

DECEMBER YMCA NEWSLETTER



(859) 987-1395

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YMCAPARISBOURBON

PARIS-BOURBON
COUNTY YMCA

YOUTH & FAMILY PROGRAMS:

December Fun!

FREE Aerial Yoga Class! Give your child (ages 10+) the chance to fly! We are offering a free Beginner Aerial Yoga class on Friday, December 12th (choose 5 PM or 6 PM). Sign up at the front desk or scan the QR code to reserve your spot—space is limited! Open Gym for Aerials: Current and past participants can practice on Saturdays at 10:30 AM with Claire.

UPCOMING EVENTS & CLOSURES

- **TODAY: GIVING TUESDAY!** Your donation helps us provide essential programs.
- **FREE Aerial Yoga Class:** Try it free on Friday, December 12th (5 PM or 6 PM). Ages 10+. Sign up required!
- **Sharks Swim Invitational Closures:** The Gym is closed from Fri, Dec 12 (3:00 PM) – Sun, Dec 14. The Indoor Pool is closed Sat, Dec 13 – Sun, Dec 14.
- **Open Enrollment Events** (917 Main St): Get free help signing up for health coverage: Mon, Dec 8th (Ornaments of Opportunity, 9:30 AM – 12 PM) Mon, Dec 15th (Holiday Helpers, 9 AM – 12 PM)
- **Christmas Holiday Closure:** Closed Tuesday, December 24th & Wednesday, December 25th.



HEALTH & WELLNESS MEMBERSHIP SPECIAL!

Join Fee Waived in December!

Here's the deal: Join the YMCA anytime in December and register for one of our special Health and Wellness programs to have your join fee waived!

Qualifying Programs: Personal Training, Fitness Bootcamp, Aerial Yoga, or Women on Weights.

Important Facility Hours

Monday – Thursday: 5:30 a.m. – 8:30 p.m.
Friday: 5:30 a.m. – 8:00 p.m.
Saturday: 7:00 a.m. – 2:00 p.m.
Sunday: 12:00 p.m. – 5:00 p.m.

Childcare facility

- Christmas Eve and Christmas Day: Closed
- New Year's Eve and New Year's Day: Closed

Outdoor Pool Hours

Closed for the season

Indoor Pool Hours

- Monday – Thursday: 5:30 a.m. – 8:00 p.m.
- Friday: 5:30 a.m. – 7:30 p.m.
- Saturday: 7:00 a.m. – 1:30 p.m.
- Sunday: 1:00 p.m. – 4:30 p.m.

Winter Holiday Hours

- Christmas Eve and Christmas Day: Closed
- New Year's Eve: Open 5:30 a.m. – 3:00 p.m.
- New Year's Day: Closed

NEW PROGRAM SPOTLIGHT

Pilates Reformer Course Give the gift of wellness this season! Starting January 2026, book a one-on-one session with Savannah. This low-impact workout is perfect for all levels, boosting core stability, posture, and reducing muscle imbalances. Sessions: 30-Minute and 1-Hour options available. Location: Cycling Room. Ask at the Front Desk to book your New Year's sessions!



SUPPORTING OUR COMMUNITY

Health & Wellness Access **GIVING TUESDAY SUCCESS!** Thank you to everyone who donated on December 2nd! Your gifts help ensure every youth, family, and senior has access to life-changing programs—regardless of their background or zip code. **OPEN ENROLLMENT HELP:** Need health coverage? Get free, in-person assistance with Bourbon County Kynector Tamera Crutcher. Join us Dec 8th (9:30 AM) or Dec 15th (9:00 AM) at 917 Main St.

Pickleball Open Court:

Get ready to serve and smash! Beginner-friendly Pickleball Open Court is held every Wednesday from 9:00 A.M. to 10:00 A.M. in the Y Gymnasium.

This Month in Pictures



Open Enrollment: Holiday Helpers Edition Don't wait—open enrollment ends soon! Get assistance with your plan on Monday, December 15th, from 9:00 AM–12 PM. Presented by Bourbon County Kynector Tamera Crutcher.



Open Enrollment: Ornaments of Opportunity Get free, in-person assistance signing up for health coverage with Kynector Tamera Crutcher. Join us on Monday, December 8th, from 9:30 AM–12 PM. (917 Main St.)



FREE Aerial Yoga Class! Come fly with us! This beginner class is free for ages 10+ on Friday, December 12th. Choose the 5 PM or 6 PM session. Scan the QR code in the image to register—spots are very limited!



New Program: Pilates Reformer Course Give the gift of results! One-on-one sessions with Savannah starting in January 2026. Learn to improve posture, boost core strength, and feel better. 30-Min and 1-Hour courses available.

New Class Schedules & Theme Classes

Our regular Group Fitness schedule has several exciting additions and adjustments effective December 1st! Please review the schedule carefully for new times and class names, especially for Aerials and Pilates.

Changes to Note:

- **NEW:** Pilates (1 Hour) added Mondays at 4:00 PM.
- **NEW:** Intermediate Aerial Yoga added Fridays at 5:00 pm
- **LAST DAY OF MONTH ONLY:** Pilates Express (9 AM) is now only offered on the last Monday (Core Flow) and last Friday of the month.
- **NEW CLASS NAME:** Acro Fusion is now Flex & Stretch. Contemporary Dance is now Intro to Dance.

Group Exercise Theme Schedule:

Join us for our special theme week to celebrate the season! • Dec 15 – Dec 20: Ugly Christmas Sweater Key

Get Involved!

YMCA Party Packages

Did you know you can book your next celebration with us? We offer several party packages, including our new Teen Center and Gym options, starting at just \$150 for members. Our popular Pool Party Package is also available. Contact us for more information on our Teen Center, Pool, Gym, and party options.

2026 PROGRAM REGISTRATION OPENS JANUARY 1ST! Youth Sports

- **Spring Soccer:** Signups run through March 1 (\$85–\$100).
- **Little Kickers (Ages 3–5):** Signups close Feb 10. Program starts Feb 12 (Wednesdays @ 5:30 PM).
- **Karate Registration:** Jan 1 – Feb 10. Program Start: Feb 11, 2026.

Follow Us:

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Contact Us:

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