

MARYAM S.



# "Y" I LOVE the Y"

"We have been a member for about a year, so in love with this amazing place and all the easily accessible facilities that it offers. The staff is amazing and very welcoming. Allie is specially wonderful to work with".

## UPCOMING PROGRAMS

- All Stars Level 4! Afterschool Childcare Program: Contact Director of Childcare, [Jacob@owensboroyymca.org](mailto:Jacob@owensboroyymca.org) for more info.
- Basketball League (7-8, 9-11yrs): Starts Tue Sept. 5, Ages 6-8 & 9-11  
Members: \$60+tax  
Registration closes Aug. 30
- Self Defense (Adults 21 years+): Sat Oct. 21-Dec. 16 @ 11am-12pm  
Members \$100+tax  
Registration closes Oct 11
- Little Movers (1-3yrs): Sep 5-26 AND Oct 3-24, Tue @ 11:15am-12pm  
Members: \$30=tax
- Homeschool Play & Swim (school age children): Fridays @11am-1pm  
Members: FREE
- KIDS NIGHT OUT'-Pool Party (5-12 yrs): Sep 9, Sat @ 5:00-800 PM  
Members: \$20+tax
- Cheer & Tumble (7-12yrs): Sep 13, 20, 27 Wed @5:45-6:45pm  
Members: \$15+tax
- Barracuda Developmental Team: Oct 6-Dec 8, Fri @ 6-7pm  
Members: \$65+tax
- Barracuda Intermediate Team: Oct 6-Dec 8, Fri @ 6-7pm  
Members: \$65+tax
- Masters Swim Team (18+): Sep 11- Oct 7 Tue & Thu @ 6:30-7:30am  
Members: \$35+tax

**YOUTH DEVELOPMENT**



**REGISTER ONLINE**

## FALL SWIM LESSONS

Session 1: September 11- October 7 \* Session 2: October 16-November 11  
(4 wks, \$30+tax)

- Parent Tot Swim Lessons: Mondays @5-5:30pm \*OR\* Fridays @9:30-10am \*OR\* Saturdays @11:10-11:40am
- PreK Level 1 Swim Lessons: Tuesdays @5:00-5:30pm \*OR\* Fridays @10:15-10:45am \*OR\* Saturdays @9:10-9:40am
- PreK Level 2 Swim Lessons: Mondays @5:40-6:10pm \*OR\* Thursdays @4:20-4:50pm \*OR\* Saturdays @9:10-9:40am,
- PreK Level 3 Swim Lessons: Thursdays @5-5:30pm
- School Age Level 1 Swim Lessons: Mondays @6:20-6:50pm \*OR\* Thursdays @5:40-6:10pm \*OR\* Saturdays @10:30-11am
- School Age Level 2 Swim Lessons: Tuesdays @5:40-6:10pm \*OR\* Thursdays @6:20-6:50pm \*OR\* Saturdays @9:50-10:20am
- School Age Level 3 Swim Lessons: Tuesdays @6:15-6:45pm \*OR\* Saturday 9:50-10:20am
- School Age Level 4 Swim Lessons: Saturdays @11:10-11:40am
- Teen/Adult Level 1/2 Swim Lessons: Saturdays @10:30-11am
- Homeschool Swim Lessons: Tuesdays 9:15-9:45am



**REGISTER IN-PERSON**

Mon-Fri, 3-6pm  
Sat, 9am-12pm

## Welcoming Week

WELCOME  
XIMOCEHUITZINO  
SUKKATAVVKE  
MAUYA  
DALALAKOIAM  
CHAO MUNG  
SIYAKWAMUKELA  
BENEVENUTO  
HAYKUYUY  
HOSSELDINZ  
KÁABO  
WITAMY  
AROMAN  
WELINA  
BEM-VINDOS  
WAMKELEKLE  
KARIBE  
HPOATE  
BIENVENIDOS  
BIENVENUE  
SELAMAT DATANG  
AKWAABA  
BOYEI BOLAMU  
OKAN YUL  
ZOO SIAB TXAISTOS  
KARIBU  
SOD DHAWOW  
EKOMO MAI  
MABUHAY

**September 8-17**

## Wish List

- Yard games (Cornhole, Giant Jenga, etc.)
- Sidewalk chalk & bubbles
- 5 Hula hoops for swim lessons
- 10 pool noodles for swimming
- Bag of ball pit balls
- Volunteers to pull weeds
- Secret Shoppers to evaluate customer service (contact Membership Director)

**JOIN OUR TEAM**

**CERTIFIED LIFEGUARDS**

Certificate must be current through American Red Cross or equivalent

APPLY ONLINE

[HTTPS://OWENSBOROYYMCA.ORG/APPLY-ONLINE](https://owensboroyymca.org/apply-online)

OR EMAIL

[ACQUATECH@OWENSBOROYYMCA.ORG](mailto:ACQUATECH@OWENSBOROYYMCA.ORG)

FLEXIBLE WORK SCHEDULES

FREE INDIVIDUAL MEMBERSHIP

COMPETITIVE PAY

900 Kentucky Parkway, Owensboro KY 42301 \* 270-926-9622  
[www.Owensboroyymca.org](http://www.Owensboroyymca.org) \* [hello@owensboroyymca.org](mailto:hello@owensboroyymca.org)

## SENIOR HEALTH & FITNESS DAY POTLUCK



Senior YMCA Members

**SAVE THE DATE**

Friday, October 20 @ 11:15am

2nd Floor, Up Studio

Sign up sheet will be available in October

SEPTEMBER 18-22



**STOP BY AND CHECK OUT OUR GUEST PRESENTERS!**

**DID YOU KNOW THAT FALLS...**



are the leading cause of injury related ER visit for older adults?



are the major cause of hip fractures?



are responsible for more than half of fatal head injuries?

**FALLS PREVENTION AWARENESS WEEK**

**TRY IT**

**THURSDAYS**

Bring a friend to any Owensboro Family YMCA fitness class for FREE on any Thursday. Must be 18 yrs+, limit 1 visit/yr per person.

Register @ Courtesy Counter.