the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PARTNER WITH A BRIGHT TOMORROW

SPRING–SUMMER 2016 PROGRAM GUIDE

SPRING SESSION	APRIL 11
SUMMER SESSION I	JUNE 6
SUMMER SESSION II	JULY 18

FINANCIAL ASSISTANCE

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 danvilleymca.org.

Because we believe everyone has the power to make their lives and community better, we open our doors to all—no matter who they are or where they come from.

MEMBERSHIP RATES

MEMBERSHIP RATES	START UP FEE	MONTHLY FEE
YOUTH/HIGH SCHOOL	$35.00	$22.75
TEEN/YOUNG ADULT	$45.00	$31.00
ADULT	$70.00	$44..50
SINGLE PARENT FAMILY	$70.00	$53.50
HOUSEHOLD	$85.00	$65.50
Senior (65 and over)	$60.00	$37.50

- **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

20/20 PROGRAM

Invite as many friends as you want. When a friend joins, you'll both receive a 20% reduced rate on your monthly membership dues at the Y.

20/20 RATES	
YOUTH/HIGH SCHOOL	$18.20
TEEN/YOUNG ADULT	$24.80
ADULT	$35.60
SINGLE PARENT FAMILY	$42.80
HOUSEHOLD	$52.40
SENIOR (65 and older)	$30.00

FAMILY MEMBERSHIP AT THE Y

FOR MEMBERSHIP

We're here for a better us.

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.

Locker/Locker-Towel Service - 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. The Locker Towel Service is available only for adults age 19 and older as an option with membership.

$12.00 - One Adult
$18.00 – Two Adults in Household

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). Prorated 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 prorated fee will be given as a credit. In case of inclement weather, cancellations and closings will be announced on our mobile app and local radio stations.

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

REGISTER ONLINE FOR PROGRAMS

1. Go to www.danville.org
2. Click

3. Find your class and register!

DOWNLOAD OUR MOBILE APP

The Danville YMCA has a FREE app available for your mobile devices. You can browse and search schedules, programs, events and check facility status.

Available for both iOS or Android.

FIND US ON FACEBOOK

FOR BETTER 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, 02 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

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.

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 Member	$360 Non-Member
Ten sessions	$250 Member	$400 Non-Member
Twenty sessions	$500 Member	$800 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

FREE GROUP EXERCISE CLASSES

Strength Cardio Family Friendly

BOOT CAMP

No guts, no glory in this total body workout! This popular interval class mixes body weight exercises with cardio and strength training to enhance agility, speed, power, strength and quickness. Each boot camp class is designed for 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 to be different which will challenge each muscle group. This class is perfect for intermediate to advanced fitness levels. Prepare to sweat and push yourself to the next level!

CIRCUIT TRAINING

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.

INDOOR CYCLING

Indoor cycling is an exceptional cardiovascular workout. This class uses major muscle groups and increases the heart rate. Cycling is a great form of exercise for those with certain joint problems because it is considered very low impact. Must be 16 and older to participate.

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!

QI GONG

This class focuses on slow, simple movements to allow individuals of any age and fitness level to participate to improve general health, relieve stress and tension, improve mental well-being, stimulate and strengthen muscles, increase energy and counteract the aging process.

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 tolls to build muscle strength and endurance.

UPPER BODY BLAST

This 45 minute class begins with a brief cardio segment to warm up and then focuses on strength and muscle endurance for the complete upper body, including core.

YOGA

During hatha yoga, you use physical postures to align your body and allow energy to flow freely. Yoga is intended to improve balance, flexibility, and strength. Some poses also massage internal organs and enhance circulation, digestion, and hormonal activity in the body. Yoga is a gentle, non-impact form of exercise that is suitable for all fitness levels.

YOUTH FITNESS

This complete fitness class introduces kids, ages 8-13, to games and activities to improve fitness and coordination. Obstacle courses, circuits, dance, sports and more will have kids getting fit and having fun!

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.

ZUMBA TONING

Those who want to party, but put extra emphasis on toning and sculpting to define those muscles! Light hand weights enhance sense of rhythm and coordination, while toning target zones, including arms, core and lower body.

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.

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.

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.

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!

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.

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, 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.

FOR ACTIVE OLDER ADULTS

SILVER SNEAKERS 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.

SILVER SNEAKERS 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.

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

POTLUCK LUNCHEON

Spring is in the air and our next potluck lunch is shaping up to be a great time! Please join us for lunch, fellowship and fun! You may be the lucky winner of a great prize!
Come and enjoy lunch, music and a special treat
A main dish will be provided
Please bring a covered dish or dessert to share
A sign up sheet will be located at the Welcome Center
Wednesday, May 25th 12:00 pm

MOVIE MONDAY

Gather with friends and join us for next Movie Monday. This activity for Active Older Adults, age 55+will be held at the YMCA in the teen center. If you like, bring a snack to share and/or a sack lunch, too. Friends are always welcome at our AOA movie events, so grab a friend and join us! Please sign up in advance at the Welcome Center.
Popcorn, coffee and water will be provided
Please bring a sack lunch.
Monday, June 6th 12:00 pm

"LUNCH" AND LEARN

Our popular Lunch and Learns will return with a visit from a medical doctor from Presence Hospital . This presentation is an opportunity for members of all ages to learn about bone and joint health.
A light lunch will be provided
Please sign up in advance at the Welcome Center
Our next "Lunch" and learn will be held in September. More details TBA.

YOGA FOR THE BRAIN

Join us and "color yourself calm". Coloring is the new meditation! In many cases, coloring has not only helped reduce stress and relieve people of anxiety and depression, but coloring has also been known to help with sleep and increase productivity. Join us for an afternoon of fun and color your stress away. *Adults only
Bring a snack to share and/or a light lunch
Please sign up in advance at the Welcome Center
Friends are always welcome
Wednesday, April 4th and 18th 11:30 am

FOR BETTER YOUTH

CHILD CARE

The YMCA offers free drop-in child care while parents make use of the facility. Playful, engaging options are plentiful for young children while you exercise or connect with others over shared interests.

NURSERY

Nursery: Ages six months to five years old

Monday-Friday 8:30 a.m. -11:30 a.m.

Mon-Thursday 4:30 p.m.-8:00 p.m.

Saturday 8:30 a.m.-11:30 a.m.

KIDS ZONE:

Five years old to 12 years old
Mon – Fri 8:30 a.m. – 11:30 a.m. * Effective first day of Summer Camp
Monday-Thursday 4:30 p.m. - 8:00 p.m.
Saturday 8:30 a.m.-11:30 a.m.
Child Watch is provided free to members with family membership while utilizing the facility. Guests are $3 per child per visit.

CHILD SUPERVISION

Children under the age of ten 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 14 are not permitted in the workout area unless they have completed the Teens in Training course. Youth under the age of 19 are not allowed in the locker rooms

SUMMER CAMP 2016

Best. Summer. Ever. 2.0
The Adventure begins June 1st - August 12th 2016
More information available in our Summer Camp Brochure!

Y-LEADERS CLUB

Our after school program is a fun, interactive group to help develop the leaders of tomorrow, today by hands on learning and focus driven activities.
For preteens to teens ages 10-18 years old

- Provides opportunities to serve others and shape a
- Healthy lifestyle
- Community Service projects
- Character building
- Increase social skills
- Field Trips

Y-ACHIEVERS

Our vision is for every high school youth to have access to college and career readiness resources through committed leaders and dedicated organizations in the community. We do this through the year by;
College Fairs
Financial Aid Workshops
High School and Graduation and College preparation
Resume prep
SAT/ACT preparation
On the job training
Career Cluster Group-
2nd and 4th Saturday from 9am-11:45am

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 and so much more! Other onsite activities include basketball, dodge ball, swimming, and video game tournaments.
Free for all participants 6th-12 grade (Registration is currently open)
Danville High School: Daily 10:00a.m.
North Ridge: Tuesday 3:45 - 5:00pm Wednesdays
South View: Wednesday 3:45 - 5:00pm Thursdays

FOR BETTER YOUTH-SPORTS

SPRING SESSION

NFL YOUTH FLAG FOOTBALL

NFL FLAG is for players ages 5 to 17 and played in over one thousand leagues across the country. Here at the YMCA we don't want to be left out so we are starting our own NFL FLAG League!

Fees:	$38 Members $63 Non Members
Tuesdays/ Thursday	5:30p.m.-7:00p.m.
Saturdays	11:00a.m.- 1:00p.m.

Each participant will receive an authentic NFL FLAG Football Jersey

ITTY BITTY FLAG FOOTBALL

Itty Bitty Flag Football will focus on introducing the fundamentals of catching, running, and throwing by incorporating interactive activities and drills. This is a non-contact sport and YMCA staff will be on hand to lead classes. Parent involvement is encouraged.

Fees:	$38 Members $63 Non Members
Tuesdays/ Thursday	5:30pm-7:00pm
Saturdays	10:00am-11:00am

GIRLS HOOP CLINIC

This program is for any young lady that wants to have fun and play basketball. The basic skills of passing, shooting, and dribbling can be taught to anyone that wants to learn and have some fun.

Fees:	$38 Members $63 Non-Members
Saturdays:	10:00am-11:00am
Girls	(K-5th Grade)

HOOP SUMMIT

This competitive basketball league is for middle school and high school students. Come prove your skills on the hardwood.

Fee:	$25 each participant
Mondays:	6:00pm-8:00pm

Jerseys provided
Bring your own team or come and be placed on a team

SUMMER SESSION

YMCA CHEERLEADING CLINIC

Our Cheerleading program teaches kids the fundamentals of cheerleading. Children will learn motions, jumps, tumbling skills, chants, stunting, and cheer-style dance in a safe and fun environment.

Fees: $33 Members $58 Non Members
Grades: 1st – 8th
Tuesdays/ Thursdays: 1:00pm – 2:15pm-Summer 1

CORE SPORTS TRAINING

Whether you play football, basketball, baseball or soccer, speed and agility are very important factors in those sports. In this program cones, boxes and ladders will be used to help bring the best out of your athlete to help them get to the next level. –Limited Number of Space

Fees: $33 Members $58 Non Members
Tuesdays/Thursdays 10:00am- 11:30am-Summer 1&2

ECICAA & YMCA BASKETBALL CAMP

Free basketball camp hosted at the David S. Palmer Arena. Each participant will receive a t-shirt and medal as well as have a chance to win a prize.

July 11th- July 16th
Age Requirement: K-8th Grade

JUSTIN MARCH-LILLARD FOOTBALL CAMP

Justin March-Lillard will host his second youth football camp here in his hometown of Danville! Justin is currently an NFL linebacker for the Kansas City Chiefs.

Saturday June 25th
Time TBA
Age Requirement: Requirement: K-8th Grade
Free of charge

SEAHAWKS YOUTH TACKLE FOOTBALL

The Danville Y Seahawks Youth Tackle Football program welcomes anyone that wants to be a part of the program! Come out and join the fun family atmosphere as the participants look to tackle the challenge of being the champions!

Fees: $ 65 Members $75 Non Members
Ages: 5-14
Peanuts, Freshman, Jr. Varsity, Varsity and Cheerleading
Registration Begins April 1st through July 19th
Practice begins July 14th

FOR BETTER YOUTH-AQUATICS

SPRING SESSION FEE	SUMMER SESSION FEE
$33 Member	$28 Member
$48 Non-Member	$41 Non-Member

SHRIMP (6 months – 3 years)

Children learn basic water skills such as kicking, arm strokes, and jumping in the water all with the assistance of a parent or adult in the pool with them.
Activities are based on the developmental ability of the child
Songs, games, and toys are included as part of each class

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

SPRING SESSION	SUMMER SESSION
$38 Member	$33 Member
$63 Non-Member	$54 Non-Member

PERCH (2 – 4 years old)

Designed for children who are entering the beginning stages of swimming
Parents or an adult will be in the water to help during each class
Children will work on basic arm strokes, kicking, and learning to jump into the water with assistance

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

PIKE – BEGINNER (3 – 5 Yr. old)

Designed for children entering the beginning stages of swimming
Children will be introduced to basic kicking, arm strokes, and learning to jump into the water
Toys and games will be used to help children play and feel comfortable in the water

Tuesday	6:00 – 6:45 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 Yr. old)

Children will be introduced front and back floating and glide, front and back paddle strokes, and jumping independently. Diving may be introduced

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

RAY/STARFISH – ADVANCED (3 – 5 Yr. old)

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

Tuesday	6:45 – 7:30 p.m.

POLLIWOG – BEGINNER (6–13 Yr. old)

Designed for school aged children who are entering the beginning stages of swimming
Front and back paddle strokes and floating are introduced, as well as jumping into shallow water independently.

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 – INTERMEDIATE (6–13 Yr. old)

Children will continue to develop their freestyle & backstroke skills, as well their endurance to swim the length of the pool. Diving, elementary backstroke, personal lifesaving skills will be introduced and focused on.

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

PRE–TEAM – ADVANCED (School Age)

Designed for advanced youth swimmers
Will help children get ready to be on the swim team as all four competitive strokes are introduced, as well as starts and turns.
This class involves swimming laps of the pool at a time

Tuesday	6:00 – 6:45 p.m.

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 fill out a lesson request form at the Welcome Center or call or e-mail Joyce Bruett to make arrangements at 442-0563 ext. 110, jbruett@danvilleymca.org

Private Lessons Sessions

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

Semi-Private Lessons Sessions

Six Sessions	$50 Member $70 Non-Member
Ten Sessions	$80 Member

A YMCA Lifeguarding Class will be held during the Spring Session. Course includes: Class/Pool time, First Aid, CPR-Pro, AED, Oxygen Administration, lifeguard book, CPR mask, and certification cards. Please call Joyce Bruett at 442-0563 ext. 110 for more information, prerequisites, and dates.

Fees: $190 Member
$210 Non-Member

ADULT & TEEN 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.

Wednesday	6:00 – 6:45 p.m.

SPRING SESSION	SUMMER SESSION
$38 Member	$33 Member
$63 Non-Member	$54 Non-Member

FOR SOCIAL RESPONISIBLITY

CORPORATE WELLNESS PROGRAM

Good Health Is Good Business

The Danville Family YMCA Corporate Wellness Program does more than provide membership cards. The Y offers programs and services to support every individual and family on their quest to adopt a healthy and active lifestyle. If your current employer partners with the Y, you are eligible to receive 20% off of your monthly membership dues in addition to having the joiner fee waived. Inquire within to see if your company is a part of our partnership.

If your company is interested in partnering with the Danville Family YMCA and would like pricing information, please contact:

Sarah Jones, Membership and Marketing Director

I CAN DO IT, YOU CAN DO IT!

Moving From the Sidelines to the Game

ICDI is a mentoring program for adults with disabilities that encourage regular physical activity and healthy eating behaviors.

-Participant is paired with a volunteer (mentor)

-Participant meet at least once a week to:

*set and track physical activity goals

*set and track healthy eating goals

*participate in physical activity opportunities

Program Dates:

-Wave 1: May 2 - June 25

-Wave 2: July5 - August 27

Orientation: TBA

Fee: Free to Members and Non-Members

Volunteers - contact Jessica McMasters
jmcmasters@danvilleymca.org

ART AUCTION & WINE TASTING

Strengthening the Foundation of the Community

The Danville YMCA will host an Art Auction and Wine Tasting on April 21, 2016. We would like to invite you to participate in this fundraiser to help strengthen the community by impacting the lives of our youth.

HEALTHY KIDS DAY

April 30th

Join us in celebrating the YMCA's Healthy Kids Day, the Y's national initiative to improve the health and well-being of kids and families. YMCA's Healthy Kids Day will include fun active play and educational activities to keep kids moving and learning, in order to maintain healthy habits and academic skills to achieve goals and reach their full potential.

TOGETHERHOOD

Participate in Social Responsibility

Invites Y members to activate their social responsibility by participating in the Y's cause to strengthen community. Togetherhood provides Y members with fun, convenient and rewarding ways to give back and support their neighbors. Togetherhood is the YMCA's Signature Program for Social Responsibility. This program invites Y members to lead and participate in volunteer service projects that benefit the community where they live.

ANNUAL CAMPAIGN

This month, the Danville Family YMCA will begin our annual campaign to raise the charitable funds needed to address the issues that concern our community. Every dollar donated to the Danville Family YMCA stays local and has a lasting impact on the people of Vermilion County. Your gift will build a better us by ensuring that the Y's doors are open to all. Your support helps hundreds of youth and families live healthier and happier lives. It enables kids to have a safe and secure place to go before and afterschool. It prepares teens to graduate from high school college/career ready. It provides family time activities that lead to healthy, active lifestyles. And, it provides seniors with opportunities to connect with others. Yes, you know the challenges we face in Vermilion County and just like the Y, you see the opportunity to make a difference. The Y is your partner, standing with you to strengthen our community. Making a donation is your first step in making a difference and building a better us.

For a better you. For a better community. For a better us.™

Sincerely,

Mike Marron-2016 Campaign Chairman

the YMCA

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HOURS OF OPERATION

SPRING HOURS (Begin April 11th)		SUMMER HOURS (Begin June 6th)	
MONDAY-THURSDAY:	5:00a.m.-9:00p.m.	MONDAY-FRIDAY:	5:00a.m.-8:00p.m.
FRIDAY:	5:00a.m.-8:00p.m.	SATURDAY:	6:30a.m.-3:00p.m.
SATURDAY:	6:30a.m.-3:00p.m.	SUNDAY:	CLOSED
SUNDAY:	1:00p.m.-5:00p.m.		

(WE WILL BE CLOSED MAY 30TH, JULY 4TH, AND SEPTEMBER 5TH)

The 2016 election cycle is underway, marked by both hope and apprehension by the American public. Today, though, there's optimism and excitement as a new candidate announces her campaign for the presidency—the right candidate for our country. It's official: Zoe is running for president. Potenially. In 2064.

Zoe for President is a campaign organized by the Y to elect a one-year-old girl as our Commander in Chief in 2064. As the nation braces for what is already a contentious campaign, *Zoe for President* aims to be a breath of fresh air—a campaign that addresses actual issues faced by our youth and families alike, and the Danville Family YMCA is a part in fixing them. The campaign highlights the potential in all kids to change the world if they're nurtured properly and supported throughout childhood and their teen years. Through Y programs like Y-Kids, Teen Leaders, Achievers, Swim Lessons, Youth Sports, and many others, kids right here in Vermilion County have the opportunity to succeed ,grow and maybe even be president.

The Y aims to impart the values of what it means to achieve—how hard work, determination, perseverance and character can drive someone to success beyond what they thought possible. Zoe represents the potential of every child which the Y attempts to foster everyday.

We'd love to offer you the chance to speak with Sarah Jones ,Membership and Marketing Director at the Danville Family YMCA to discuss the Y's programs and the Zoe campaign. Please feel free to take a look at Zoe's campaign website, ZoeforPresident.net.As always, don't hesitate to reach out if you have any questions.