



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
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# Our Voice: Your Information

Danville Family YMCA Member Newsletter— October 2023

[www.ymcadanville.org](http://www.ymcadanville.org)

## 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.

## MASSAGE THERAPY

Did you know that an hour massage can have the same effects on your body as a full night's sleep? Come see for yourself with our Massage Therapy program! A variety of massage therapy techniques are available which are designed to improve health and well-being, with extra precautions being taken to stay safe with COVID-19. We offer convenient and affordable 30 and 60-minute massage sessions with our Licensed Massage Therapist, Kellie Duncan. A 30 minute session is \$35 for Members and \$45 for Non-Members, while a 60 minute session is \$50 for Members and \$60 for Non-Members. Sessions are by appointment only. Schedule an appointment by calling Kellie Duncan at (434)-228-3893.

## HOLIDAY POP-UP SHOP 2023

Last year's Holiday Pop-Up shop was such a breakout success that we're doing it again this holiday season! Mark your calendars for Saturday, December 9th! From 10AM-6PM we'll be holding the 2023 Holiday Pop-Up Shop, complete with vendors, activities, and more! Stay tuned for more information in the coming months as we get closer to that festive date. For more information on the event, or if you are interested in setting up at the event as a vendor, you can contact Tevris Fitzgerald via email at [tevris.fitzgerald@ymcadanville.org](mailto:tevris.fitzgerald@ymcadanville.org).

## 2023 YOUTH BASKETBALL LEAGUE

Get ready to shoot a basket this winter! Registration is now open for our 2023 Youth Winter Basketball League! As with previous years, 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 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 information you can email [gregory.hairston@ymcadanville.org](mailto:gregory.hairston@ymcadanville.org).

## BAR BOOT CAMP CLASS

Have you checked out the great Bar Boot Camp Class with Krystal? This class has all the great aspects of a boot camp class, with a heavy bar thrown in the mix for an extra challenge! Catch this great strength training class Thursdays @ 4:30PM.

## NOW HIRING: YOU!

We're looking to add some great new additions to our team here at the Y! We're currently hiring for Afterschool Bus Drivers, a 5AM Front Desk opener, Afterschool staff, and Housekeeping. Stop by our Front Desk for more info or to fill out an application!

## YMCA MONTHLY VITAMIN:

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



## FALL STUDENT MEMBERSHIPS

College Students can get a **four-month membership for \$70!** Stay healthy & engaged during the fall semester. Show your student ID to sign up!



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