

OCTOBER YMCA NEWSLETTER



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PARIS-BOURBON
COUNTY YMCA

WINTER SWIM TEAM COACH SPOTLIGHT



The PBCY Sharks Winter Swim Team is officially on deck, and we're excited to have our dedicated coaching staff back!

Coach Mary Beck: A former U.S. Olympic Trials qualifier who broke multiple national records. She brings a wealth of experience from UC Berkeley and LSU.

Coach Mike McIntire: A retired educator focusing on dry land strength, conditioning, and individualized stroke technique..

Coach Brad Linville: A lifelong member of our Y and new Assistant Aquatics Director.



Get Ready for a Great Month!

Hello YMCA members,
We've packed October with new fitness programs, exciting themed classes, and plenty of opportunities for the whole family to stay active! Dive into the details below to see what's happening at your Y this month.

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

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

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

UPCOMING EVENTS

- Parents Night Out: Oct 11th
- W.O.W. Program Start: Oct 13th
- Homeschool Gym & Swim: Starts Oct 15th.
- Sports Performance Training: Starts Oct 24th
- Halloween Theme Week: Oct 27th – 31st
- Pop-Up Yoga Class: Oct 29th November Swim Lessons: Registration now open for Nov 8th start
- November Parents Night Out: Nov 8th

Y IN THE COMMUNITY

Community Partner Shout-out:

A huge thank you to the team members who volunteered at the Claiborne Farm 5K Race! As a community partner, we are committed to supporting local events that promote health and wellness across Bourbon County.



Leadership Bourbon County:

We are proud to announce that our Aquatics Director, Mary Turvey, is a member of this year's Leadership Bourbon County class. This program develops community leaders by focusing on local government, education, business, and civic engagement to build connections and equip participants with the skills to make a lasting positive impact.



New Program Focus

W.O.W. (Women On Weights) Beginner Program

This small group program with Savannah teaches the fundamentals of strength training.

Starting: October 13th – November 6th*

Pilates: Wednesdays at 5:30 PM (Pilates Express).

Pickleball Open Court: Every Wednesday from 9:00 AM – 10:00 AM. All levels welcome

Youth Personal Training Special

Get 20% off your Youth Personal Training Program when you sign up in the month of October!

HOMESCHOOL GYM & SWIM PROGRAM

When: Wednesdays, October 15 – November 19

Registration Deadline: October 3rd

YMCA LEARNING HUB

Registration is open for the Virtual Education Station (2025–2026 School Year). We offer a safe, supportive environment with free Wi-Fi, activities, and meals.

New Class Schedules & Theme Classes

We're thrilled to introduce you to our variety of new and updated fitness classes. .

Cancellations:

HIIT Class at 6:45 A.M. with Jennifer

Group Exercise Theme Schedule

Join us for a special themed workout series as we celebrate the season. Each week brings a new theme, so dress to impress and get ready to move in style!

- Sept 22–27: Decades (50s–00s)
- Oct 27–31: Halloween Costumes
- Nov 24–29: Thanksgiving colors (Brown/Orange/Yellow, or Flannel)
- Dec 15–20: Ugly Christmas Sweater

There will be a Door Prize for Best Outfit! Be sure to stop by the Front Desk for a photo to enter!

This Month in Pictures



Spooky Stretch! Find your peace and balance at our Pop-Up Yoga Class on October 29th, 6 PM–7 PM. Wear your Halloween costume for a chance to win a prize!



Master Skills, Build Strength! Take your game to the next level with our Sports Performance Training. Starting October 24th, the 6-week course is open to youth ages 8–18.



Get 20% OFF! Take your game to the next level with our Youth Personal Training Program. Sign up in October to get the 20% discount!



Ready to get strong? Join our W.O.W. (Women On Weights) beginner program with Savannah. It starts October 13th and meets Mondays & Thursdays @ 5:30 PM.

Get Involved!

GRINCH–MAS BIZARRE VENDOR FAIR:
BOOTH SPOTS ARE AVAILABLE FOR OUR HOLIDAY VENDOR FAIR ON DECEMBER 6TH. CONTACT US TO RESERVE YOUR BOOTH!

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 Gym & Swim party options.

Follow Us:

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