

# JANUARY YMCA NEWSLETTER

 (859) 987-1395



[WWW.PARISBOURBONYMCA.ORG](http://WWW.PARISBOURBONYMCA.ORG)



YMCAPARISBOURBON



PARIS-BOURBON  
COUNTY YMCA

## YOUTH & FAMILY PROGRAMS:

### New Gymnastics & Dance

#### Gymnastics

Monthly:

\$55 a Month

\$60 For Non Members

- Tuesday: 5pm For Ages 5 to 8
- 6pm For Ages 9-12
- 7pm Advanced
- Thursday: 6pm Advanced

#### Dance

8-Week Session: \$100

- Thursday: 7:15pm for Ages 9 and Older
- Sat: 12:00pm For Ages 5 to 8
- Genres rotate every session!

## JANUARY IMPORTANT DATES

- Jan 1: Registration Opens! Sign up for Spring Soccer, Little Kickers, Karate, and Swim Lessons. Spots fill fast—register online or at the front desk!
- Jan 10: Swim Lessons Begin Session 1 kicks off for Parent/Child and Progressive levels. Check your specific class time before heading to the pool.
- Jan 12: BELONG Program Starts Our 8-week body and lifestyle transformation journey begins at 5:00 PM. It's time to focus on a healthier you!
- Jan 31: Join Fee Special Ends Today is the final day to join the YMCA with a \$0 joining fee. Invite a friend to join before this deal disappears!



## HEALTH & WELLNESS MEMBERSHIP SPECIAL!

### Join Fee Waived in JANUARY!

Start your year strong. Join the YMCA anytime in January and we will waive your joining fee! Offer valid through January 31, 2026.

#### 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.

#### 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.

#### Child Watch Hours to include Fridays

- Monday-Friday: 5:00 p.m. - 8:00 p.m.  
Saturdays: 8:00 a.m. - 11:00 a.m. Free childcare while you work out!

## 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!

Winter Walking Pass: Stay warm on our indoor track for just \$30/month. Includes a Walking Pass Card for easy check-in!



## SUPPORTING OUR COMMUNITY

### BELONG: Body Empowerment

Join our 8-week transformation program starting January 12th! Focus on lifestyle optimization, nutrition, and growth. Schedule: Wednesdays & Fridays, 5:00 p.m. – 6:00 p.m.

### 2026 PROGRAM REGISTRATION

- Spring Soccer: Signups Jan 1–March 1 (\$85–\$100).
- Little Kickers (Ages 3–5): Signups end Feb 10. Starts Feb 12. Wed nights @ 5:30. (\$45–\$60).
- Karate: Signups end Feb 10. Starts Feb 11 with Master Larry. Swim Lessons: Session 1 starts Jan 10. Parent/Child (Sats 9:30 AM) and Progressive levels available.
- Private Swim: \$28+ per session. Schedule directly with an instructor.

## This Month in Pictures



Gymnastics & Dance Programs  
Gymnastics (Monthly: \$55 M / \$60 NM)  

- Tue: 5pm (5–8y), 6pm (9–12y), 7pm (Adv)
- Thu: 6pm (Adv) Dance (\$100 per 8-wk session)
- Thu: 7:15pm (9y+) | Sat: 12pm (5–8y)
- New genres rotate every 2 months!



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!



Winter Walking Pass Stay active and warm this winter on our indoor track!  

- Cost: \$30 per month
- Includes: Walking Pass Card for easy check-in
- Access: Safe, temperature-controlled environment
- Register at the Front Desk or Online!



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

### New 2026 Class Schedule (Jan–Apr)

Happy New Year! Our 2026 Group Fitness schedule is now in effect with several exciting additions to help you reach your goals. Please review the new January–April calendar carefully for updated times and class names, specifically for our new SHINE Dance Fitness and Premium offerings.

### Changes to Note:

- NEW: SHINE Dance Fitness added Mondays at 5:00 PM and Thursdays at 5:00 PM.
- NEW: Karate (Premium) added Wednesdays at 4:00 PM.
- NEW: Dance (Premium) added Thursdays at 7:15 PM (Replaces SHINE).
- ADDED: Friday evening Childwatch now available!
- REMINDER: Pilates Express (9 AM) is only on the last Monday and last Friday of the month.

## 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.

### 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.

## Follow Us:

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

## Contact Us:

Address: 917 Main Street, Paris, KY 40361  
Phone: (859) 987-1395  
Email: info@parisbourbonymca.org  
Website: www.parisbourbonymca.org