

# COOL FACTS



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## YMCA of the Sandhills FEBRUARY 2018

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### Healthy Hearts BINGO

During the month of February, pick up a card from the front desk or a group fitness instructor. Complete an action on the card and have your card initialed by Y staff. Win prizes for completing multiple boxes!

**SWEETHEARTS WEEK** Celebrate American Heart Month by wearing red, pink, or purple to your favorite YMCA class **February 12** through **February 17**.

### Bring a Friend for FREE Week ~ Refer a Friend for a Free month

Share the benefits of your YMCA membership. Members may bring a friend to the Y for free **February 12** through **February 17**. If the friend becomes a member, you get a free month on your membership!

**SWIM LESSONS** Registration for March group and private swim lessons begins, **Thursday, February 15**

### Summer-Hire Starts Now: LIFE GUARD TRAINING

The YMCA offers monthly American Red Cross Certification classes. The February class begins **Tuesday, February 20** and ends **Saturday, February 24**. Participants must be age 15 by February 24<sup>th</sup>. Upon successful completion, participants may apply for YMCA summer lifeguard positions. Each year the Y hires approximately 125 lifeguards to staff Fayetteville and Fort Bragg area pools.

### Summer-Hire CAMP COUNSELORS

The YMCA is seeking cause driven leaders with a desire to impact our community by serving as a YMCA camp counselor. For consideration, candidates must attend a training on **March 12, March 16, April 7, or June 8**. Specific details at [ymcaofthesandhills.org](http://ymcaofthesandhills.org) or contact Mr. Bullard at [ivan.bullard@ymcaofthesandhills.org](mailto:ivan.bullard@ymcaofthesandhills.org).

### VALENTINE'S DAY BINGO EVENT: ACTIVE OLDER ADULTS

Celebrate Valentine's Day at the Active Older Adults (AOA) annual Valentine's Day Bingo **Wednesday, February 14, 2018** for fun, food, and prizes. Please bring a snack to share. Bingo begins at 12:30PM. Contact Karen at [karenu.ymcanc@gmail.com](mailto:karenu.ymcanc@gmail.com).

### KIDS NIGHT OUT

**Saturday, February 27, 2018** - On the 3<sup>rd</sup> Saturday of each month, parents may enjoy a Saturday night out while the kids ages K-5 have a safe and fun-filled evening at the YMCA! We serve pizza dinner, play games, watch a movie, play group games in the gym, and SWIM! A \$5 late fee will be charged if participants register the day of. Participants should bring tennis shoes, swim suit, and PJs or comfortable clothes. Ages 5 - 13. Members \$9, Non-members \$14.

### 2<sup>ND</sup> Tuesday DONUTS

**Tuesday, February 13, 2018** members visiting the Fort Bragg Road location may enjoy complementary donuts: 2nd Tuesday of each month from 5:30AM to 8:30AM. A little guilt free pleasure after your workout!

*We appreciate your continued support of the Y's investment in our community!*

[www.YMCAoftheSandhills.org](http://www.YMCAoftheSandhills.org) (910) 426.9622 x4 Fayetteville, x5 Hope Mills, x6 Ramsey-North Branch