



the

YMCA



Kings Mountain Family YMCA

2021 Fall - Winter Program Guide

WELCOME

TO THE KINGS MOUNTAIN FAMILY YMCA

Areas of Focus

The YMCA is a cause-driven organization that is for youth development, for healthy living and for social responsibility. That is because a strong community can only be achieved when we invest in our kids, our health and our neighbors.

Mission

Our Mission is to help all people reach their God given potential in spirit, mind and body.

A Note From Our VP

Welcome to the YMCA, where everyone matters, everyone belongs and everyone has something to contribute. At the YMCA, you will experience a community that will work together to help ALL people reach their GOD given potential in spirit, mind and body. You will encounter caring and helpful staff, wonderful facilities, a wide variety of equipment, innovative classes and a nurturing and respectful environment. As a member, you'll sense our commitment to building a healthy community by helping each individual achieve their goals. No matter where you are on your journey, you will find plenty of opportunities to grow, get connected and give back.

I encourage you to share your story and journey with a community that is focused on traveling together!

Welcome,
Kevin Osborne, Vice President & Executive Director
Kings Mountain Family YMCA

Contact Us

CleveCoYMCA.org
(704) 739-9631

211 N. Cleveland Avenue
Kings Mountain, NC 28086



KingsMountainYMCA



Kings Mountain Family YMCA

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For More Information, Please Visit Our Welcome Center or Contact Us!

FALL/WINTER FACILITY HOURS

Indoor Facility

Monday–Thursday	5:00AM–9:00PM
Friday	5:00AM–7:00PM
Saturday	8:00AM–2:00PM
Sunday	1:00PM–5:00PM

Child Watch & KidZone

Monday–Thursday	4:00PM–7:00PM
Monday & Wednesday	9:00AM–12:00PM
Saturday	8:30AM–12:00PM

Together We Can Do SO MUCH MORE.

Here at the Kings Mountain Family YMCA, our team is ready to help with any questions you may have. Whether it is health and fitness related, program related or just a general comment or question.

Below are just some of the many staff people who help the Kings Mountain Family YMCA strengthen the foundations of our community through youth development, healthy living and social responsibility. Feel free to contact us with any questions about the Y!

Kevin Osborne, Vice President
KOsborne@CleveCoYMCA.org
704.669.3686

Shane Ruffin, Operations Director
SRuffin@CleveCoYMCA.org
704.669.3692

Ranata Wingo, Family Programs Director
RWingo@CleveCoYMCA.org
704.669.3685

Heath Walker, Sports & Aquatics Director
HWalker@CleveCoYMCA.org 704.669.3687

Gail McGinnis, Office Manager
GMcGinnis@CleveCoYMCA.org 704.669.3684

We Are Much More Than A Gym

Join Today

A one-time activation fee of \$25 must be paid to start all YMCA memberships.

Type	Monthly	Annually
Household	\$65	\$780
Family	\$55	\$660
Senior (60+)	\$36	\$432
Teen (13-18)	\$20	\$240
Adult (19-25)	\$26	\$312
Adult (26-30)	\$35	\$420
Adult (30-59)	\$43	\$516

Kings Mountain City Residents

Members living in the city limits of Kings Mountain receive a discount with proof of residency (must provide proof with current Kings Mountain Sewer/Water bill).

Membership Plus

Gives you access to our other branches in Shelby and Boiling Springs! It is available for an additional \$5 per month for individual memberships and \$10 per month for family memberships.

Global Membership

This includes access to all three YMCA facilities and the River Bend YMCA Golf Course.

Type	Monthly	Annually
Global Adult	\$100	\$999
Global Family	\$120	\$1300

Included in Membership

- Unlimited use of our facility
- Child Watch & KidZone services for Family Memberships
- Member discounts on programs and special events
- Full access to weekly group exercise classes
- Complimentary wellness evaluation and orientation with a trained wellness coach

At the YMCA we make it our mission to help ALL people despite financial hardships. Ask about our Open Doors Policy and Financial Assistance may be available upon request.

Olympic Swimming Pool

Wellness Center

Loft Fitness Area

Outdoor Fields & Walking Track

Personal Training

Basketball Courts

State-of-the-Art Fitness Equipment

Large Playground

AND SO MUCH MORE!

Child Care

Nurturing the potential of every child.

Child Watch

8 Weeks-12 Years Old

In Child Watch we welcome your children to visit our drop-in child care so that you can achieve your wellness goals. This is a benefit for family members.



**WE KNOW THAT LEARNING DOESN'T END
WHEN THE SCHOOL BELL RINGS.**

2:30-6:00PM

3 - 5 DAYS PER WEEK

WEEKLY RATES	MEMBER	NON-MEMBER
3 DAY	\$27.00	\$40.50
5 DAY	\$45.00	\$67.50
YEAR-ROUND	\$240.00	\$352.00

*Financial Assistance May Be Available Upon Request

SCHOOLS WE SERVE

West, East, North, Betware
and Grace Christian Academy
Kings Mountain Intermediate
Kings Mountain Middle

**Ranata Wingo,
Family Programs Director
704.669.3685
RWingo@CleveCoYMCA.org**

2022 Summer Day Camp

Spend your summer at the Y and discover what camp is all about. Each week is jam-packed with swimming, group games, field trips, crafts and much more! Our summer camp program is about building character, teaching responsibility, honesty, faith & care for others. Your child will discover fun, friends and themselves! We offer traditional day camp and sports camps during the summer at the YMCA!

Traditional Day Camp: Ages 5 - 12 Monday - Friday 7AM - 6PM

Fall & Winter Sports

Sports Rates

Member: \$35 Non-Member Town Resident: \$45

Non-Member: \$55 Late Fee: \$10

*These are our traditional sports rates, unless otherwise noted.

Ages 3-6 will not have any draft/skills nights. Players will be assigned to a volunteer coach. Skills nights for ages 7-15 are on the following days:



Volleyball

Ages: 8-13

Registration July - September 12, location at Kings Mountain Family YMCA

Ages 8-10 Sept. 14th 6-7:15PM, Ages 11-13 Sept. 14th 7:30-8:15PM



Soccer

Ages: 3-13

Registration July - September 12, Skills Evaluation day at Davidson Park

U9 (7-9) Sept. 13th 6-7:15PM, U13 (10-13) Sept. 13th 7:30-8:15PM

Flag Football

Ages: 7-15

Registration July - September 12, location at Davidson Park

Ages 7-9 Sept. 14th 6-7PM, Ages 10-12 Sept, 14th 7:15-8:30PM, Ages 13-15 Sept. 14th 8:30-9:15PM



Baseball

Ages: 3-15

Registration July - September 12, location is at Kings Mountain Family YMCA

U8 (7-8) Sept. 14th 6-7:15PM, U10 (Ages 9-10) Sept. 14th 7:30-8:15PM, U12 (11-12) Sept. 16th 6-7:15PM, & U15 (Ages 13-15) Sept. 16th 7:30-8:15PM

Youth Basketball

Dates: TBD & Registration coming soon Season will be January-Mid February



Wellness

Health, Well-Being & Fitness

We know that staying healthy involves more than working out. Our programs and services focus on the entire family's health, while providing a variety of fitness and wellness programs to serve a person's unique needs. At the Y, we provide educational programs to promote healthier decisions so you can know the best ways to stay fit. We offer the latest fitness classes, personalized training programs, sports leagues for all ages and SO MUCH MORE.

Group Exercise Classes

Group exercise is one of many ways the Y supports members in achieving their health and wellness goals. The YMCA Group Exercise Programs improve health, encourage social interaction and with motivating music, are one of the most enjoyable ways to move and feel great. Highly trained staff members lead the programs and often tailor them to the specific needs of the community. Each month a new schedule is produced with the Group Exercise classes offered for that month. Group Exercise classes are free for members!

The LOFT Functional Training Center

This diverse space is about BUILDING COMMUNITY, and ENABLING ACHIEVEMENT for all ages and abilities. Functional fitness trains your muscles to work together and prepares them for daily tasks by simulating movements you might do at home, at work or in sports. It trains your whole body while emphasizing core stability. Complete with all essential functional training equipment, and staffed by certified instructors and personal trainers, we offer a growing number of functional training classes, athletic conditioning, olympic lifting, personal and group training, as well as specialty classes for kids, teens, adults, and senior adults.

Personal Training

YMCA Personal Training is a one-on-one session with a personal fitness trainer. Our trainers are educated professionals often with years of experience who can help any YMCA member including working professionals, new moms, seniors and triathletes. YMCA personal trainers come from as many different backgrounds and walks of life as our members do, and we take great care in matching members with the right personal trainer.

Lil' Ninja's Self Defense Class

Awaken potential, build focus, confidence and self-control in your kids with our new Lil' Ninja's Self Defense class! It is open for ages 5-11. Prices are \$45 monthly for members and \$55 monthly for non-members.

AND SO MUCH MORE.

Special Events & Community

Get Involved Today

2021 Kings Mountain Family YMCA Golf Tournament

Golf, Fellowship & Fun!

We will be hosting our annual golf tournament at the Kings Mountain Country Club. All proceeds will go to the We Build People Campaign that helps families in our community reach their potential at the Y. Registration is now open. Grab your partner and sign up today!

Friday, Sept. 24th

10:00AM-5:00PM at Kings Mountain Country Club

2021 Jingle Bell Rockin' Run

5K, 10K and Kid's 1/2 Mile Fun Run

The Jingle Bell Rockin' Run has something for every member of the family. We have a 5k, 10K (both chip timing) and a Kid's Fun Run. The event also features music, cornhole, costume contests, free child care, and of course, Santa! This is also a fundraiser for our We Build People scholarship fun.

Saturday, Dec. 4th, 2021

Races begin at 9:00AM at First Baptist Church of Kings Mountain

Annual Campaign

The generosity of others is at the core of our existence. It is only through the supports of our volunteers, public and private donors, that we are able to give back to the communities we serve. The Y's Annual Campaign provides financial assistance to families who would otherwise be unable to participate in value-rich programs that allow youth to create a future beyond their imagination. When you give to the Y, you continue to strengthen our community and move us all forward.

Special Event & Program Sponsorship

Support the Y's Annual Campaign by sponsoring a special event or program of your choice. Your contribution allows the YMCA to offer special events that raise money for our Annual Campaign and offer youth and family programs at a reduced or free rate ensuring the Y and its programs are accessible to all members of our community. For more information on becoming a special event sponsor please contact Piper Barnes, Director of Annual Giving & Marketing at pbarnes@clevecoymca.org

HOW DOES THE Y HELP YOU AND YOUR FAMILY?

Tell us your stories about how the Y has helped neighbors learn, grow and thrive. Visit our Facebook page and tell us how the Y helps your and your family! Find us on Facebook under Dover Foundation YMCA! You can also share your Y story by contacting Piper Barnes, Director of Annual Giving & Marketing at pbarnes@clevecoymca.org