

October 2019

Athens YMCA

Recent News & Spotlights

ASSISTANT DIRECTOR OF OPERATIONS



We are super excited to introduce Kasey Radney as our Assistant Director of Operations! Kasey first came to the Athens YMCA when he started college at the University of Georgia. Around the Y, he is better known as Coach Kasey and has served as an afterschool and summer camp coach and coordinator. He is looking forward to serving as the Assistant Director of Operations and giving back to the community that opened its arms to him. Coach Kasey recently finished an undergraduate degree in Consumer Economics at the University of Georgia. When not coaching at the Y, Kasey spends his time with friends, family, and his fluffy dog named Kota. Please help us welcome Kasey in this exciting new role!

WELCOME NEW MEMBERS!



We want to welcome our new members to the Athens YMCA! During the month of September, our new members donated 2,720 snacks for our after-school kids when they joined! This has been HUGE for each child in our programs. THANK YOU! We are so excited to have you as a part of our Y family.

ACTIVE AGING WEEK



Active Aging Week was the first week of October! We had a blast celebrating all week long and hosting a potluck after Thursday line dancing class. We love our active older adults!

Upcoming Events & Registrations

TRUNK OR TREAT

Join us for our second annual Trunk or Treat!
Thursday, October 24th.

5:15 pm to 6:15 pm
children with special needs
and their families

6:30 pm to 7:30 pm
open to the public

Cost
\$2 per child
(no cost for children with special needs)



We would love for you to participate! Registration going on now for trunks. Visit athensymca.org/trunk-or-treat for full guidelines and details. Email jacqueline@athensymca.org if you are interested in having a trunk!

JINGLE BELL MILE SWIM

A poster for the Jingle Bell Mile Swim. It has a red and white patterned background. The text says 'JINGLE BELL MILE SWIM Oct. 14 - Nov. 15 • \$15 Benefitting Athens YMCA Aquatics'. Below that, it says '\$5 off if you finish in 30 minutes or less!' and there is an illustration of a pair of blue and green swim goggles.

Our annual Jingle Bell Mile Swim is almost here! Swim your mile anytime between October 14th and November 15th. Shirts are \$15 - swim your mile in 30 minutes or less and get \$5 off. Benefitting Athens YMCA Aquatics!

FOOD 2 KIDS



We will be collecting food for the Food Bank of Northeast Georgia Food 2 Kids program during October! The Food Bank's current largest needs are: peanut butter, jelly, pasta and sauce, instant potatoes, cereals, granola / protein bars, easy to open snacks, pop-top easy to open foods (ravioli, etc.), noodle cups, instant foods (oatmeal, etc.), dried beans, rice, fruit and vegetable juice, shelf stable milk, flour and sugar, canned meats (tuna, salmon and chicken, soup /chili, cooking oil, sugar free items, canned fruit and vegetables, and spices. We will be collecting these items and more all October long! To learn more about the Food Bank or Northeast Georgia, visit foodbanknega.org.

HEALTH & WELLNESS CLINIC

We are excited to host a Health & wellness Hands-On clinic put on by the Shepherd Center & Georgia Golf Association. This event will be Saturday, October 26th from 10 am to 3 pm for individuals with spinal cord injuries and other disabilities. The Adaptive Golf & Hand Cycling Clinic is \$25 and limited to 12 people. Visit <https://athensymca.org/health-wellness-hands-on-clinic> to learn more and register!

We would LOVE to have our members stop by to cheer on our participants!

A flyer for the Health & Wellness Hands-On Clinic. It features the Shepherd Center Recreation Therapy logo. The text says 'HEALTH AND WELLNESS HANDS-ON CLINIC', 'Adaptive Golf & Hand Cycling Clinic', 'Registration Fee \$25', 'Registration Limited to 12 Participants'. There are two photos: one of people on golf carts and one of people on hand bikes. Below the photos, it says 'OCTOBER 26, 2019 10:00 a.m. - 3:00 p.m. ATHENS YMCA 915 Hawthorne Avenue Athens, GA 30606'. At the bottom, it says 'Shepherd Center & Georgia Golf Association is hosting a Health and Wellness Hands-On Handcycling and Adaptive Golf Clinic for individuals with a spinal cord injury, C-6 or below and other disabilities. Participants receive continued education to learn, review and practice handicapping and adaptive golf under the guidance of the Shepherd Center's Therapeutic Training Program and Adaptive Golf Pros. Participating in these types of activities can reduce secondary complications, increase endurance and strength, and can expand your knowledge of leisure skills. Regular participation in leisure-time physical activity will help maintain a well-balanced and healthy lifestyle. For more information contact Kelly Edrins at 404-555-7793 or Kelly.Edrins@shepherd.org. To register visit: [Click Here to Register](https://athensymca.org/health-wellness-hands-on-clinic)'. At the bottom are logos for the Georgia Golf Association, Shepherd Center, and the Athens YMCA.

Upcoming Events & Registrations

COAT DRIVE



Our 5th annual coat drive is coming up! We will be giving out gently used coats on Monday, November 25th from 9 am to 6 pm. Interested in joining the Y? Donate a gently used coat to the coat drive between November 1st and 24th and have your joiner fee waived! Already a member? Donate to our coat drive and earn an extra guest pass!

WINTER YOUTH PROGRAMS



Registration for Winter 2019-2020 Youth Programs going on NOW!

Program dates: November 5, 2019 - February 21, 2020

Programs include: basketball, futsal (indoor soccer), swim lessons, taekwondo, cheerleading & dance, kali and youth gardening & teen fitness.

Facility Closings and Information

UPCOMING FACILITY INFO



As we move into the holiday season, we will have modified hours. Please see our modified holiday hours below.

Halloween

October 31st: Facility open regular hours

Child Watch closes at 5 pm

Thanksgiving

November 27th: Facility open 4:30 am to 6 pm

Front Office closed

All fitness classes canceled

Child Watch open from 8 am to 12:15 pm

November 28th: Closed for Thanksgiving

November 29th: Facility open 7 am to 5 pm

Front Office closed

All fitness classes canceled

Child Watch closed

Christmas

December 24th: Closed for Christmas Eve

December 25th: Closed for Christmas Day

December 26th: Facility open 7 am to 5 pm

Front Office closed

All fitness classes canceled

Child Watch closed

Indoor pool closed

December 27th - 30th: Facility open regular hours

Indoor pool closed

New Years

December 31st: Closed for New Year's Eve

January 1st: Closed for New Year's Day

EXCLUSIVE OFFER

20% OFF
YOUR ENTIRE PURCHASE

Athens YMCA

You're invited to
Academy Sports + Outdoors
for an exclusive offer.

Wednesday, October 30th from 4pm to 8pm
3505 Atlanta Hwy, Athens, Georgia 30606

Redeem this offer by presenting it on **10/30/2019** at time of checkout to receive your one-time discount. Hope to see you there!



Offer valid 10/30/2019 **in-store only.** Discount taken pre-tax. Coupon must be surrendered at checkout. Cannot be combined with other offers, discounts, or coupons. Cannot be combined with a price match. Not valid on clearance, Hot Deals, licenses, firearms, ammo, gift cards, sales tax, shipping & handling, exchanges, store credit, or previous purchases. If you return a portion of your purchase, the discount may be forfeited and/or refund will be the price actually paid. No cash value, no cash back. Void where prohibited. Additional exclusions and restrictions may apply. Selection, prices, offers, and exclusions may vary online and by store. No rain checks. Academy Sports + Outdoors reserves the right to limit quantities. This offer is subject to change, alteration, or termination by Academy Sports + Outdoors at its sole discretion at any time.