

Stokes Family YMCA June Events

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

July 4th business hours 8:00am-4:00pm

J.O.Y. Club

June 10th Potluck 11:30 in the community room

June 16th *Bingo* 9:30am in the community room.

June 3rd, 10th, 17th, and 24th *Bible Study* Join us every Wednesday morning at 10:00am.

Fitness

Summer Fitness Challenge This 8 week fitness challenge begins June 1st. Sign up at the Member Services desk.

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 Registration -Register early to ensure your child a place for the summer!

Live Wire June 6th from 7:00pm-10:00pm for 3rd – 5th graders- Cost \$5 (member) \$10 (non member)

Middle School Madness May 30th from 7:00-10:00pm for all 6th -8th graders –cost \$5 (member) \$10(non member)

Sports

Adult Volleyball Register May 4th through June 12th Sign up now! Ages 16 and up

Indoor Soccer Registration begins May 25th Ages 4-11

Tiny Tots Summer Session Registration begins June 15th 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 – Thursday: 4:00-8:00pm

Saturday: 9:00am-12:00pm

Sunday: Closed

Effective June 15th Youth Room Hours

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 from must be completed by the member for bank drafts to be stopped. This is the responsibility of the member.

NOT HAPPY?

We offer a 30 day money-back

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 guest who are 18 years or older.

Members 26 years and up may bring in guest 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

(336) 985-9622

stokes.ymcanwnc.org

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