

Owensboro Family YMCA

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

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A Message From Our CEO

I wanted to take a moment to express my heartfelt gratitude for the warm welcome and unwavering support you've shown to the YMCA.

Owensboro/Daviess County has embraced us with open arms, and my wife, Diane, and I are truly honored to be a part of this wonderful community.

Your support has made a significant impact on our mission to promote health, wellness, and community engagement through the YMCA. It is through your generosity and welcoming spirit that we are able to thrive and continue our work in making Owensboro a better place for everyone.

I look forward to building even stronger ties with the city and its residents in the years to come.

Thank you for being such an integral part of our YMCA family.

Sincerely,
Tom Bontrager, CEO



AN EVENING AWAY WHILE THE KIDS PLAY

PARENTS- GO HAVE FUN, WE'VE GOT THIS!

Kids ages 3-12 yrs get the Y to themselves to play games, swim, have fun, enjoy pizza and snacks with our awesome Child Care staff!

"This makes the membership worth it."
~ Nikki

CHRISTMAS PARTY
SAT, DEC 2ND
5:00-8:00PM

****FREE****
Members Only,
Exclusive
Benefit



REGISTRATION DEADLINE

2 days before event

Online 24/7: Use QR or

tinyurl.com/OboroYPrograms

In-Person: Mon-Fri 3-6pm, Sat 9am-12pm

QUESTIONS: 270-663-8227 | jacob@owensboroyymca.org

MAKE HOLIDAY MEMORIES SWIM WITH SANTA!

REGISTER:

In-Person: 3-6pm Mon-Fri, 9am-12pm Sat

Online: 24/7 via QR Code *or*

www.tinyurl.com/OboroYPrograms

9am-11am



Members: FREE | Non-Members: \$10/person

Bring your bathing suits and towels and join us for Swim with Santa!

Santa will swim from 9-10am and will be available for photos, cookie decorating, and hot cocoa from 10-11am!

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



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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY





"Y" I LOVE the Y"

"I've been a member for 20 years. I enjoy the camaraderie and fitness. The atmosphere has a mix of people, everyone fits in"

INFANT-TODDLER

- Parent-Tot Swim Lessons
- Little Movers
- Wee Care Child Watch
- Sports of All Sorts #
- Toddler Time #

PRESCHOOL

- Preschool Swim Lessons
- Wee Care Child Watch
- Kids Night Out
- Sports of All Sorts #
- Toddler time #

REGISTER ONLINE 24/7
tinyurl.com/OboroYPrograms

December-January Program Guide #
coming soon

ELEMENTARY

- School-age Swim Lessons (Nov-Dec)
- Barracuda Swim Team (Nov-Dec)
- Cheer & Tumble (Nov, Dec)
- Youth Basketball (Jan)
- Indoor Youth Soccer (Nov-Jan)
- Kids Night Out (Nov, Dec)
- Homeschool Play & Swim
- Homeschool Swim Lessons
- Afterschool Care
- Holiday Camps
- Kids Night Out

MIDDLE SCHOOL

- School-age Swim Lessons (Nov-Dec)
- Barracuda Swim Team (Nov-Dec)
- Indoor Basketball League (Jan-Feb)
- Indoor Youth Soccer League (Nov-Jan)
- Homeschool Play & Swim
- Homeschool Swim Lessons

HIGH SCHOOL

- Teen-Adult Swim Lessons
- Barracuda Swim Team (Nov-Dec)
- Indoor Basketball League (Jan-Mar)
- Indoor Youth Soccer (Nov-Jan)

ADULT

- Fitness Classes
- MastersSwimTeam
- Self-DefenseClass
- Teen-Adult Swim Lessons
- Adult Basketball League (Jan-Mar)
- Senior Potluck
- Personal Training
- Wellness & Weight Loss Program
- Nutrition Consultation

COMMUNITY

- ASL (American Sign Language) class



REGISTER IN-PERSON
Mon-Fri, 3-6pm | Sat, 9am-12pm



the **DIABETES AWARENESS MONTH**

Owensboro Family YMCA Connecting With Our Community

Help Others Celebrate

Gift A Family Feast



1. Purchase 1 or more items from below.
2. Place the item(s) in the collection bin in our lobby. (**If your donations require refrigeration, take items to the Courtesy Counter.)
3. Cash, check, and gift cards accepted- give to Courtesy Counter staff for deposit to the feast fund.
4. Select a cut-out shape and write your first name to add to our window "feast".
5. Full Thanksgiving meals to be delivered to families in need!

- | | | |
|---|---|--------------------------------------|
| • Ham | • Green beans (canned) | • Marshmallows |
| • Stuffing mix | • Corn (canned) | • Jello/pudding (boxed) |
| • Macaroni & cheese (boxed) | • French fried onions | • Dessert mix (boxed)- brownie, cake |
| • Potatoes- mashed or scalloped (instant) | • Gravy (jar/canned) | • Brown sugar |
| • Dinner rolls | • Cornbread mix | • Disposable foil pans- 8x6, 9 x 13 |
| • Cream mushroom soup (canned) | • Butter (sticks) | • Disposable cutlery |
| • Yams (canned) | • Iced tea mix | • Holiday napkins/paper towels |
| • Cranberry sauce (canned/jar) | • Coffee | • Paper plates- heavy duty |
| | • Juice (bottled) | |
| | • Apple cider (shelf stable or packets) | |
| | • Hot chocolate mix | |



November 7-20th



900 Kentucky Pkwy, Owensboro, KY 42301 • 270-926-9622 • www.OwensboroYMCA.org • hello@owensborymca.org

Owensboro Family YMCA

November

Wellness Challenge



PLANKSGIVING



Track EACH 30 seconds
Participant with the most plank time
receives a gift

Tracking chart located in Wellness Center