

# Owensboro Family YMCA

Our Values: Respect, Responsibility, Honesty, Caring and Faith

## In This Issue

- Farewell from retiring CEO
- Holiday Hours
- Incoming CEO introduction
- October Walking Challenge
- Equipment Highlight
- Be Part of the Team
- Member Highlight
- Upcoming Programs
- Fall Swim Lessons
- Health Hint- World Arthritis Day
- Senior Potluck
- Wish List
- Fitness Feature

## Farewell from the retiring CEO

Most stories have a beginning and an ending. Our story of the Owensboro Family Y began July 01, 2019, as Margie and I followed God's lead to serve here. There have been many waves....both good and not so good....during our time here, but God is in control, and He continues to bless our Y with great staff, great members, and great stakeholders. We are grateful for your support, prayers, and friendship during our "story", and we wish you God's best as this Y moves forward with new CEO Tom Bontrager and his wife, Diane. The ending of our Y story here ends September 30 as Margie and I move on to our next life phase. My hope for all of us is that we'll live happily ever after....just as all good stories should end. God bless!

Sincerely, John C Alexander, CEO

270-926-9622  
 hello@owensboroymca.org  
 900 KY Parkway Owensboro, KY 42301  
 www.owensboroymca.org



We will be closed for the following holidays



Nov 23rd- Thanksgiving Day  
 Dec 24th- Christmas Eve  
 Dec 25th- Christmas Day  
 Dec 31st- New Years Eve  
 Jan 1st- New Years Day



## CEO ANNOUNCEMENT



**Thomas "Tom" Bontrager**  
 Owensboro Family YMCA  
 Owensboro, Kentucky

Introducing Tom Bontrager, new CEO for the Owensboro Family YMCA! He was selected from 35 candidates through a process that began in June. Tom will be replacing John Alexander, who retired the end of September.

Bontrager has worked in 3 different YMCAs in Atlanta, Chicago, and most recently, Mississippi. Before landing in Y work, he was a Regional Director for Kmart. He has profound knowledge of operations and fund development mixed with a passion for serving his community. Tom began his new role on October 5; his email is tom@owensboroymca.org.

## Walking Challenge

# October



Physical activity doesn't need to be complicated. A daily brisk walk can help you live a healthier life. Record your time walking during the month of October in the Wellness Center and enter to win a prize!

## EQUIPMENT HIGHLIGHT!

# TREADMILL

Did you know that our treadmills have heart rate monitors?

- Moderate Intensity: 50%-70% of HR max
- Vigorous Intensity: 70%-85% of HR max

IMPROVES HEART HEALTH  
 WEIGHT LOSS  
 IMPROVES MENTAL HEALTH  
 IMPROVES SLEEP QUALITY

How to determine your Heart Rate Max?  
 220-Your Age=HR max

Volunteer Hours, Community Service, & YMCA Free Membership

## BE PART OF THE TEAM

Youth Sports Programs & Development  
 Owensboro Family YMCA

For more information, contact Josh Booker, Director of Wellness & Program, at 270-314-3217 or email joshbooker@owensboroymca.org

# WE'RE HIRING!

JOIN OUR TEAM

APPLY NOW!

### HIRING POSITIONS

- Weekday Opening Lifeguard (6:15am-11am)
- Midday Lifeguard (11am-2pm)

For more information contact: aquatics@owensboroymca.org





## "Y" I LOVE the Y"

"The Y has helped me stay active throughout the year. I love the classes and all the friendships I have made here!"

### UPCOMING PROGRAMS

- All Stars Level 4! Afterschool Childcare Program: Contact Director of Childcare, [Jacob@owensboroyymca.org](mailto:Jacob@owensboroyymca.org) for more info.
- Self Defense (Adults 21 years+): Oct. 21-Dec. 16, Sat @ 11am-12pm Members \$100+tax (Registration closes Oct 11)
- Little Movers (1-3yrs): Oct 3-24, Tue @ 11:15am-12pm OR 12:15-1pm Members: \$30+tax
- Homeschool Play & Swim (school age children): Fri @11am-1pm Members: FREE
- KIDS NIGHT OUT-Pajama Party (5-12 yrs): Nov 4, Sat @ 5-8pm Members: \$20+tax (Registration closes Nov 3)
- Cheer & Tumble (7-10yrs): Oct. 4, 18, & 25, Wed @5:45-6:45pm Members: \$15+tax
- Barracuda Developmental Team (6-16 yrs): Oct 6-Dec 8, Fri @ 6-7pm Members: \$65+tax
- Barracuda Intermediate Team (6-16 yrs): Oct 6-Dec 8, Fri @ 7-8pm Members: \$65+tax
- Masters Swim Team (18+): Oct 17-Nov 9, Tue & Thu @ 6:30-7:30am Members: \$35+tax
- Youth Basketball (5-6yrs): Sat @10-11am in December, Registration opens soon Members \$53
- Youth Indoor Soccer (5th-8th & 9th 12th grades), Nov-Jan, Registration opens soon, Schedule to be announced, \$40 fee

**REGISTER  
ONLINE**

### FALL SWIM LESSONS

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 ½ Swim Lessons: Saturdays @10:30-11am
- Homeschool Swim Lessons: Tuesdays 9:15-9:45am



**REGISTER  
IN-PERSON**

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



WORLD ARTHRITIS DAY  
OCTOBER 12

### NATURAL RELIEF TIPS TO TREAT ARTHRITIS:

1. Eat well. It's hard to underestimate the benefits of a healthy, anti-inflammatory eating plan.
2. Stay active. Regular exercise is just as important as diet.
3. Take an (active) break. Balance activity with active recovery.
4. Work on posture.
5. Try Heat and Cold.

Arthritis Foundation

## Wish List

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

SENIOR HEALTH & FITNESS DAY  
**POTLUCK**



Senior YMCA Members  
Friday, October 20 @ 11:15am  
2nd Floor, Up Studio  
Sign up sheet posted by Gym

## Fitness Feature

Barre class is the best hour of my day! What is barre? It is a high intensity low-impact total body workout designed to build long lean muscle and tone the entire body. It combines small movements with isometric exercises that challenge the body while building balance, stability, stamina, and strength.

"Barre is the reason I have a membership to the YMCA. It is a challenging workout that Kim makes fun. She is a great instructor and will help anyone who needs it. I'm addicted to the workout and the results!" (Katherine Brasher)

