GOOD NEWS!

MEMBER ENGAGEMENT NEWSLETTER

PANCAKE PURSUIT 5K & 10K

On Saturday, May 20, 2017, TWIN RIVERS YMCA held the first annual Pancake Pursuit 5K & 10K at Taberna Country Club. Proceeds from our race help to support our Annual Campaign, allowing local kids, families, and adults in need to participate in Y programs. Without the help and support of our events and members like you, the Y would not be able to make a difference in the community.

The Pancake Pursuit 10K kicked off at 7:30 AM and the 5K started at 8:00 AM. We had over 275 participants wake up and run or walk through the Taberna & Gables Run neighborhoods, before being treated to a pancake breakfast provided by Taberna Country Club. Each and every participant had so much fun, and if you want to see for yourself, come and check out the excited faces in our photos along the hallway and on the lobby screen in the Y!

The Pancake Pursuit will be held every third Saturday in May. See you next year!
TWIN RIVERS YMCA
PANCAKE PURSUIT
WILL RUN FOR PANCAKES
TWIN RIVERS YMCA PANCAKE PURSUIT

CarolinaEast HEALTH SYSTEM

CRAVEN PHYSICAL THERAPY & SPINE

The UPS Store
1822 South Glenburnie Road, New Bern

First South Bank
NEW BERN BREAKFAST ROTARY

Riverside Alan Walsh
Senior Sales Consultant
(704) 617-2976 RiversideCJD.com

The Insurance Center
Lancaster, McAden, Willis, Smith Company

WELLS FARGO

First Flight Federal Credit Union
CELEBRATING FATHERS:
A TRADITION STARTED AT THE YMCA

Over 100 years ago, while listening to a Mother’s Day sermon, Sonora Louis Smart Dodd wondered why there was no similar holiday for fathers. One of six children, Dodd’s father was a single father and she felt he and others deserved to be honored. After securing support from ministers in Spokane, Wash., her idea came to fruition with the first Father’s Day celebration at the Spokane YMCA on June 19, 1910. Many years passed before the day became a national holiday, but today we use the day to honor the fathers and father figures in our lives.

On Sunday, June 18, the TWIN RIVERS YMCA joins the nation in celebrating Father’s Day and recognizing the influence fathers and adult male role models have in children’s lives. According to the U.S. Census Bureau, 24 million—or one in three—children live without their biological fathers. Societal factors such as unemployment, work-life balance or a lack of resources can affect a father’s ability to seek support in strengthening his parenting skills and becoming more engaged in the lives of his children. The Y, a leading nonprofit in fostering positive youth development, is dedicated to providing both resources and opportunities for fathers to further involve themselves in the well-being and development of their children.

Studies show that children with close relationships with their fathers and other adult male role models have more self-confidence and exhibit less depression, perform better academically and engage in significantly less drug and alcohol use.

“On Father’s Day, we celebrate dads and all male adult role models as we recognize how important it is for children to grow up with men who are committed, responsible and involved,” said Todd Shuart, President & CEO, TWIN RIVERS YMCA. “Dads need support to be the best parents and caregivers they can be, and this holiday helps to remind us of that.”

In communities across the country, the Y is committed to ensuring that the 9 million children and teens in YMCA programs reach their full potential by helping them grow—physically, mentally and socially—from young children into active, engaged members of their communities. To learn more about programs and activities available at the TWIN RIVERS YMCA, contact the Service Desk at (252)638-8799 or visit trymca.org.
WHAT’S HAPPENING AT THE Y?

SWIM FIT
Registration: through 6/5
Session: 6/5-7/26

TEEN CERTIFICATION
Registration: through 6/8
Thursday, 6/8

SUMMER DAY CAMPS
Registration: Limited space available
6/12-8/18

ADULT SWIM LESSONS
Registration: through 6/12
Session: 6/12- 7/31

YOUTH SWIM LESSONS
Registration: through 6/12
Sessions: 6/12- 8/3

TRX FUNCTIONAL TRAINING
Registration: through 6/13
Sessions: 6/13-8/15

RIPTIDE HOME MEET
Outdoor Pool closes at 4pm
Tuesday, 6/13

RED CROSS CPR/FIRST AID
Registration: through 6/9
Saturday, 6/17

RIPTIDE HOME MEET
Outdoor Pool closes at 4pm
Tuesday, 6/20

RIPTIDE HOME MEET
Outdoor Pool closes at 9am
Saturday, 6/24

RIPTIDE HOME MEET
Outdoor Pool closes at 9am
Saturday, 7/1

DIVE-IN MOVIE
Movie start at dusk
Friday, 7/7

FALL SPORTS
Registration: 7/17-9/3
Sessions: 9/11- 6/4

RIPTIDE HOME MEET
Outdoor Pool opens at 3pm
Saturday, 7/22

DIVE-IN MOVIE
Movie start at dusk
Friday, 8/18

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 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 memberengage@trymca.org or 252-638-8799.
SUMMERTIME FAMILY FITNESS

The Centers for Disease Control and Prevention reports that nearly half of adults get the recommended amount of exercise. Since a lot of kids adopt similar lifestyles to their parents, it’s not surprising that this same number holds true for children. By taking the time to adopt a healthy and active lifestyle for yourself, you will become a great model for the children in your life. Limiting media exposure and screen time is not only good for children’s physical and mental health, but also for academic performance.

Use some of the ideas below to show your kids that moving can be fun to encourage them to embrace a more active lifestyle.

1. Make your home your playground.
   - Use chalk to draw a four square court, and play with a large rubber ball.
   - Play catch, but have the ball bounce first before you catch it.
   - Sock Tag – everyone places a long sock hanging out of a pocket. Then run and see who tags (grabs the socks) of the most people.
   - Have the family line up and take turns leading a game of red light green light or Simon says

2. Plan a game day. Reserve an hour to come up with a family game that encourages teamwork and builds social skills. Maybe even team up with other families in the neighborhood to build the excitement. Some ideas are relay races, scavenger hunts, wheelbarrow races, hula hoop contests, and water balloon tosses.

3. Clean up!
   - Clean up trash in your neighborhood or a local park. From the walking to picking up trash, it all adds up to burning off some extra calories. All while you help make the world a better place!
   - Family car wash! Don’t just clean the outside -organize the inside, wipe down surfaces, and vacuum together!

4. Get fit on family outings.
   - Try biking to locations close to your house, like the YMCA, a local park, the library, or even the ice cream shop.
   - Fruit picking is a memorable seasonal activity! Look up U-Pick farms in your area, and spend the day picking fresh produce with your family. Kids love seeing where their food comes from, and can spend hours running through orchard fields!

5. Work those muscles gardening.
   - Plant a butterfly garden. You’ll enjoy the beautiful flowers while attracting brightly colored visitors.
   - Create a family garden and let each child plant a different vegetable. Kids are more likely to try a new vegetable when they’ve had a hand in growing it.
   - Plant a flower garden. Let each family member pick out their favorite flowers to grow.
A MESSAGE FROM OUR CEO:

Summer is a busy time at the TWIN RIVERS YMCA. With everyone coming and going, please keep in mind the speed limits in our Y parking lot and around the Ghent neighborhood. The Y parking lot speed limit is 5mph and the speed limit in the Ghent neighborhood is 25mph.

Please also be aware of and obey the neighborhood stop signs. We all can do our part to help keep neighborhood children safe while they enjoy their time off.

Lets all take care coming and going and let everyone safely enjoy summertime at the Twin Rivers YMCA!

Thank you.

-Todd W. Shuart, CEO

AQUATICS EVENTS – SUMMER 2017

**Tuesday, June 13, 2017**
Riptide Home Meet
The Outdoor Pool will close at 4:00pm for a swim meet. Spectators are welcome to cheer our swimmers on!

**Tuesday, June 20, 2017**
Riptide Home Meet
The Outdoor Pool will close at 4:00pm for a swim meet. Spectators are welcome to cheer our swimmers on!

**Saturday, June 24, 2017**
Riptide Home Meet
The Outdoor Pool will close at 9:00am for a swim meet. Spectators are welcome to cheer our swimmers on!

**Saturday, July 1, 2017**
Riptide Home Meet
The Outdoor Pool will close at 9:00am for a swim meet. Spectators are welcome to cheer our swimmers on!

**Saturday, July 7, 2017**
Dive-In Movie: TBA
Join us for a family-friendly movie in the outdoor pool. Movie starts at dusk.

**Saturday, July 22, 2017**
Riptide Home Meet
The Outdoor Pool will be closed until 3:00am for a swim meet. Spectators are welcome to cheer our swimmers on!

**Saturday, August 18, 2017**
Dive-In Movie: TBA
Join us for a family-friendly movie in the outdoor pool. Movie starts at dusk.