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Our Voice: Your Information

Danville Family YMCA Member Newsletter— August 2023

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.

2023/2024 AFTERSCHOOL

With summer winding down it's time to start thinking about school again, and with it comes the YMCA Afterschool Program! Registration is OPEN for this coming school year! Cost is \$60 per week for Members and \$120 per week for Non-Members, with a one-time registration fee of \$50 when first signing up. Our program picks participants up at all Danville City Schools as well. The program runs from school dismissal until 5:30PM and focuses on schoolwork and fun! Register today! For more info email cord.cothren@ymcadanville.org.

SWIM LESSONS

Summertime is when most people are usually around water the most, which makes it the perfect time of year to learn how to be prepared with safety around water! We have all kinds of swim lessons for people of all ages and skill levels that fit in any kind of schedule! From Friday night and Saturday morning lessons to Private and semi-private, there's a way we can accommodate for any learning swimmer! We offer adult lessons as well, so it's never too late to get started on learning how to swim! Stop by our Front Desk to get signed up for swim lessons. If you have any questions, you can email kathy.contrato@ymcadanville.org for more information.

CARDIO CONDITIONING

Looking for a great cardio class this month? Try our Cardio Conditioning! This athletic, inspired, focused workout puts an emphasis on muscle strength and flexibility with varying levels of cardio. Check it out on Tuesdays and Thursdays at 8:15AM!

2023 LOUIE FIELDS RACE

It's never too early to start thinking about race season! October will be here before you know it and with it, our Louie Fields 5K Race! Please stay tuned for more information in the coming weeks on one of our favorite annual Y events.

YMCA MONTHLY VITAMIN:

"A single sunbeam is enough to drive away many shadows." – St. Francis of Assisi



SUMMER STUDENT MEMBERSHIPS

College Students can get a **three-month membership for \$50!** Stay healthy & engaged during the spring semester. Show your student ID to sign up!



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