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Danville Family YMCA Member Newsletter— September 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!

- 9/2 - Labor Day - Y OPEN 9AM-3PM
- 9/13 - Welcoming Week Begins!
- 9/14 - Danville Family YMCA New Building 10th Birthday/Welcoming Week kickoff!
- 9/27 - LAST DAY to register for Louie Fields race before price increase!
- 10/5 - 36th Annual Louie Fields 5K



WELCOMING WEEK 2024 SPECIAL EVENT!

September 13-22 marks Welcoming Week, a week where YMCA USA and Y's across the country promote cross-cultural understanding and community cohesion by bringing together immigrants and US-born citizens in the spirit of unity. To kick off and celebrate this unity of cultures, we're planning a big party on 9/14 from 10AM-2PM and everyone is invited! This party also celebrates the 10th anniversary of our Riverside location, so it's a 2-in-1 celebration! We'll have all sorts of games, cultural presentations, arts and crafts, giveaways, and much more! For more info you can email tevris.fitzgerald@ymcadanville.org.



36TH ANNUAL LOUIE FIELDS 5K



Danville's longest running race is back! Registration is OPEN for the 36th Annual Louie Fields 5K Run/Walk and 1 Mile Family Fun Run! This year's race will be held on Saturday, October 5th starting at 8AM! Our 36th Annual Pancake breakfast will also be held in conjunction with the race, as always! Registration fees are \$30 for the 5K Run/Walk, and \$15 for the 1 Mile Family Fun Run. After 9/27 we'll move into our late registration period where fees for the 5K Run/Walk increase to \$35. You can register in person at our Front Desk or online at runsignup.com. For more info you can email gregory.hairston@ymcadanville.org.

EXTREME HIP HOP STEP CLASS

We have a GREAT brand new class on our roster starting this month! Join us on Saturdays at 9AM for Extreme Hip Hop Step with Comeaux! A fantastic lively cardio dance class set to great hip hop beats, you haven't seen a class like this before! Come join in one Saturday! You may find your new favorite class in Extreme Hip Hop Step!



MONTHLY VITAMIN

"Fallen leaves on the ground are the golden song of immortal creativity."

- Tove Jansson



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