



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.

FEBRUARY

Show the love to your body this month at the Danville Family YMCA!

Help us, help you keep your resolution by making an appointment with a Wellness Coach. Start something new this month! Add one of our 60+ Group Exercise Classes into your routine this month! Try out our new equipment and Espresso bikes as well.



NEW MEMBER ORIENTATION

Are you new to our facility, but don't know where to start? We offer three free training sessions with one of our Wellness coaches to all of our members as an orientation to our Wellness Center. The sessions will go through all cardio, lower body, and upper body equipment, as well as get you set up with Activtrax, our computerized personal training program. Activtrax serves as a tool to not only get you started living a healthy lifestyle, but to make it a lasting change.

To sign up for your free sessions, stop by the Wellness desk to make an appointment with a Wellness Coach today!

MUSCLES FOR YOUTH

We offer youth personal training one-on-one or in a group setting. This is a great option for Sports 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 at \$15 per session. For more information, contact Travis Tarpley at travis.tarpley@ymcadanville.org

SCHOLARSHIP PROGRAM

Do you know someone that wants to join the YMCA, but may need financial assistance?

We believe EVERYONE belongs at the Y. So in every way possible we try to make that happen. Scholarships are quite easy to obtain. Applications are available at the Front Desk. All that is needed is a proof of household income. Once the applicant has turned in the completed application and all of the required paperwork, we send them an award in the mail for a 6 month membership at a discounted rate! For more information, stop by the front desk or check out our website at www.ymcadanville.org

SWIM LESSONS

Each year countless injuries occur as a result of an individual's inability to swim, it's our goal to ensure the safety of our community when enjoying themselves near water by making swimming lessons always available and affordable. In order to provide a better experience, we have changed the structure of our swim lesson program. The new lessons will be based off of the child's skill level and ensure continued development in the pool. For more info, contact Casey Favor at Casey.Favor@ymcadanville.org

CHILDWATCH

Our Childwatch is open for children 6 months-12 years. Children 3 and up need to be on a family membership or youth membership. Hours are 8am-1pm Mon-Sat and 4:30pm-8:30pm Mon-Thurs.

RAVE AWARDS

Thank you for voting for us as your favorite workout spot in Showcase Magazine's Rave Awards! We are thankful to have so many great members of the community in our facility.

YMCA MONTHLY VITAMIN:

"Every accomplishment no matter how big or small begins with the decision to simply try." - Tobymac

SPRING STUDENT MEMBERSHIPS

College Students can get a **four-month membership for \$65!** Stay healthy & engaged during the Spring Semester!



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