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

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

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@owensboroymca.org

MAKE HOLIDAY MEMORIES

SWIM WITH SANTA!



Saturday December 2

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!



"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

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,
- 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

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**

HIGH SCHOOL

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

COMMUNITY

 ASL (American Sign Language) class



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

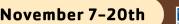
December-January Program Guide # # coming soon





- 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,
- 3. Cash, check, and gift cards accepted- give to Courtesy Counter staff for deposit to the feast
- 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!

- Dessert mix (boxed)





PLANKSGIVING Track EACH 30 seconds Participant with the most plank time receives a gift *Tracking chart located in Wellness Center*

Owensboro Family YMCA

November

Wellness Challenge