



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FIND YOUR FUN. FIND YOUR Y.

## Danville Family YMCA Member Newsletter— February 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!

- Saturdays in Winter - Winter League Games!
- All February - Celebrate Black History Month!
- 2/14 - Valentine's Day - We ❤️ our members!
- 2/21 - Red Out Day - Wear red for Heart Month!
- 2/23 - We Wear Black Day
- 2/23 & 2/24 - Next sessions of Group Swim



JOIN US FOR CARDIO KICK! MONDAYS @ 8:15 AM

### CORPORATE MEMBERSHIPS

Did you know that depending on where you're employed, you may be eligible for certain discounts on a Y membership? We have corporate agreements with all sorts of employers in the city of Danville and beyond to help make memberships better and easier to get for their employees. This includes waived joiner's fees and significant discounts on membership dues! To see if your employer is on our corporate agreement list, stop by the Front Desk. For more info on our corporate agreements you can email [info@ymcadanville.org](mailto:info@ymcadanville.org).

### FEBRUARY - AMERICAN HEART MONTH!

February is American Heart Month! During the month of February, everyone is encouraged to put extra focus on their cardiovascular health. A happy, healthy heart is at the center of our physical wellbeing! Here at the Y we have plenty of classes, programs, and equipment to get the heart pumping, including a newly added Cardio Kick class with Donni on Mondays at 8:15 AM that focuses on cardio kickboxing! And on 2/21, join us in wearing red as we use that day to put full attention on cardiovascular health! We'll have line dance classes that morning and evening as well as a midday walk that anyone can join in on!

**BUS DRIVERS NEEDED!**

WE ARE CURRENTLY HIRING FOR BUS DRIVERS TO HELP WITH OUR AFTERSCHOOL PROGRAM PICKUP. IN ADDITION TO MAKING A DIFFERENCE IN THE COMMUNITY, BUS DRIVER POSITIONS INCLUDE:

- \$14/HR STARTING PAY
- LIGHT WORKLOAD: 10-11 HOUR WORKWEEK
- CONSISTENT SCHEDULE
- FREE ADULT MEMBERSHIP
- Y RETIREMENT PLANS
- CAMARADERIE AND A WORK ENVIRONMENT YOU CAN ONLY GET AT THE Y!

APPLY TODAY! APPLICATIONS CAN BE RECEIVED AT OUR FRONT DESK. FOR MORE INFO CONTACT [CORD.COTHREN@YMCADANVILLE.ORG](mailto:CORD.COTHREN@YMCADANVILLE.ORG) VIA EMAIL.

### NOW HIRING - YOU!

We're hiring for a number of different positions around the Y, from Bus Drivers, to Afterschool and Childwatch, Group Exercise Instructors, and more! All Y employees get a FREE adult membership as part of their employment! For more info or to fill out an application, stop by out Front Desk.

### MONTHLY VITAMIN

"One word frees us from all the weight and pain of life: That word is Love"

- Sophocles



Download the YMCADanville App!



WE'RE SOCIAL!  
@YMCADanville

Connect with us today!