



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

FALL INTO FITNESS FAMILY & FUN

**FALL 2015 PROGRAMS & SERVICES
DANVILLE FAMILY YMCA**

**Fall 1 Session Begins
September 14th**

**Fall 2 Session Begins
November 2nd**



MEMBERSHIP

Type of Membership	Monthly Fee	Start-Up Fee
Youth & High School	\$22.75	\$35.00
Teen/Young Adult	\$31.00	\$45.00
Adult	\$44.50	\$70.00
Single-Parent Family	\$53.50	\$70.00
Household	\$65.50	\$85.00
Senior (65 and over)	\$37.50	\$60.00

- Youth & Young Adult: Ages 6-18
- Teen/Young Adult: Ages 18-23 and enrolled full-time in school
- Single-Parent Family: 1 adult + children under 18 or under 23 and full-time student (verification required)
- Household: 2 adults + children under 18 or under 23 and full-time student

-Additional adults residing in the same household (verification required) may be added to a Family Membership ONLY for \$20.00 additional per month

-The first month of sign up will be prorated according to the date of sign up

We count on the generosity of our members and donors to support the Y's Financial Assistance program, which focuses on children and teens and provides financial assistance, on a sliding scale fee, to those in times of hardship. Gifts to the financial assistance fund make a huge difference in the lives of children and families in our community. If you feel that you qualify for assistance, applications are available at the Welcome Center or you can download it from our website at danvillemca.org.

We offer three Corporate Wellness Program packages for area businesses. From small employers of less than 20 employees to large employers – we offer membership fee discounts, on-site classes, on-site education, Health Fair activities, and reporting. Additional information about our Corporate Wellness program offerings are available by contacting Sarah Jones at 217-442-0563 ext. 106 or sjones@danvillemca.org.

FIT EMPLOYEES

- Have better job performance
- Are more productive
- Are less likely to get sick
- Have a decreased risk of injury and recover more quickly
- Have reduced medical costs
- Have better morale reduced stress

YOU CAN SIGN UP FOR Y PROGRAMS ONLINE

Go to www.danvillemca.org

1. Select Programs on Home Page
2. Select Registration
3. Click Browse to see complete Listing



4. A listing of available program options will appear. SELECT your program and then login to finish To Login:

- Enter your email address or member id#
- Enter password

If you forget your password you will be directed to reset it from our email address.

5. To Register:

Choose which member you are registering.

Membership Information

We're a Lot More Than Just a Gym

We're a community. Here, surrounded by friends as well as by caring, knowledgeable staff, you can grow your spirit, mind and body in ways you never imagined. But since that's a little hard to quantify, here are some other benefits to being a Y member:

General Information

Attire – We wear proper attire at all times. Athletic shoes must be worn during exercise in all workout areas of the facility. Shirts must be worn while working out in the exercise areas and during classes. Modest and lined swimsuits must be worn in the pool area only. No street clothes are allowed in the gyms or workout areas. We recommend eye protection in the racquetball courts.

Lockers – You must bring a lock and remove it at the end of each visit. Items left overnight will be removed and placed in lost and found. The YMCA is not responsible for lost or stolen items. Locks are available for sale at the Welcome Center.



Child Supervision – Children under the age of 10 must be under direct supervision of an adult in all areas of the facility or enrolled in a supervised YMCA program. Children under the age of 16 are not permitted in the workout areas unless they have completed the Teens in Training course.

Indoor Track – Children under 10 are not allowed on the track. Children 10–13 must have adult supervision or permission from a building supervisor or management staff on duty.

Pool

Please shower thoroughly before using the pool, steam room, and sauna.

For safety reasons, please leave jackets and bags in the locker room rather than bringing them to the gym, program areas, Wellness Center or pool deck.

Class Cancellations/Refunds

Program fees will not be refunded or credited once a class has met the second week of a session (child care and camp are excluded). Pro-rated fees will be given as a credit for illness or injury with a note from a physician. Classes missed due to holidays or personal reasons will not be made up because it compromises the safety ratio in other classes. If the YMCA cancels a class, a pro-rated fee will be given as a credit. In case of inclement weather, cancellations, or closings will be announced on mobile app and local radio stations.

Locker and Towel Service

Available only for adults age 19 and older as an option with membership.

\$12.00 – Single Adult

\$18.00 – Two Adults On Membership

E-Mail

The Y collects email addresses to communicate electronically with members and participants. If you do not wish to receive YMCA e-communication, choose the “unsubscribe” option when you receive your first email.

Personal Coaching/Training

Personal training is available for an additional fee. For liability reasons, we do not allow members, outside trainers or coaches to privately instruct other members or guests on YMCA property.

Deployed Military Family Memberships

Military spouses and children of deployed Guard or Reservists are eligible to join for a free six-month membership at the Danville Family YMCA, courtesy of the Defense Department's Military OneSource. Family members will need to bring a copy of deployment orders and military I.D. New members must utilize the facility at least eight times each month to qualify for an additional six-month renewable membership. For more information or to sign-up, please contact our Membership Director. You may also confirm eligibility by contacting Military OneSource at www.militaryonesource.com

DISCOVER YOUR HEALTH



HEALTHY LIVING

EQUIPMENT ORIENTATION

If you are new to the YMCA or returning to fitness we understand all the equipment in the Wellness Center can be overwhelming. Allow our educated staff to guide you through the operating techniques of our cardio and strength machines. Call 442-0563 ext. 124 to set up your appointment.

Fee: Free to Members

BODY COMPOSITION

Interested in learning more about your body make up than just your weight? Learn about lean muscle mass and get your body fat percentage. Taking a moment to understand and educate yourself about your body composition can guide you in your well-being journey, and motivate you to reach your goals.

Fee: Free to Members

YMCA/PRESENCE HEALTH BRIDGE PROGRAM

CARDIOPULMONARY REHABILITATION

The YMCA provides a safe, supervised environment for cardiac or pulmonary patients no longer needing continuous cardiac monitoring. The Bridge Program enables the patient to exercise under the supervision of a registered nurse who specializes in cardiopulmonary rehabilitation. The nurse is available to check blood pressure, O₂ saturation, and heart rate for all members.

Fee: Free to Members

PERSONAL TRAINING

Our nationally certified personal trainers can design a personalized training program specifically for you based on your individual profile and goals. Call 442-0563 ext. 124 or stop by the Welcome Center for more information.

Starting-off

Package includes a 1-on-1 one (1) hour consultation with the personal trainer of your choice, fitness assessment, dietary analysis, and a custom workout designed to help you reach your goals on your own.

*Note that personal trainer does not supervise workout delivered. * Required for all new clients.*

Fee: \$25 Member
\$45 Non-Member

1-on-1 Personal Training (30 minute Sessions)

Four sessions	\$60 Member \$120 Non-Member
Six sessions	\$90 Member \$150 Non-Member
Ten sessions	\$150 Member \$250 Non-Member
Twenty sessions	\$300 Member \$500 Non-Member

1-on-1 Personal Training (60 minute Sessions)

Four sessions	\$120 Member \$180 Non-Member
Six sessions	\$180 Member \$270 Non-Member
Ten sessions	\$300 Member \$450 Non-Member
Twenty sessions	\$600 Member \$900 Non-Member

Train Together (60 minute Sessions)

Six sessions	\$150/each Member \$360/each Non-Member
Ten sessions	\$250/each Member \$400/each Non-Member
Twenty sessions	\$500/each Member \$800/each Non-Member



Weight Loss Package

Package includes a consultation with the personal trainer of your choice, fitness assessment, dietary analysis, and twelve (12) 1-on-1 sessions with your trainer. Designed for those serious about weight loss.

Fee: \$180 Member

\$315 Non-Member

PAID FITNESS CLASSES

INDOOR CYCLING

- Exceptional cardiovascular workout
- Uses major muscle groups (i.e. the legs!)
- Helps certain joint problems



Monday and Wednesday
Tuesday and Thursday
Tuesday and Thursday
Tuesday and Thursday

5:15p.m – 6:00p.m.
5:30a.m – 6:15a.m
9:00a.m. – 9:45a.m.
5:30p.m – 6:15p.m

Fee: \$63 Member
\$112 Non-Member

YOGA

Yoga is a gentle, non-impact form of exercise that is suitable for all fitness levels.

Tuesday
Wednesday
Thursday

6:00p.m.–7:00p.m.
6:00p.m.–7:00p.m.
6:00p.m.–7:00p.m.

Fee:
1 Day a week \$35 Member
\$56 Non-Member
2 Days a week \$63 Member
\$112 Non-Member
3 Days a week \$84 Member
\$168 Non-Member

You should consult your physician before beginning any new exercise program. Not all exercise programs are suitable for everyone and incorrect use of fitness equipment may result in injury. Please discontinue any exercise that causes you pain or unusual discomfort and consult a medical professional. The instruction and advice provided to you by the YMCA instructors and staff is in no way intended as a substitute for medical counseling. The YMCA is not liable for any injury which arises out of participation in any exercise or fitness program.

ADULT VOLLEYBALL

- Ages- 18 & up
- All games on Sunday
- No more than 7 co-ed players' on a roster

Fee: \$30 per player

ADULT GROUP SWIM LESSONS

Designed for adults or teens who are already comfortable in the pool, but are interested in improving their strokes, kicking, diving, or endurance in a group setting.

Tuesday 5:15p.m.–6:00p.m.

Fee: \$38 Member
\$63 Non-Member

Group Exercise (FREE to Members)



Strength



Cardio



Family Friendly

ABS AND GLUTES



This is a class that focuses on two trouble zones, the abdominals and glutes. This 45 minute class will challenge your abdominals and glutes in a variety of ways to tone and tighten.

LET'S GET IT STARTED



Participate in this class to receive a variety of workouts! Each day has a unique and specific focus. Come one day for cardio endurance, another for interval training, and yet another for a boot camp style workout. A great way to get your day started right!

ZUMBA



A fun filled workout that combines upbeat music with thrilling dance and fitness movements that will leave you excited about meeting your fitness goals.

CIRCUIT TRAINING



A total body fitness workout. A great class that focuses on arms, legs, abs and your heart! A great way to get your cardio, strength and flexibility in one class.

HIIT ❤️ 😊

High Intensity Interval Training is an efficient, effective and fun workout system. Boredom is minimized because you keep moving with little or no rest between exercises. HIIT is an effective way to burn calories and improve your cardiovascular fitness.

GET FIT ❤️ 🏋️ 😊

If you are new to exercise or getting back into a new fitness routine this is the class for you! This high energy class consists of various strength and cardiovascular disciplines to improve your fitness level and Get Fit!

SCULPT 🏋️

Sculpt a whole new you by challenging your major muscle groups through strength training to tone your body. This class uses various forms of resistance tools to build muscle strength and endurance.

FIT IN 14 ❤️ 🏋️ 😊

A class designed to help you reach your highest fitness goal. This workout will help you work on mental and physical stamina and encourage you to the next level of fitness.

WATER, MIND AND BODY 😊

A fun, low stress way to strengthen and stretch your whole body. All exercises are in shallow water to allow strain-free, full range, integrated muscle movement to aid balance and to increase body control. No swimming skills required.

WATER IN MOTION ❤️

This class offers the benefit of a high energy calorie burning workout without the pull that gravity plays on the body. Experience the cross-training effects that water provides while reducing the impact on your joints, specifically the knees and back.

WATER FITNESS ❤️ 🏋️

This is a water workout which provides a variety of activities ranging from dance to boxing to keep your workout exciting. Classes will incorporate cardiovascular conditioning, interval training, resistance exercises, and flexibility. Uses shallow water.

BURSTFIT WATER ❤️ 🏋️

A workout designed with strength, endurance and core training exercises to target your key fat burning areas and give you a lean physique.

POWER SPLASH ❤️

Working in shallow water, you will receive a full body workout that is guaranteed to improve your strength, cardiovascular endurance and flexibility, while very easy on the joints!

DEEP WATER ❤️

Let the buoyancy of the water keep you afloat and its resistance give you a workout. This deep water class is an excellent cardiovascular and toning workout. It is ideal for those whose joints cannot tolerate and impact class.

AQUA ZUMBA ❤️

Bringing the dance floor to the water! This is a great workout that takes the fun and energy of classic Zumba dance and puts it in the water. Excellent cardiovascular workout that is easy on the joints.

Active Older Adults Health & Wellness

SILVERSNEAKERS CLASSIC

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance. A chair is used for seated and/or standing support.

SILVERSNEAKERS CIRCUIT

Combine fun with fitness to increase your cardiovascular and muscular endurance with a standing circuit workout. Upper body strength work is done with hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

YOGA PLATINUM

Yoga Platinum will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement.



ACTIVE OLDER ADULTS ORIENTATION

An Active Older Adults (AOA) Orientation will be held on the third Thursday of each month at 11:00 am. This orientation is designed for new members; however any member is able to attend if they are interested in learning something new.

First Orientation: Thursday, Sept. 17th

ADULT FITNESS PROGRAM

The Adult Fitness Program is for adults 55 and older and is designed to offer members an individualized exercise program to help them meet their fitness goals. (Please see the booklet at the Welcome Center for more details).

- Monday-Friday 5a.m.-12p.m.

Fee: Free to Members

ACTIVE OLDER ADULTS NEW PROGRAMS

POTLUCK LUNCHEON

Fall into fun at our next quarterly potluck for Active Older Adults

- Come & enjoy lunch, music & bingo at the Y
- A main dish will be provided
- Please bring a covered dish to share
- A sign up sheet will be located at the Welcome Center

Wednesday, October 7th 12:00 pm

Fee: FREE for members

MOVIE MONDAY

Join us for our first Movie Monday showing an American Movie Classic. This new, quarterly activity for Active Older Adults, age 55+ will be held at the YMCA in the teen center. Our first film will be Casablanca. Please register in advance at the Welcome Center.

- Popcorn, coffee and water will be provided
- Please bring a sack lunch

Monday, November 9th 12:00 pm



Fee: FREE for members

WALKING CLUB

Tired of walking alone? Looking for a new way to motivate yourself and others to get moving? A walking club is a good way to expand your workout group and help improve your heart health. Join a group of Active Older Adults for an outdoor weekly walking club. Please register in advance at the Welcome Center.

First walk will be Tuesday, September 8th

Fall Session I Tuesdays 10:00am

Fee: FREE for members



YOUTH DEVELOPMENT

Y-KIDS AFTERSCHOOL PROGRAM

- Y-Kids afterschool engages kids in physically active, learning, and imaginative activities
- Students get assistance with their homework from trained Y-staff
- Served a nutritious meal, and form long lasting friendships that enhance their development and growth, and self-confidence.
- Registration for Y-Kids is available at the YMCA's Welcome Center or by contacting Brittney Woodard at 217-442-0563 ext. 109 or email bcwoodard@danvilleyymca.org for more information.

Y-Kids Before School 7am-8am and Afterschool until 6pm

Y-Kids Sites: Edison, Northeast, Liberty, Southwest, and Mark Denman Elementary

NURSERY/KID ZONE

Child Watch is provided free to members with family membership while utilizing the facility. Children without membership cost \$3 per child per visit.

- Nursery: Ages six months to five years old
Monday-Friday 8:30a.m.-11:30a.m.
Monday-Thursday 4:30p.m.-8:00p.m.
Saturday 8:30a.m.-11:30a.m.
- Kids Zone: Five years old to 12 years old
Monday-Thursday 4:30p.m.-8:30p.m.
Saturday 8:30a.m.-11:30a.m.

Fee: Free to Members

Teen Leaders Club

- For teens 12 - 18 years old
- Fun interactive group organized to develop youth as leaders and foster a culture of service
- Provides knowledge and training that will help them to better serve others and to shape a healthy lifestyle themselves

Monday - Thursday 3:00p.m.-6:00p.m.

September 14 - December 17

Fee: \$10

Y ACHIEVERS PROGRAM

PROGRAM OBJECTIVES:

- Expose youth to diverse career options
- Raise academic standards and improve college readiness
- Create channels for community service
- Assist youth in gaining acceptance to a college or university



YOUNG MEN AWARE

Our three main goals are high school graduation, college graduation or going into the armed forces, and early fatherhood prevention with an emphasis on abstinence.

- Danville High School Monday TBD
- North Ridge Wednesday 3:45p.m.-4:45p.m.
- South View Thursday 3:45p.m.-4:45p.m.

TEENS IN TRAINING

The YMCA Teens in Training Program (TNT) allows members ages 14-16 to get started in fitness and utilize the Wellness Center.

Fee: \$25 Member

IRON KIDS

This is a fun and challenging workout for our youth members.

- Children ages 10 to 15 years old
- A mix of cardio and strength exercises
- Intervals, circuits, obstacle course, games and more will keep this class exciting and challenging

Tuesday 4:30p.m.-5:30p.m.

Thursday 4:30p.m.-5:30p.m.

Fee: Free to Members

ITTY BITTY BASKETBALL

- Parent/Child basketball class
- Basic skills (ball handling, passing, shooting, and defense)
- Good foundation in basketball skills
- Each child receives a participation award and basketball

Saturday 9:00a.m. - 10:00a.m.

Boys and Girls (Ages 3-4 with parents)

Fee: \$38 member

\$63 non-members

GIRLS HOOP CLINIC

- Girls interest in learning the fundamentals of basketball
- Passing, shooting, dribbling, and teamwork will be taught
- Positive atmosphere
- Each participant will receive a trophy

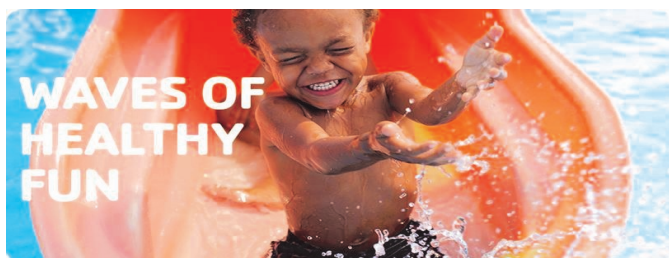
Saturday 10:00a.m.-11:00a.m.

Girls (K-5th Grade)

Fee: \$38 Members

\$63 Non Members

SWIM LESSONS



Shrimp (6 – 36 months)

\$33 Member

\$48 Non-Member

- Children learn skills such as kicking, feeling of floating, and jumping in the water
- Activities based on developmental abilities of child
- Songs, games, and toys are included

Monday	10:30-11:00 a.m.
Thursday	6:00 - 6:30 p.m.

SWIM LESSONS

\$38 Member

\$63 Non-Member

Perch (2-4 year olds)

- Designed for children who are entering the beginning stages of swimming
- Parents will be in the water to help their swimmer
- Just like the Pike class, children will learn basic arm strokes and kicking skills

Wednesday	6:00p.m. - 6:45 p.m.
Sunday*	3:00p.m. - 3:45 p.m.

Pike-Beginner (3-5 year olds)

- Designed for children who are entering the beginning stages of swimming
- Children will learn basic arm strokes (front and back), kicking skills, and learn how to jump in the water

Tuesday	6:00 - 6:45 p.m.
	6:45 - 7:30 p.m.
Thursday	4:30 - 5:15 p.m.
	5:15 - 6:00 p.m.
Sunday*	3:45 - 4:30 p.m.

Eel-Intermediate (3-5 year olds)

- Children are taught front and back paddle strokes as well as front and back floating and gliding
- Diving is introduced

Tuesday	6:00- 6:45 p.m.
Thursday	4:30 - 5:15 p.m.
Thursday	5:15 - 6:00 p.m.

Ray/Starfish-Advanced (3-5 year olds)

- Diving Skills, endurance, and personal lifesaving skills are practiced
- Elementary backstroke, breaststroke, and butterfly may be introduced

Tuesday	6:45 - 7:30 p.m.
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Polliwog-Beginner (School Age)

- Front and back paddle strokes are introduced
- Children should be able to swim 15ft at the completion of this level

Tuesday	6:00 - 6:45 p.m.
	6:45 - 7:30 p.m.
Thursday	4:30 - 5:15 p.m.
	5:15 - 6:00 p.m.

Guppy/Minnow (School Age)

- Children will practice skills with minimal help
- Children will develop their freestyle, backstroke, and sidestroke skills
- At the end of this level, children will be able to swim the length of the pool without assistance

Tuesday	6:45 - 7:30 p.m.
Thursday	4:30 - 5:15 p.m.
	5:15 - 6:00 p.m.

Pre-Team

- Designed for advanced youth swimmers
- Will help children get ready to be on the swim team as all four competitive strokes are introduced
- This class involves swimming lengths of the pool at a time

Tuesday	6:00 - 6:45 p.m.
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*Sunday classes are only available Fall II starting November 2nd

SWIM LESSONS CONTINUED

PRIVATE/SEMI-PRIVATE LESSONS

- Learn to swim with one-on-one or small group instruction
- Lessons are 30 minutes
- Lessons are scheduled at a mutual time between the instructor and the individual
- Please call or e-mail Joyce Bruett to make arrangements for private or semi-private lessons

217-442-0563 ext. 110

jbruett@danvilleymca.org

Private Lesson Sessions

Four sessions	\$60 Member
	\$80 Non-Member
Six sessions	\$90 Member
	\$120 Non-Member
Ten sessions	\$150 Member
	\$200 Non-Member

Semi-Private Lesson Sessions

Six sessions	\$50 Member
	\$70 Non-Member
Ten sessions	\$80 Member
	\$110 Non-Member

YMCA DOLPHINS YOUTH SWIM TEAM

- Swim team is for ages 5-21 years old
- Season runs from September 21st through the middle of March
- Parent meetings are September 1st and September 16th at 6:30p.m. at the YMCA
- Swim team participants must be a YMCA member
- For more information contact Coach Joyce Bruett
jbruett@danvilleymca.org or 217-442-0563 ext.110



SOCIAL RESPONSIBILITY

FOCUS ON THE FAMILY FRIDAYS-ONE FAMILY UNDER GOD

Families in our society have been under attack for years and are suffering a tremendous breakdown. However, take courage, because the family is fixable! Your willingness to learn about God's kingdom agenda and His plan for kingdom families is a wonderful step toward that end. Spiritual growth is best accomplished in the context of fellowship with other like-minded believers and a commitment to God. By returning to God's model for the family and individuals, society will begin to flourish. Let's get started with food, fun, fellowship. This Bible study guide and 6-session DVD teaching series by Dr. Tony Evans.

November 6, 13, 20 & December 4, 11, 18

6:00p.m. - 8:00p.m.

Cost: \$10 per couple

SUNDAY NIGHT AFTER CHURCH (S.N.A.C.)

Sunday Night After Church (S.N.A.C.) Teens is a city-wide collaborative ministry for teens, grades 7 - 12. The lessons this fall will focus on practical application of lessons learned from stories in the Old Testament. From character development and decision making to life skills and relationships, S.N.A.C will help teens discover their true purpose and empower them to serve.

Sunday Evenings - September 20 - December 20

6p.m. - 8p.m.

Fee: Free for members

LIFEGUARD CLASS

The YMCA will be offering a lifeguard training class in the fall of 2015. Course includes: Lifeguard certification, First Aid, CPR, AED and Oxygen Administration. Please contact Crystal Green at 442-0563 ext. 110 for more information. Class schedule will be posted online and available at the Welcome Center.

Fees: \$190 Member

\$210 Non-Member

SOCIAL RESPONSIBILITY CONTINUED

KINGDOM MAN MONDAYS

Our culture has redefined manhood by emasculating men through a repositioning of the role. Men are portrayed as weak, self-serving, and unfocused. The Bible clearly communicates that man was created to exercise dominion over the various areas of his life, taking responsibility for himself and others entrusted to his care. When a man functions within the principles of biblical manhood, those around him benefit from his leadership and care. This study challenges and equips men to fully understand their position under God, learning to operate under the authority of Jesus Christ.

Dates: Mondays, September 14 – October 26

Time: 6:00p.m. – 7:15p.m.

Cost: \$15 – Includes Bible Study Guide

BIRTHDAY PARTIES

Celebrate your child's next birthday at the Danville Family YMCA! You'll have an opportunity to be active and have fun in a safe environment. Enjoy a two hour party using both a party room and our pool. The Y will provide pizza, pop, paper products and decorations. In addition, your guests will each receive a one day family guest pass!

GIRLS ON THE RUN

Fall 2015 season begins September 9, 2015. The program registration fee includes 20 lessons, healthy snacks, t-shirt, celebration 5k, finisher's medal and an end of the season celebration. Scholarships are available to families in need, please contact jessica.mcmasters@girlsontherun.org

Fee: \$100

Girls on the Run Sites (3rd through 5th Grade)

Danville Family YMCA (M/W 4:00–5:30 PM)

Online Registration:

www.girlsontherunvermillioncounty.org



FALL EVENTS TO REMEMBER

- **GRANDPARENT'S DAY SEPTEMBER 12TH**
Bring your grandkids for a day of fun! Join us at the YMCA for our first annual Grandparent's Day celebration! In honor of Grandparent's Day, we want to celebrate Grandparents and Grandchildren of all ages. Please sign up in advance at the Welcome Center.

Activities will include:

Free family portrait

Fitness class

Pickle ball

Open swim

Jump rope

Hopscotch

3-Legged race

Card making

- **OPEN-HOUSE OCTOBER 3RD**
- **ZUMBA-THON OCTOBER 24TH**
- **HALLOWEEN BASH & HAUNTED HOUSE OCTOBER 30TH 6 P.M. – 8 P.M.**



DANVILLE FAMILY YMCA

1111 North Vermilion Street

Danville, IL 61832

217.442.0563

www.danvilleyymca.org



FACILITY HOURS

Monday-Thursday	5:00a.m.-8:00p.m.
Friday	5:00a.m.-8:00p.m.
Saturday	6:30a.m.-3:00p.m.

FALL/WINTER HOURS (Effective November 2nd)

Monday-Thursday	5:00a.m.-9:00p.m.
Friday	5:00a.m.-8:00p.m.
Saturday	6:30a.m.-3:00p.m.
Sunday	1:00p.m.-5:00p.m.

TOGETHER WE CAN DO SO MUCH MORE

DANVILLE FAMILY YMCA

ANNUAL CAMPAIGN

We're more than a place, we're a cause. Every day, the Danville Family YMCA strengthens all who live and work in the communities we serve through programs and services focused on **Youth Development, Healthy Living and Social Responsibility.**

We have an extraordinary opportunity to ensure a brighter future for local families in need, but we need your help. Your gift to the Danville Family YMCA will have a lasting impact in the community by helping us reach more people through life-changing programs and services.

\$75 provides seven (7) swim lessons for one child

\$275 Provides a one-year membership to a school age youth

\$750 Encourages healthy living by helping 10 youth play sports for a year

\$1,000 Enables (8) youth to train and compete in a 5K race

GIVE TODAY AND TOGETHER WE'LL DO SO MUCH MORE

To learn more about giving to the Y

DANVILLE FAMILY YMCA

217.442.0563

WWW.DANVILLEYMCA.ORG