



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FIND YOUR FUN. FIND YOUR Y.

Danville Family YMCA Member Newsletter— October 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.

IMPORTANT DATES

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

- 10/2 - Registration OPEN for Winter Basketball League
- 10/4 - Packet Pickup for Louie Fields 5K 4-7PM
- 10/5 - 36th Annual Louie Fields 5K
- 10/23 - Red Cross Blood Drive 2-6PM
- 10/23 - Pink Out Day for Breast Cancer Awareness
- 10/31 - HAPPY HALLOWEEN!
- 11/28 - Thanksgiving Day - YMCA CLOSED

HAPPY HALLOWEEN

2024/2025 WINTER BASKETBALL LEAGUE



Registration is OPEN this month for our upcoming winter basketball league! As with previous leagues, the program is open to youth ages 6-14 and separates different age groups into teams that compete with each other in organized games, with practices leading up to the games each weekend throughout the winter season until the beginning of spring. This program is great for not only fostering and further developing a love of the sport of basketball that your child has, but also teaching important life skills like teamwork, discipline, and more! Stop by the Front Desk to register. For more info you can email gregory.hairston@ymcadanville.org.

UPCOMING SWIM LESSONS
Register today!
\$60 for Members
\$120 for Non-Members

Next Group Youth Lesson Sessions:
Friday Nights: 11/1 Saturday Mornings: 11/2

Register at the Front Desk!
For more info email kathy.contratto@ymcadanville.org

GROUP EXERCISE AT THE Y

There's nothing quite like a good group exercise class to get the blood pumping! They're a great way to stay active and on a good routine, get a great workout in, and have fun doing it! From high energy workout classes such as Cardio Conditioning, Group Power, and Cycle, to dance classes like Line Dance, Zumba, and Extreme Hip Hop Step, there's all kinds of ways to get your workout in with our classes! There are some great classes for finding your zen and working your core like Yoga and Wing Chun Self-Defense. We even have a Senior Fit class for our active older adults! Check out all the classes we have to offer! You may find your new fave!

FALL STUDENT MEMBERSHIPS

College students can sign up to get a four-month membership for just \$70! Stay healthy and engaged during the fall semester with the best of what the Y has to offer! All you have to do is show your Student ID to our Front Desk staff when registering! For more info email jazzmine.bryant@ymcadanville.org.



MONTHLY VITAMIN

"When black cats prowl and pumpkins gleam, may luck be yours on Halloween."

- Unknown



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