

# GOOD NEWS!



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

TWIN RIVERS YMCA

100 YMCA Lane, New Bern, NC 28560

August 2018

[www.trymca.org](http://www.trymca.org)

## MEMBER ENGAGEMENT NEWSLETTER



### AFTER SCHOOL, THE Y HELPS KIDS REACH THEIR POTENTIAL

A new school year is filled with potential—a chance to start new routines and habits, build new friendships and discover new possibilities and interests. It's an exciting time for many kids, however—at the end of the school day, 1 in 5 children do not have someone to care for them after school, according to Afterschool Alliance, a nonprofit public awareness organization. As families are transitioning from summer to fall, the Twin Rivers YMCA is offering programs to school-aged children throughout Craven County to keep youth active, busy and engaged during out-of-school time.

Through a well-rounded approach to youth development, the Y's program offers activities in a caring and safe environment during the critical hours after school. Whether through sports, mentorship, or academic support, the Y nurtures the potential of youth throughout the school year.

"Over 11 million children are unsupervised between 3 and 6pm, an essential time to help increase children's success in school," said Iesha Crawford, Family Services Director, Twin Rivers YMCA. "Afterschool at the Y is an opportunity

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## WHAT'S HAPPENING AT THE Y?

**DIVE-IN MOVIE:  
A WRINKLE IN TIME**  
Friday 8/3

**RED CROSS FIRST AID/CPR**  
Registration: thru 8/4  
Session: 8/11

**TRX FUNCTIONAL TRAINING**  
Registration: thru 8/5  
Session: 8/6-8/31

**TEEN CERTIFICATION**  
Registration: thru 8/8  
Session: 8/9

**WATERMELON SOCIAL**  
Friday, 8/10

**ADULT SWIM LESSONS**  
Registration: thru 8/13  
Session: 8/20-10/23

**TEEN CERTIFICATION**  
Registration: thru 8/13  
Session: 8/14

**YOUTH SWIM LESSONS:  
SWIM BASICS/STROKES**  
Registration: thru 8/15  
Session: 8/22-10/13

**YOUTH SWIM LESSONS:  
SWIM STARTERS**  
Registration: thru 8/18  
Session: 8/25-10/13

**DIVE-IN MOVIE**  
Friday 8/24

**BODY BLAST BOOT CAMP**  
Registration: thru 8/28  
Session: 9/4-9/27

**TRX FUNCTIONAL TRAINING**  
Registration: thru 8/28  
Session: 9/4-9/27

**MORNING GLORY BOOT CAMP**  
Registration: thru 8/28  
Session: 9/8-9/29

**FALL SPORTS**  
Registration: 7/16-9/2  
Season: 9/10-11/3

**RED CROSS FIRST AID/CPR**  
Registration: thru 9/8  
Session: 9/15

**MENTAL HEALTH FIRST AID**  
Registration: thru 9/10  
Session: 9/17-9/24

**RED CROSS LIFEGUARD**  
Registration: thru 9/14  
Session: 9/21-9/30

**YOUTH SWIM LESSONS:  
SWIM BASICS/STROKES**  
Registration: thru 9/17  
Session: 9/24-10/18

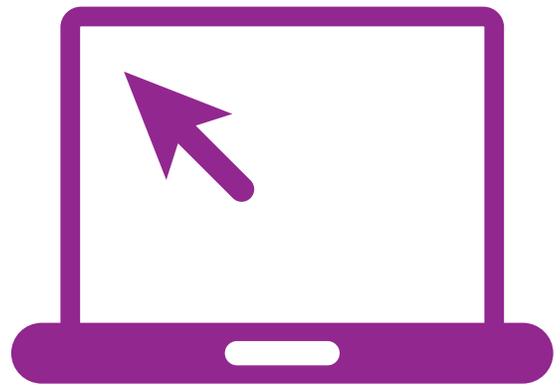
**INTRO TO SPIN**  
Registration: thru 9/28  
Session: 9/29

**FOR MORE INFORMATION ON THESE AND OTHER PROGRAMS,  
SEE OUR PROGRAM GUIDE OR VISIT TRYMCA.ORG.**

## KEEPING YOU CONNECTED

The majority of our Programs are available to our members for online registration! Visit [trymca.org](http://trymca.org) to register for programs - wherever you go!

Our Facebook page and app are the best places to get up to date information on closures and changes. Make sure to like the TWIN RIVERS YMCA on Facebook and download our free smartphone app!



Questions or comments about TWIN RIVERS YMCA Good News?  
Contact Amy at [awalsh@trymca.org](mailto:awalsh@trymca.org) or 252-638-8799.



for families to ensure their kids are receiving additional support, continued learning and a chance to participate in meaningful activities that can inspire children’s motivations and help them reach their potential.”

The Y is a leading nonprofit committed to nurturing the potential of every child and teen, supporting their social-emotional, cognitive and physical development from birth to career. In the Twin Rivers YMCA’s afterschool program youth receive help with homework and reading, and can also explore STEM and healthy eating habits. Financial assistance is available to those in need, to ensure every child and teen has the opportunity to learn and grow at the Y.

Careers in STEM (science, technology, engineering and math) are projected to grow 17 percent over the next few years, and the Y is helping youth develop strong problem-solving, planning, analysis and decision-making skills to succeed in the classroom and in high-demand careers through participation in STEM curriculum activities throughout the year.

The Twin Rivers YMCA employs Healthy Eating and Physical Activity (HEPA) standards in our afterschool programs that help build a healthier future for our nation’s children by encouraging healthy eating habits, limiting screen time and providing physical activity to keep every child healthy. Specifically, we provide a healthy, nutritious snack at each of our After School sites as well as provide many games and activities that encourage physical movement.

For more information about the Twin Rivers YMCA’s afterschool program, please contact Iesha Crawford, Family Services Director, at [icrawford@trymca.org](mailto:icrawford@trymca.org) or 252-638-8799 or visit our website: [trymca.org](http://trymca.org).



## BE A PART OF SOMETHING GREAT!

Did you know the YMCA was first established by a volunteer? George Williams launched the YMCA movement in London in 1844 as a volunteer. His example persists in the expansion of the Y across the globe today. With a focus on youth development, healthy living, and social responsibility, Y volunteers give men, women, and children of all ages and from all walks of life the resources and support they need to be healthy, confident, connected, and secure.

What volunteer opportunities are available? We like to match potential volunteers to a meaningful experience. If there is an activity you are interested in, we will work with you to find an opportunity that matches your interest and meets the needs of the Y.

Some opportunities that are currently available are:

- **3rd Grade Water Safety:** Volunteers will help students learn safety in and around water. There are opportunities available for on land and in water.
- **Head Coaches for Youth Soccer and Youth Flag Football Teams:** Volunteers will teach the fundamentals of youth soccer and flag football at practice and in weekly games, as well as establishing the YMCAs Core Values of respect, responsibility, honesty, and caring.
- **Coaches for Youth Sports Classes:** Volunteers will teach the fundamentals of basketball, t-ball, and soccer, as well as establishing the YMCAs Core Values of respect, responsibility, honesty, and caring.
- **After School Homework Assistance:** Volunteers will help students at one of our various After School Sites across Craven County.
- **Health and Wellness Housekeeping:** Assist in the general upkeep of the Health and Wellness Program areas.
- **And much more...**

How can you get started? Contact the Volunteer and Special Events Director, Marissa Zinni, to discuss our volunteer program and provide more information. An application is required. She can be reached at [mzinni@trymca.org](mailto:mzinni@trymca.org) or 252-638-8799.

