



# PARIS-BOURBON COUNTY YMCA

April 2026

NEWSLETTER

### Important Dates

- April 5: Last day to register for Youth Tennis Lessons
- April 11-12: Blended Lifeguarding Class
- April 18: Healthy Kids Day! Join us for our annual celebration of healthy, active children and families.
- April 18: "Y Not Tri" Indoor Triathlon — Challenge yourself in the pool, on the bike, and on the track!
- May 16-17: Blended Lifeguarding Class



### Sabrina Gordon Executive Director named March 2026 CASA Volunteer of the Month

Many know Sabrina Gordon as our executive director. She is also involved with the Franklin County Health Department and served on the Frankfort Independent School Board in her hometown of Frankfort. "Service isn't just something I do. It's who I am," Gordon said. "I believe we are all called to make a difference in the lives of others in whatever ways we can."

One less visible way Gordon lives her values is by serving as a CASA volunteer for the Bourbon County Court-Appointed Special Advocate (CASA) program.

As a CASA volunteer, Gordon is matched with abused and neglected children. She visits them regularly, serving as a positive adult presence in their lives. And she advocates for what they need, ensuring they do not fall through the cracks in the family court system.

"When I began to understand that many children navigating the court system don't consistently have someone solely focused on their best interests, it really stayed with me," she said. "The idea that a child could feel unseen or unheard during one of the most vulnerable seasons of their life moved me deeply. I knew I wanted to be that consistent voice — someone who would show up, listen and advocate with compassion and courage."

Gordon has done such an outstanding job as a CASA volunteer that Bourbon County CASA Volunteer Manager Weida Allen nominated her to be a CASA volunteer of the month for CASA of Lexington's seven-county service region.

"Sabrina shows up with heart, intellect and resilience," Allen said. "She treats each child's story with the respect and gravity it deserves."

Gordon said serving as a CASA volunteer is worth the time investment because giving an abused or neglected child your time and consistency is "one of the most valuable gifts we can give."

"Being a CASA volunteer allows me to be part of something bigger than myself, to stand in the gap during a difficult chapter in a child's life, and help create stability, advocacy and hope," she said. "When you see the impact of showing up consistently, you realize that the time you give comes back to you ten-fold in purpose and fulfillment."

### Child Watch Hours

Mon–Fri: 5:00 PM – 8:00 PM

Saturday: 8:00 AM – 11:00 AM

Note: Free childcare while you work out!

### Facility & Pool Hours

- Facility Hours
  - Mon–Thu: 5:30 AM – 8:30 PM
  - Friday: 5:30 AM – 8:00 PM
  - Saturday: 7:00 AM – 2:00 PM
  - Sunday: 12:00 PM – 5:00 PM
- Indoor Pool Hours
  - Mon–Thu: 5:30 AM – 8:00 PM
  - Friday: 5:30 AM – 7:30 PM
  - Saturday: 7:00 AM – 1:30 PM
  - Sunday: 1:00 PM – 4:30 PM

### New Gymnastics & Dance

- Gymnastics (Monthly): \$55 Members / \$60 Non-Members
  - Tuesday: 5:00 PM (Ages 5–8), 6:00 PM (Ages 9–12), 7:00 PM (Advanced)
  - Thursday: 6:00 PM (Advanced)
- Dance (8-Week Session): \$100
  - Thursday: 7:15 PM (Ages 9 and Older)
  - Saturday: 12:00 PM (Ages 5–8)
  - Note: Genres rotate every session!

## Stay Active & Get Involved

- Annual Campaign: Every Gift Counts At the Y, we believe everyone deserves the chance to belong. Your donations help us provide scholarships for childcare, swim lessons, and memberships for our neighbors in need. Help us strengthen the heart of Paris-Bourbon County—give today!
- 100 Mile Swim Challenge (Jan 20 – Dec 20) Dive into the challenge! Track your miles at the Paris YMCA pool all year long to earn prizes and bragging rights. Open to all ages for just \$26.50. Whether you're "Making Waves" (21–40 miles) or becoming "Master of the Pool" (81–100 miles), every lap counts!
- Celebrate with us: Book your next party (Teen Center, Pool, or Gym) starting at just \$150 for members.

## Fitness & Premium Programs

Stay Active this Winter! Our 2026 Group Fitness schedule is in full swing, and it's the perfect time to find a routine that moves you. Please review our updated calendar for current class times and names, including our popular SHINE Dance Fitness and other Premium offerings. Whether you are looking for high energy or a mindful stretch, we have a spot for you. Changes to Note:

- SHINE Dance Fitness: Join the party on Mondays at 5:00 PM and Thursdays at 5:00 PM.
- Dance (Premium): New sessions for ages 9+ are held Thursdays at 7:15 PM (replacing SHINE in that slot).

## This Month in Pictures

**Youth Tennis**  
— SPRING SESSION —  
April 7-23, 2026 • 6 Sessions • Tuesdays & Thursdays

**SESSION TIMES**

- Ages 5-7: 5:00 PM
- Ages 7-10: 6:00 PM

Paris-Bourbon County YMCA

**45 Minute Sessions**

Two sessions per week for three weeks  
Separate age groups for skill development  
Fun for beginners & returning players!

Youth Tennis

**PILATES REFORMER COURSE**

Strength • Flexibility in one  
• Better movement and wellness  
• Boost core strength and body stability  
• Improve posture, reduce muscle imbalances

Join Savannah for a one-on-one reformer Pilates course available for all levels. Learn how to strengthen your core, improve your posture, and move with confidence. Each session uses the Pilates reformer machine to give you a full-body workout that's low-impact but highly effective. Take the next step toward better movement and feel the difference!

**Location: CYCLING ROOM**

917 Main St.  
Paris, KY 40361  
(859) 987-1395

Pilates Reformer

**APRIL PARENTS Night Out**

5:00 PM-9:00 PM APRIL 11, 2026

GAMES-DINNER-ARTS-CRAFTS

PARIS BOURBON COUNTY YMCA  
917 MAIN STREET, PARIS, KY 40361

Parents' Night Out

**WELCOME TO THE TEEN CENTER**

MEMBERSHIP INFORMATION

- \$20 Sign-up Fee
- \$20 One-Month Membership Fee
- Parents must sign waivers for their teens to join.

Hours of Operation  
Monday-Friday 3:00 PM-6:00 PM  
Saturday CLOSED  
Sunday CLOSED

AMENITIES

- Game Lounge with ping pong and pool table
- Fully stocked kitchen
- E-Sport gaming and TV Board with XBOX, Nintendo Switch, PS5
- Fitness Center with recumbent bike, treadmill, and advanced exercise videos and more!

For more information contact Leslie Berry:  
(859) 987-1395  
917 MAIN ST, PARIS, KY 40361

Teen Center

### Follow Us:

Facebook: @Paris-Bourbon County YMCA  
Instagram: @ymcparisbourbon

### Contact Us:

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