



YMCA of the Sandhills
Get Summer Schedule
June Events for the Fayetteville Branch

“Get Summer” provides a free membership to ages 12-18 to intentionally create a more safe, inclusive space for our teens within our Fayetteville and Saleeby Family branches. There will be a clear focus on mental health with programmatic events and activities that align with our mission to promote healthy spirit, mind, and body for all. Registration opens May 6th; limited spots are available for the Summer of 2024.

JUNE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
June 3-8	Welcome Session 12:00pm-4:00pm	Mental Health Activity: Sensory Bags 11:00am-1:00pm	Wellness Group: Yoga 11:15am-12:00pm	Wellness Group: Strong 12:15pm-1:00pm	Team Building Night: Dive in Movie 6:00pm-8:00pm	Welcome Session 10:00am-2:00pm
June 10-15	Welcome Session 12:00pm-4:00pm	Mental Health Activity: Personality Profiles 11:00am-1:00pm	Wellness Group: Yoga 11:15am-12:00pm Aquatic Instructional 1:00pm-2:00pm	Wellness Group: Strong 12:15pm-1:00pm	Team Building Night: Dodgeball Tournament 6:00pm-7:00pm	Welcome Session 10:00am-2:00pm Teen Trip: White Lake 11:00am-2:00pm
June 17-22	Welcome Session 12:00pm-4:00pm	Mental Health Activity: Sensory Bottles 11:00am-1:00pm	Wellness Group: Yoga 11:15am-12:00pm Aquatic Instructional 1:00pm-2:00pm	Wellness Group: Strong 12:15pm-1:00pm	Team Building Night: Scavenger Hunt 6:00pm-8:00pm	Welcome Session 10:00am-2:00pm
June 24-29	Welcome Session 12:00pm-4:00pm	Mental Health Activity: Art Therapy 11:00am-1:00pm	Wellness Group: Yoga 11:15am-12:00pm Aquatic Instructional 1:00pm-2:00pm	Wellness Group: Strong 12:15pm-1:00pm	Team Building Night: Talk It Out Basketball 6:00pm-8:00pm	Welcome Session 10:00am-2:00pm

All events must be registered for via the front desk. Activities are subject to change in case of staffing or weather.

Phone: (910) 426-9622 Option 1: Fayetteville Option 3: Saleeby Family
Fayetteville Branch Hours: Mon-Fri 6:00am-8:00pm | Sat 8:00am-2:00pm | Sun Closed
Saleeby Family Branch Hours: Mon-Thu 5:30am-9:00pm | Fri 5:30am-8:00pm | Sat 8:00am-2:00pm | Sun 1:00pm-5:00pm



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- **YOGA:** Slow, meditative, dynamic and challenging Vinyasa-style that participants are guided throughout the experience.
- **Strong®:** (class by Zumba) A full body, high intensity cardio workout that uses plyometrics-and bodyweight. Each movement is set to the beat of the music.
- **ZUMBA®:** Dance-fitness program that involves cardio and Latin-World inspired dance. Get fit, stay fit and burn calories while having fun.
- **Aquatic Instructional:** Focus is on Safety in and around the water. Includes a swim assessment, building endurance & stamina in the water, and introduction to Aquatic Pathways such as Competitive Swimming, Water Polo, & Lifeguarding.

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