

Stokes Family YMCA July Events

**Please note we now close at 5:00p.m. on Saturday and Sunday*

COMMUNITY WELCOME

July 2nd Blood Drive 2:30-7:30pm “Give the Gift of Life”

July 7th Registration begins for our **Doubles Racquetball Tournament** held August 28th – August 30th

July 23rd Cholesterol Screening 10:00am-1:00pm

July 17th Annual “Y” Idol Join us for a fun filled evening, with flashbacks from the 50’s! Our summer camp youth will be performing and you don’t want to miss it!! The counselors may even have a surprise in store.

6:00pm Community Room

J.O.Y. Club

July 21st Bingo 9:30am in the Classroom

July 1st, 8th, 15th, 22nd, 29th Bible Study Join us every Wednesday morning at 10:00am.

Fitness

Up and Running 8 week running program for first time runners or runners who want to increase their times and endurance. Prepare for the 5k, King of

the Hill Race. Register Now! Begins July 20th Meets Mon and Thurs nights

6:00-7:00pm Cost **\$38** (member) **\$68** (non member)

Doubles Racquetball Tournament Registration begins July 7th Cost **\$20** (members) **\$30** (non members) Tournament held August 28th – 30th

Tiger Tots Will return in September.

Personal Training **\$35** (member) **\$80** (non member) **Now available 7 days**

a week

Nutrition Consultations **\$35** (member) **\$80** (non member) Make your appointment at the Member Services desk.

Chair Yoga Tuesday and Thursday mornings at 9:30am

Tai Chi/Tai Chi Club Now meet Monday and Wednesday mornings at 10:30am.

Youth

Summer Camp - Register your child now!! Slots are still available.

Tiny Tots T-Ball – Registration ends July 5th- Sessions begin July 14th

Sports

Adult Flag Football Registration begins July 6th Sign up now!

Stokes Family YMCA of NWNC Membership Information

HOURS OF OPERATION

Facility

Monday-Thursday: 4:30 a.m.-9 p.m.

Friday: 4:30 a.m.-8 p.m.

Saturday: 8 a.m.-5p.m.

Sunday: 1-5p.m.

Nursery (6 weeks to 5 years old)

Monday – Friday: 8:30am-12:30pm

Monday – Thursday: 4:00-8:00pm

Saturday: 9:00am-12:00pm

Sunday: Closed

Youth Room (6-12 years old)

Monday – Friday: 8:30am-12:30pm

Monday – Thursday: 4:00-8:00pm

Saturday: 9:00am-12:00pm

Sunday: Closed

Pool

Monday – Thursday: 5:30am-8:45pm

Friday: 5:30am-7:45pm

Saturday: 8:00am-4:45pm

Sunday: 1:00pm-4:45pm

Youth Policy

Children under 12 are not allowed in the YMCA without adult supervision.

Therefore, youth memberships are only sold as a family or an adult with dependent membership.

CANCELLATIONS

A 30 day written cancellation form must be completed by the member for bank drafts to be stopped. This is the responsibility of the member.

NOT HAPPY?

PARTNER WITH YOUTH

Partner with Youth is the annual volunteer

fund-raising campaign to assist people in our community who are in need. At the Stokes Family YMCA, no one is turned away due to their inability to pay, because we believe in helping all people lead healthier, happier lives.

Help someone to stay healthy when they need it most. Pay for a child's after school care, swim lessons, or sports program. It works when we work together! If you are interested in

Guest Policy

Members 19-25 years of age may bring in guests who are 18 years or older.

Members 26 years and up may bring in guests of any age. Members are limited to two guests per visit. Each guest is limited to 3 free visits per calendar year.

AMENITIES

- 2 racquetball courts
- 2 basketball gyms
- Fitness Center
- Group Exercise Classes
- Walking Track
- Nursery
- Youth Room
- Swimming Pool
- Sauna
- Steam Room
- Whirlpool

Contact Information

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