

JUNE

at the Y

Bare Your Sole



CELEBRATING
50 YEARS
OF A COMMUNITY FIT
1969 2019

Throughout 2019, we will be celebrating the YMCA of Catawba Valley's contributions to our community, thanking our members for allowing us to be a part of their lives and welcoming new friends into our culture of wellness.



Follow Us on Instagram, Facebook or www.ymcacv.org

WHAT'S HAPPENING IN JUNE

CURRENT MEMBERS

- Post a pic of your shoes on our social media and get entered to win a \$50 Dick's Sporting Goods Gift Card
- 1st 50 people to Walk or Run or MOVE 50 miles this month receive a YMCA T-shirt

NEW MEMBERS

- 1st 50 who join the Y will receive a \$10 gift card to Dick's Sporting Goods
- 1st 50 people to Walk or Run or MOVE 50 miles this month receive a YMCA T-shirt

The Y: We're for youth development, healthy living and social responsibility.

YMCA OF CATAWBA VALLEY

Hickory Foundation YMCA
701 1st St. NW
Hickory, NC 28601
828.324.2858

Adrian L. Shuford Jr. YMCA
1104 Conover Blvd. E
Conover, NC 28613
828.464.6130