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# Our Voice: Your Information

Danville Family YMCA Member Newsletter— September 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.

## MEMBERSHIP APPRECIATION DAY

Join us on Saturday, 9/9 from 10AM-2PM as we celebrate our Members and community with a big Membership Appreciation bash! This also marks our 9th year at our new location, so you can also think of it as a pre-celebration for next year's big 10th anniversary! This event is FREE and open to the public, and there will be all sorts of activities from open swim times to line dancing, a basketball tournament, talent show, and much more! So join us and come celebrate YOU with all of us! For more information on this event you can email [tevriz.fitzgerald@ymcadanville.org](mailto:tevriz.fitzgerald@ymcadanville.org).

## 35TH ANNUAL LOUIE FIELDS 5K RACE

Danville's longest running race is back again for another year! Registration is OPEN for the 35th Annual Louie Fields 5K Run/Walk and 1 Mile Family Fun Run! This year's race will be held on Saturday, October 7th starting at 8AM! Our 35th 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 9/29 we'll move into our lare 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/Race/VA/Danville/LouieFields](http://runsignup.com/Race/VA/Danville/LouieFields). For more info you can email [gregory.hairston@ymcadanville.org](mailto:gregory.hairston@ymcadanville.org).

## BOOT CAMP WITH NASH

There's a new class starting up this month! Nash has rejoined our team of instructors and is going to be leading a Boot Camp class starting this month! Catch it Saturdays at 9AM! This unique class is sure to give you a great workout!

## 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, and Afterschool staff. Stop by our Front Desk for more info or to fill out an application!

## YMCA MONTHLY VITAMIN:

"Life starts all over again when it gets crisp in the Fall." - F. Scott Fitzgerald



## 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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