FIND YOUR FUN. FIND YOUR Y.

Danville Family YMCA Member Newsletter— January 2024

WELCOME!

Welcome to the Danville Family YMCA. As part of our YMCA family,
we want you to feel safe and at home. If you have any questions,
please feel free to ask any of our staff members for assistance.

NEW YEAR, NEW GOALS, NEW YOU!

The New Year is always a good time to reflect on the year that just passed while setting your goals and aspirations for the year ahead. And the Y is here to help with any fitness goals you may have! Whether you're working out for the first time or continuing your own regimen, you can improve on your workouts by a great deal with our various programs and services like Personal Training, InBody, Group Exercise Classes, and so much more! Talk to one of our Wellness Coaches upstairs for more info on these programs and more. Or maybe your goals are more water-focused? We have Water Aerobics for water exercise and swim lessons for youth and adults for those who have a goal of getting more comfortable in the water. Talk to our Aquatics Director Kathy for more info on Aquatics programs! No matter what your personal goal is in 2024, the Y can help you realize it!

IMPORTANT DATES

Mark your calendars for these upcoming dates this month and beyond!

> 1/1 – New Year's Day YMCA OPEN 9AM–3PM

> 1/1 - 1/31 – New Year's Membership Incentive!

> 1/4 – Winter Basketball League Practices Begin

> Saturdays in Winter – Winter League Games!

> 1/12 & 1/13 – 1st Sessions of 2024 Swim Lessons Begin!

HAPPY NEW YEAR!
From your friends at the Danville Family YMCA

NEW YEAR MEMBERSHIP SPECIAL
Now through January 31st
Bring in a case of water as a donation and we'll waive your $50 Joiner's Fee!

NEW YEAR'S INCENTIVE

From now through the end of January, if you bring in a case of water as a donation when you sign up for a new membership we'll waive the $50 joiner's fee! This saves on some of the cost to start up so you can get an easier start on those New Year's Resolutions!

MONTHLY VITAMIN

"It's never too late–never too late to start over, never too late to be happy."

– Jane Fonda