.

Grades: 9th – 12th
Registration: January 7 – January 28
Practice Begins: February 6
Season Begins: February 20
Cost: \$36 YMCA Member
 \$60 Potential Member
Late Registration: +\$10

Boys Basketball League

Teaches basketball skills and fundamentals along with YMCA core values.

Grades: 2nd – 8th
Registration: November 3 – December 15
Practice Begins: January 7, 2013
Season Begins: January 19, 2013
Cost: \$36 YMCA Member
 \$60 Potential Member
Late Registration: +\$10

Girls Basketball League

Teaches fundamentals and skills of basketball along with YMCA values and principals.

Grades: 2nd – 8th
Registration: September 15 – October 27
Practice Begins: November 5
Season Begins: November 19
Cost: \$36 YMCA Member
 \$60 Potential Member
Late Registration: +\$10

Little Shooters Basketball

Great introduction for young players to the game of basketball. Players learn team sportsmanship and skills of the game.

Grades: Pre-K – 1st
Registration: September 15 – October 27
Practice Begins: November 5
Season Begins: November 19
Cost: \$36 YMCA Member
 \$60 Potential Member
Late Registration: +\$10

YOUTH FLAG FOOTBALL

There is no contact and a great introduction for new players.

Grades: Pre-K – 8th
Registration: February 11 – March 24
Practice Begins: April 2
Season Begins: April 14
Cost: \$36 YMCA Member
 \$60 Potential Member
Late Registration: +\$10

YOUTH SOCCER

Fall Soccer

Teaches the traditional game of soccer along with YMCA values and principles.

Grades: K – 8th
Registration: July 28 – September 8
Practice Begins: September 17
Season Begins: September 29
Cost: \$36 YMCA Member
 \$60 Potential Member
Late Registration: +\$10

Mighty Kickers Fall Soccer

Great introduction to the sport of soccer and teaches the skills needed to do well when the child moves to the next age division.

Grades: 3- and 4-year-olds
Registration: July 28 – September 8
Practice Begins: September 17
Season Begins: September 29
Cost: \$36 YMCA Member
 \$60 Potential Member
Late Registration: +\$10

Mighty Kickers Spring Soccer

Great introduction to the sport of soccer and teaches the skills needed to do well when the child moves to the next age division.

Grades: 3- and 4-year-olds
Registration: February 11 – March 24
Practice Begins: April 2
Season Begins: April 14
Cost: \$36 YMCA Member
 \$60 Potential Member
Late Registration: +\$10

Spring Soccer

Outdoor league teaches the traditional game of soccer along with YMCA values and principles.

Grades: K – 8th
Registration: February 11 – March 24
Practice Begins: April 2
Season Begins: April 14
Cost: \$36 YMCA Member
 \$60 Potential Member
Late Registration: +\$10

YOUTH SOFTBALL

Girls Softball

The **NEW** Girls Softball League is great for new players. This league will be split into two divisions. The 3rd – 5th grade division will be slow pitch and the 6th – 8th grade division will

be fast pitch. Girls will learn the fundamentals of softball along with YMCA values and principles.

Grades: 3rd – 8th
Registration: February 11 – March 24
Practice Begins: April 2
Season Begins: April 14
Cost: \$36 YMCA Member
 \$60 Potential Member
Late Registration: +\$10



YOUTH T-BALL

Great introduction to baseball for boys and girls. Players learn the basic principles of baseball.

Grades: Pre-K – 1st
Registration: July 28 – September 8
Practice Begins: September 17
Season Begins: September 29
Cost: \$36 YMCA Member
 \$60 Potential Member
Late Registration: +\$10

YOUTH VOLLEYBALL

Middle School Girls Volleyball

Great introduction to the sport of volleyball and teaches the skills and fundamentals needed to do well at the high school level.

Grades: 6th – 8th
Registration: February 5 – March 5
Practice Begins: March 14
Season Begins: March 28
Cost: \$36 YMCA Member
 \$60 Potential Member
Late Registration: +\$10

PROGRAMS

YOUTH SWIM LESSONS

Listed below are the levels of our swim lessons and when they are held. Each day of the week is its own session, which lasts for one month. Instead of having 8 lessons we are offering 4 lessons per session. We hope that this will help lower the cost of swim lessons so that more people can learn how to swim!

Parent/Child

6 months – 3 years

Children must wear swim diapers or plastic training pants under their swimsuit. No diapers, please. Child must be accompanied by a parent.

3 – 5-year-olds

PIKE

3 – 5 years, beginner skills, no previous experience.

EEL

3 – 5 years, child can swim around the pool comfortably with a float belt.

RAY

3 – 5 years, child can swim around pool comfortably without a float belt.

STARFISH

3 – 5 years, child can swim length of pool comfortably without a float belt, and will learn creative skills.

6 – 15-year-olds

POLLIWOG

6 – 15 years, no previous swimming experience.

GUPPY

6 – 15 years, can swim any style one length of the pool.

MINNOW

6 – 15 years, can swim one length of the pool using the front crawl.

FISH/FLYING FISH

6 – 15 years, can swim front crawl, elementary backstroke and breaststroke for two lengths of pool, and dolphin kick one length.

SHARK

6 – 15 years, can swim butterfly, breaststroke, individual medley, and underwater swimming.

Monday Sessions

- Session 1: March 12 – April 2
- Session 2: April 16 – May 7
- Session 3: May 14 – June 4
- Session 4: September 10 – October 1
- Session 5: October 8 – October 29

Tuesday Sessions

- Session 1: March 13 – April 3
- Session 2: April 17 – May 8
- Session 3: May 15 – June 5
- Session 4: September 11 – October 2
- Session 5: October 9 – October 30

Wednesday Sessions

- Session 1: March 14 – April 4
- Session 2: April 18 – May 9
- Session 3: May 16 – June 6
- Session 4: September 12 – October 3
- Session 5: October 10 – October 31

Thursday Sessions

- Session 1: March 15 – April 5
- Session 2: April 19 – May 10
- Session 3: May 17 – June 7
- Session 4: September 13 – October 4
- Session 5: October 11 – November 1

Cost for Youth Swim Lessons (Per session)

Saleeby-Fisher Family & Household Memberships	FREE
All other Membership Types	\$20
Potential Members	\$40

Monday Session Times

Parent/Child	5:00 p.m. – 5:30 p.m.
Pike & Eel	5:30 p.m. – 6:15 p.m.
Ray & Starfish	6:15 p.m. – 7:00 p.m.

Tuesday Session Times

Polliwog & Guppy	5:30 p.m. – 6:15 p.m.
Minnow, Fish/ Flying Fish, & Shark	6:15 p.m. – 7:00 p.m.

Wednesday Session Times

Parent/Child	5:00 p.m. – 5:30 p.m.
Pike & Eel	5:30 p.m. – 6:15 p.m.
Ray & Starfish	6:15 p.m. – 7:00 p.m.

Thursday Session Times

Polliwog & Guppy	5:30 p.m. – 6:15 p.m.
Minnow, Fish/ Flying Fish, & Shark	6:15 p.m. – 7:00 p.m.
Adult	7:00 p.m. – 7:45 p.m.

Weekly Summer Sessions

Lessons are offered Monday through Thursday in a weekly format, consisting of 4 lessons.

- Week 1: June 11 – June 14**
- Week 2: June 18 – June 21**
- Week 3: June 25 – June 28**
- Week 4: July 9 – July 12**
- Week 5: July 16 – July 19**
- Week 6: July 23 – July 26**
- Week 7: July 30 – August 2**
- Week 8: August 6 – August 9**
- Week 9: August 13 – August 16**
- Week 10: August 20 – August 23**
- Week 11: August 27 – August 30**

Minnow, Fish/Flying Fish, Shark Sessions 3:30 p.m. – 4:15 p.m.

Ray and Starfish Sessions 4:15 p.m. – 5:00 p.m.

Parent/Child Sessions 5:00 p.m. – 5:30 p.m.

Pike and Eel 5:30 p.m. – 6:15 p.m.

Polliwog and Guppy 6:15 p.m. – 7:00 p.m.

Note: There must be more than 1 person signed up to have a class. You will be notified 24 hours prior to the start of class. SOME SWIM LESSONS MIGHT BE COMBINED WITH ANOTHER LEVEL ABOVE OR BELOW THE ORIGINAL CLASS. THIS WILL ONLY OCCUR IF THERE ARE NOT ENOUGH KIDS IN THE CLASS. You may register online by going on www.rowanyymca.org

Private Swim Lessons

Private swim lessons for ages 3 and up. Register at the front desk.

Cost:

\$15/class YMCA Member
\$30/class Potential Member





HEALTHY LIVING: Improving the nation's health and well-being.

PROGRAMS

FAMILY TIME

Healthy Kids' Day

The YMCA nationwide honors youth with fun, healthy activities. Get your children involved in this special day and teach them to be healthy early.

Location: TBD

Date: TBD – Please see Web site or flyers for information.

Cost: FREE

HEALTH, WELL-BEING AND FITNESS

Group Classes

Abs Blast

An intense, fast midsection workout. Train the core muscles.

Boot Camp

An intense, fast-paced circuit style class. Stations are set up that involve cardio, toning, and weightlifting.

Cardio Mix

Every week is a different type of cardio class. Kickboxing or maybe step, hi/lo aerobics or maybe even interval. Get your heart rate up to burn calories and keep that heart in shape.

Cycling

The workout is a great cardiovascular exercise. The instructor will take the group on the ride of their life. Climb hills and go on fast straight-aways while working your heart and legs.

Easy Does It

A low impact, low intensity exercise class. Simple line dance style steps and patterns will help you to exercise your heart. A portion of the class will focus on muscle toning and mat work to strengthen your abdominal and lower back area. A great exercise class for seniors or new beginners.

Interval Cardio and Weights

An aerobic intense workout class which incorporates toning and weightlifting. This is an advanced fitness level class with a vigorous workout. The class will use all types of weight training equipment.

Line Dance

Beach, country and Latin style dances. An instructor will teach a step by step breakdown of the moves and repeat the dances each week.

Power Sculpt

If you like tone and sculpt then this is for you. We will teach a more intense workout with a slight mix of cardio. Ready for a slight burn in the muscles? Then try this.

Senior Weights and Warm Up

A low-impact, low-intensity exercise class. The class will focus on stretching, muscle toning, and light weightlifting. A portion of the class will focus on the lower back area. A beginner stretch and weightlifting class for seniors.



SilverSneakers®

SilverSneakers is a great movement class that involves stretching, toning and relaxation. Students sit in chairs for most of the class. Light weight training and stretching is the major focus. This is an exercise routine for any fitness level. An added bonus is fellowship with friends and neighbors. Just try it once and you will be hooked.



Tone and Sculpt

This class is not aerobic, but it will give you a great total body workout. The class uses hand weights, body bars, tubes, bosu, versa disc, gliding disc and other equipment to tone and strengthen major muscles. A large focus is on the abdominal area, as well as the legs.

Zumba®

If you need a challenge and looking for a change, this is it! The class will work muscles you did not even know you had. If you like to dance, then, this is it for you! Latin music keeps you working your mid section and hip area to a fast-paced beat!

Healthy Life

Lifeguard Class

Session 1: March 6 – March 29

Session 2: April 17 – May 10

Class: Tuesdays and Thursdays

Times: 5:00 p.m. – 9:00 p.m.

This course has a prerequisite swim test. After successful completion of course, an American Red Cross Lifeguard Certification is offered. CPR for the Professional Rescuer and First Aid are required and are included in this course. You may register at the front desk of the

Saleeby-Fisher YMCA, East Rowan Branch or online at www.rowanymca.org.

Age: 15 and up
Cost: \$190 YMCA Member
\$220 Potential Member

PROGRAMS

PERSONAL FITNESS

Getting Started Personal Training – New Member

As a new member you are awarded three free personal training sessions. Let our personal trainers educate you about the equipment and help get you motivated. The exercise sessions will teach proper weight lifting technique and explain our cardiovascular equipment. The trainers will help design a beginner workout for you and also help answer any questions you might have about the fitness center and quick fit rooms. Sign up at the front desk for an appointment.

Personal Training Packages

Do you need encouragement and motivation? Would you like to learn more detailed exercise routines? Would you like one-on-one guidance while learning how to exercise correctly? Do you need a specific program just for you? If you answered yes to any of these then you need a YMCA personal trainer.

Fun Package	\$30.00
Fit Package	\$90.00
Fabulous Package	\$130.00
Total Package	\$250.00

WATER ACTIVITIES

Adult Private Swim Lessons

Private swim lessons offered for adults. Register at the front desk.
 Cost: \$15/class YMCA Member
 \$30/class Potential Member

Adult Swim Clinics

Swim Clinics are for anyone 16 or older who want to refine strokes, working on rhythmic breathing, endurance or get over your fear of the water. Swim clinic will meet from 10:00 a.m. to 11:00 a.m.

Sessions:

Jan. 21; May 12; Sept. 15; Nov. 17

Cost (per session):

Saleeby-Fisher Family & Household Memberships	FREE
All other Membership Types	\$20
Potential Members	\$40

Water Fitness

Water fitness classes develop or maintain cardiovascular respiratory (heart, blood vessels, and lungs) fitness and endurance, flexibility, and strength. Classes conclude with toning and cool down relaxation exercises. Water fitness schedules are available online at www.rowanymca.org, by flyers at the front desk and posted around the Y. Arthritis classes are for those with arthritis or joint problems. This is not a cardio class. Intermediate classes are taught for those who like a low impact cardio class. Vigorous classes are being taught for those who like to kick it up a notch.



Aqua Fitness

Formerly the Vigorous class. Medium Intensity exercise class. The class is designed to get your heart rate up with use of water barbells, noodles, and medium intensity instruction.

Aqua Stretch

Formerly known as the Arthritis class. A low impact, low intensity exercise class. The class will focus on stretching, muscle toning, and resistance training.

Aqua Zumba

Known as the Zumba® “pool party,” the Aqua Zumba program gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, and even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that’s cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

Boot Camp H2O

Formerly the Vigorous class. High Intensity exercise class. The class is designed to get your heart rate up with use of water barbells, noodles, steps and vigorous instruction.

H2O Yoga

Low intensity class designed for those who have joint issues or for individuals who want a relaxing class. This class will rejuvenate your mind, body and soul.

Hydro Mania

Formerly the Vigorous class. High Intensity exercise class. The class is designed to get your heart rate up with use of water barbells, noodles, and vigorous instruction.

Silver Ripples

A low impact, low intensity exercise class. The class will focus on stretching, muscle toning, a portion of the class will focus on the lower back area. A beginner stretch and water class for seniors.

Class Schedule

Monday

Silver Ripples:	8:00 a.m. – 9:00 a.m.
Hydro Mania:	9:00 a.m. – 10:00 a.m.
H2O Yoga:	10:00 a.m. – 11:00 a.m.
Aqua Stretch:	11:00 a.m. – 12:00 p.m.
Hydro Mania:	4:30 p.m. – 5:30 p.m.
Boot Camp H2O:	7:00 p.m. – 8:00 p.m.

Tuesday

Aqua Fitness:	8:00 a.m. – 9:00 a.m.
Hydro Mania:	9:00 a.m. – 10:00 a.m.
Aqua Zumba:	10:00 a.m. – 11:00 a.m.
Aqua Stretch:	11:00 a.m. – 12:00 p.m.
Boot Camp H2O:	7:00 p.m. – 8:00 p.m.

Wednesday

Silver Ripples:	8:00 a.m. – 9:00 a.m.
Hydro Mania:	9:00 a.m. – 10:00 a.m.
H2O Yoga:	10:00 a.m. – 11:00 a.m.
Aqua Stretch:	11:00 a.m. – 12:00 p.m.
Aqua Zumba:	6:15 p.m. – 7:15 p.m.

Thursday

Aqua Fitness:	8:00 a.m. – 9:00 a.m.
Hydro Mania:	9:00 a.m. – 10:00 a.m.
Aqua Zumba:	10:00 a.m. – 11:00 a.m.
Aqua Stretch:	11:00 a.m. – 12:00 p.m.
Hydro Mania:	4:30 p.m. – 5:30 p.m.
Boot Camp H2O:	7:00 p.m. – 8:00 p.m.

Friday

Silver Ripples:	8:00 a.m. – 9:00 a.m.
Hydro Mania:	9:00 a.m. – 10:00 a.m.
H2O Yoga:	10:00 a.m. – 11:00 a.m.
Aqua Stretch:	11:00 a.m. – 12:00 p.m.

Saturday

Hydro Mania:	8:15 a.m. – 9:15 a.m.
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PROGRAMS

SPORTS AND RECREATION

Adult Team Sports

Watch for flyers to announce registration dates for each sport.

Flag Football

Cost: \$275 per team
Age: 17 and over

Open Basketball League

12 team limit
Cost: \$400 per team
Age: 17 and over
Registration Begins: April 30
Registration Ends: May 28
Season Begins: June 6

Open Co-ed Volleyball

12 team limit
Cost: \$320
Age: 17 and over
Registration Begins: April 30
Registration Ends: May 28
Season Begins: June 6

Racquetball League

Cost: \$15.00 per player
Age: 17 and over

Recreation

Running/Walking Trail

Outdoor walking trail over two miles with various cut-throughs for running and/or walking. There are benches placed along the way to rest or enjoy the scenery. Our trail meets ADA guidelines and is accessible by all. The YMCA recommends walking or running with a buddy. For a map of our trail stop by the member service desk.

Running/Walking Track

Our track is located upstairs above the gymnasium. Located on the mezzanine are a variety of cardio equipment as well as the track. Fourteen laps around the track is one mile. Direction changes daily as marked by signs on the wall. This is a pleasant place to walk, run and cross train.

Racquetball

The YMCA has two regulation size racquetball courts. You can enjoy a fun game with family members or play a competitive game with friends. Reserve a court 24 hours in advance at the Member Service Desk. Children under the age of 11 need to be supervised by an adult. Racquets and balls are provided upon request at the member service desk.

Wallyball

The YMCA has 2 regulation size Wallyball courts. You can enjoy a fun game with family members or play a competitive game with friends. Reserve a court 24 hours in advance at the Member Service Desk. Children under the age of 11 need to be supervised by an adult. Nets and a ball are provided upon request at the member service desk.

Group Interests

Bible Study

Bible Study meets every Wednesday morning at 9:00 a.m. and is led by a local pastor. The group has a spiritual discussion about the Bible. For more information, contact member service desk.

Book Club

Book Club meets on the third Monday of every month at 3:00 p.m. Come and enjoy fellowship while discussing the novel of the month. Topics are determined by recommendation and then agreed upon by the whole group. Every literary genre is open for recommendation. This club enjoys a thorough discussion. For more information, contact the member service desk.

Facility Rental

The YMCA welcomes community group rental of the YMCA facility when available. Call the member service desk at 704-279-1742 for information on scheduling and fees.

Senior Luncheon

At our Senior Luncheon you will enjoy a covered dish lunch, learn something new, and have fun! Experts present on topics such as prescription medication interactions, gardening, arthritis, and home safety. Activities such as bingo, quarter auctions, and dirty Santa provide tons of entertainment. Senior Luncheons are normally held the fourth Tuesday of each month August – May.



HIGH AND LOW ROPES COURSES

East Peak Challenge Course is located in a beautiful wooded setting in Rockwell, North Carolina. Enjoy adventurous ropes course activities that promote teamwork and communication and build self-confidence. Our East Peak Challenge Course is used to provide groups a unique series of mental and physical activities that will challenge you as an individual and groups as a whole. Learn firsthand the value of teamwork, cooperation, collaboration, support and motivation. Soar to new heights at the East Peak Challenge Course. Challenge the normal and create unforgettable moments.

High Peak Challenge

Designed with the more adventurous in mind, high peak is 35 feet high. To access this course you must climb up a cargo net. You will navigate your way across seven cable elements to a zip line. Minimum age 11 years.



Low Initiatives

Low initiatives are ground elements that require teamwork to accomplish group goals. Designed to accomplish group goals, these initiatives are planned for each individual group.

Low Peak Challenge

Designed for 8 years old and up, low peak is 25 feet high. To access this course, you must either climb up a cargo net or get hoisted up in a basket. You will be led to a tree house, three cable elements and a zip line!

Schedule of Events

Introduction/Devotion
Low Initiatives
Equipment Instruction
Triangle Practice
High or Low Ropes Course*
**determined at time of scheduling*

Schedule: 2 weeks prior
Duration: 4 hours
Age High Course: 11 years and up
Age Low Course: 8 years and up
Cost: \$25/person (youth/non-profit)
\$40/person (corporate)
Minimum: 10 people

PROGRAMS

SOCIAL SERVICES

Military Outreach Initiative

As part of the Armed Services YMCA (ASYMCA) and Department of Defense (DOD) Outreach Initiative, the Saleeby-Fisher YMCA provides military families with access to youth development, family strengthening, and health and well-being programs at community YMCAs nationwide. Membership fees are underwritten by the DOD and administered through Military One Source, an information and referral service for military families.

The Saleeby-Fisher YMCA is happy to help meet the critical needs facing families of deployed military service members. Families are the most affected when a loved one gets deployed, so we are deeply committed to providing them with the support they need.

Eligible military families participating in the initiative are eligible for YMCA memberships based on participation requirements of eight visits per month over the course of six months. Those eligible to participate in the initiative include:

- ▼ All interested families of joint deployed National Guard and Reserves of all military branches;
- ▼ Active Duty Independent Duty station personnel and their families; and
- ▼ Relocated spouses and family members of deployed Active Duty personnel.

SilverSneakers®

The YMCA of Rowan County is offering the Healthways SilverSneakers Fitness Program. This program enables people 65 and older to take control of their health and well-being. Older adults who are eligible to participate in the award-winning fitness program may qualify for a free Y membership through their health care provider.

The goal of the SilverSneakers Fitness Program is to minimize age related physical deterioration, enhance general health and skill-related activities, improve daily living functionality, and increase a person's sense of well-being through exercise.

With your SilverSneakers membership, you have full access to the Y Fitness Center, swimming pools, gymnasium, group exercise classes and the many other amenities included in a membership. People 65 and older who are already members of the Y and qualify to join SilverSneakers should contact the front desk to adjust their membership. To find out eligibility requirements contact SilverSneakers at 1-888-423-4632 or call our Member Service Desk.



Wellness Connection



Rowan Regional Medical Center and the YMCA of Rowan County have partnered to provide you with a comprehensive approach to building a healthier lifestyle! Finding time to focus on healthy living can be difficult. The Wellness Connection offers a variety of classes, workshops, and services to help promote health and wellness within the YMCA and also in the community. Guidance, encouragement, and education are provided to help participants achieve a healthier lifestyle. This program is designed for individuals, regardless of age or fitness level, who need assistance making lifestyle changes to improve their overall health.

Services at the Wellness Connection include:

One-on-One Nurse Consultations and Guidance for:

- ▼ Those at greater risk of developing chronic diseases including high blood pressure, diabetes, and heart disease
- ▼ Those who have recently been diagnosed with a medical condition that would benefit from a healthier lifestyle
- ▼ Those who have recently completed a cardiac or physical rehabilitation program

Health Screenings and Risk Appraisals to provide you a snapshot of your total health and areas for improvement:

- ▼ Cholesterol/Lipid Profile
- ▼ Glucose Screening
- ▼ Blood Pressure Monitoring
- ▼ Waist Circumference, Height, Weight, and Body Mass Index
- ▼ Osteoporosis Risk Assessment
- ▼ Depression Screening

VOLUNTEERISM AND GIVING

The YMCA of Rowan County connects people across our community through exercise classes, youth sports, leadership forums, camp and so much more. Some are engaged at a deeper level through volunteering and financial contributions.

The YMCA of Rowan County is a 501(c)(3) charitable organization. We rely on charitable giving to meet the evolving needs of individuals and families and to extend and deepen our reach into neighborhoods and communities throughout Rowan County.

In-Kind Donations

We accept in-kind gifts which are donations of property other than cash and marketable securities. Examples of these charitable contributions could include real estate, art, life insurance, vehicles and services. Receipts will be prepared by the YMCA of Rowan County and issued to the donor of in-kind gifts.

We Build People Campaign

Financial gifts improve the health of children, adults and seniors across Rowan County. Individual, corporate, and foundation donations allow us to offer financial assistance to individuals and families who could not otherwise afford to join the YMCA; to give scholarships to youth to attend our before and after school program, our summer day camp, or to play a sport. This ability to touch so many lives puts the YMCA in a unique position to truly impact the health of our community.

This program allows anyone the opportunity to participate in YMCA programs regardless of his/her ability to pay. Currently the YMCA's We Build People program is underway to raise money for Open Doors. We need your help. For more information, please contact member service desk.

Volunteers

Volunteer opportunities include helping with homework in our after school programs, coaching a youth sports team, or even greeting people at our front doors. You can meet the colorful array of people who make our community so vibrant.

Anyone can volunteer regardless of age. Here are examples of activities for which you can volunteer:

- ▼ Mentor or tutor a child
- ▼ Teach computer skills
- ▼ Coordinate a group project
- ▼ Teach swim lessons
- ▼ Be a group exercise instructor
- ▼ Coach a youth sports team
- ▼ Serve as a front desk greeter
- ▼ Serve as an administrative or clerical assistant
- ▼ Assist with special events
- ▼ Be a bus driver for summer camp and/or special events
- ▼ Assist with maintenance/landscaping
- ▼ Referee a youth sports game
- ▼ Score keepers
- ▼ Serve on branch board of managers

If you are interested in being a volunteer, please contact the Executive Director.





**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

SALEEBY-FISHER YMCA

EAST ROWAN BRANCH

790 Crescent Road
P.O. Box 640
Rockwell, NC 28138
Phone 704.279.1742
Fax 704.279.7700
www.rowanymca.org



**Rowan County
United Way**

