



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Our Voice: Your Information

www.ymcadanville.org

WELCOME!

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

SEPTEMBER

Fall is right around the corner!

The leaves are going to start changing soon! Consider walking or running on the track or take a new class this fall to stay healthy and active!

SWIM TEAM

Do you have a young swimmer ready to take it a step further? Join the River Otter Swim Team! Coaches train kids through young adults to participate in competitive swimming in a fun and exciting atmosphere. Team members will learn the necessary training that will allow them to compete on future swim teams in High School or College. For more information, contact Jenna Leach at Jenna.Leach@ymcadanville.org or Casey Favor at Casey.Favor@ymcadanville.org

DONATE WATER FOR HURRICANE VICTIMS

During a natural disaster, water sources are often polluted and/or damaged. Bottled water is often a resource that is extremely needed to keep hydrated, but is in short supply. The Danville Family YMCA believes that our community wants to help. **Over the next couple weeks our YMCA asks that Members, Perspective Members, and Non-Members donate a case of water at the YMCA facility.** As a thank you for the generosity, the Y will in turn give donors a YMCA decal, YMCA cell phone pouch, or will waive the \$50 joiner's fee for new members starting August 29, 2017 until September 12, 2017.

AFTERSCHOOL

Registration is open for our 2017-2018 school year! Our program picks up at all city schools and 1 county elementary school. We have pick-up open until 6:30pm. The cost is \$50 a week for Members and \$100 for Non-Members. For more information, contact Cord Cothren at Cord.Cothren@ymcadanville.org.

MUSCLES FOR YOUTH

We offer youth personal training one-on-one or in a group setting. This is a great option for sport training such as Basketball, Baseball, Football, Track, and more! Learn position specific training to improve fitness basics, or improve overall strength and wellness. We train student athletes on the field and in the classroom by helping them learn, grow, and thrive in a motivating environment. Youth Members enjoy this program for \$15 per session. For more information, contact Travis Tarpley at travis.tarpley@ymcadanville.org

NEW CLASSES

During the month of September, we have a packed schedule including new classes such as Pound, Kung Fu (adult and child class available), and much more! Grab a Group Exercise Schedule for more info.

PERSONAL TRAINING

Have a national certified personal trainer work with you to achieve your health and fitness goals. Our trainers will design an exercise program specific to your goals. Stop by the Wellness Desk to learn more information about our Personal Training Packages.

YMCA MONTHLY VITAMIN:

"One kind word can change someone's entire day" - TobyMac

FALL STUDENT MEMBERSHIPS

College Students can get a **four-month membership for \$65!** Stay healthy & engaged during the school year! Show your student ID to sign up.



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