



# ACYMCA NEWSLETTER

NOVEMBER 2019



## EVENTS CALENDAR:

November 4-11:  
Y Basketball Courts & Indoor  
Track closed for maintenance

November 23:  
73rd annual Alamance County  
Christmas Parade (note: our  
parking lot may be in use)

November 28:  
Our Y will be closed in  
observation of the holiday

December 24-25:  
Our Y will be closed in  
observation of the holiday

## A WORD FROM OUR CEO

Members,

We can't believe how fast the Fall has flown by! This time of year always feels like a whirlwind as we acclimate our kids back into the school year, our family into its new schedule, and look to the semester ahead. With the holidays approaching, we know that it's hard to slow down and find time for health and wellness. Please know that our Y is always here for you, working hard at preparing events and programs to help you and your family feel your best. Read on to hear what's happening here at our Y and, as always, know that we're here for you every step of the way.

Walter Britt, CEO  
wbritt@acymca.org  
336.395.9622, ext. 217

# ACYMCA NEWSLETTER



## FALL SPORTS:

Our ACYMCA Fall Sports Registration is LIVE and wrapping up soon! Head on over to our website for more information and stay tuned to our social media for updated registration information. For questions, please see or call our front desk.



## NEW CARDIO EQUIPMENT:

Our Y is always looking for ways to improve and serve our Members as best we can. Would you kindly consider completing our ACYMCA Group Ex Survey? Your feedback will help us as we review existing Group Ex classes, consider adding more classes and work on improving our schedule to reflect your needs. You can pick up a copy of our survey at our front desk.

## FOLLOW US ON SOCIAL MEDIA:

Are you following us on Social Media? We post upcoming events, highlight our programs, share Employee and Member Spotlights, healthy recipes, inspirational quotes, and so much more!



@acymca



acymca.org



@acymca



facebook.com/acymca