



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.

JANUARY

Exercise and Get Fit in 2018

Start off 2018 at the YMCA by taking advantage of our 60+ Group Exercise Classes, Basketball Gymnasium, Unlimited workout equipment, Childcare, Pool and much more!

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 ensure your healthy lifestyle becomes a lasting change.

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

MEMBERSHIP BENEFITS & INCENTIVE

"What benefits do I get by joining the YMCA?" As a YMCA Member, you have access to the entire facility, which includes the Pool, Gymnasium, Wellness Center, 60+ Group Exercise Classes, Indoor Track, Childwatch, and the Free Weight Area. Members also receive discounted prices for Birthday Parties, Swim Lessons, Personal Training, Afterschool, Summer Camp, and more!

Give back to the community, and start a healthy trend for 2018! Through January 31st, donate a toy or an article of clothing to families of the Danville Redevelopment & Housing Authority and we'll waive your \$50 Joiners Fee.

NEW & IMPROVED 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

PERSONAL TRAINING HOLIDAY SPECIAL

Stay healthy by training with a Certified Personal Trainer this holiday season! Through January 15th, you can start off your New Year's Resolution the right way with a personal training package at a discount! Through our holiday special, our Certified Personal Trainers will design a personal training package detailed to your goals and needs.

Solo:	1 Session: \$25	8 Sessions: \$192	16 Sessions: \$320
Partner:	1 Session: \$30	8 Sessions: \$224	16 Sessions: \$416

Stop by our Wellness Desk to speak with a Personal Trainer or call the Danville Family YMCA at (434) 792-0621.

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.

ADULT SWIM MEET

Are you an adult swimmer interested in competing in an adult swim meet? Join us on January 27th starting at 2pm for our 1st Annual Adult Swim Meet. Participate in 4 events and top 3 men and women will be awarded. Stop by the Membership Services Desk to sign up!

YMCA MONTHLY VITAMIN:

Be the reason someone smiles today.

SPRING STUDENT MEMBERSHIPS

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



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