

SEPTEMBER YMCA NEWSLETTER

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 YMCAPARISBOURBON

 PARIS-BOURBON COUNTY YMCA



Meet Our New Team

We're thrilled to introduce our new yoga instructor, Morgan Miller! As a certified yoga teacher, Morgan specializes in welcoming, beginner-friendly classes designed to help you unwind and feel your best. Join her for a new session and find your inner calm on Tuesdays at 7:00 PM, Wednesdays at 12:00 PM, or on the second Saturday of the month at 10:00 AM.

UPCOMING EVENTS

Pooch Plunge: September 6th

Swim Lessons: Sept 6th - Oct 11th

Little Dribblers Registration: Sept 1st - Oct 15th

Healthy Recipes Potluck: Sept 30th

Parents Night Out: Sept 13th



Get Ready for a Great Fall!

Hello YMCA members,
Welcome to September! We're excited to kick off a new season with you. We've got a packed schedule of new classes, exciting events, and programs for the whole family. 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

- Labor Day: Closed
- 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 after September 1st.
Labor Day: Open 9:00 a.m. - 3:00 p.m.

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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: 12:00 p.m. - 4:30 p.m.

Winter Holiday Hours

- Labor Day: Open 9:00 a.m. - 3:00 p.m.
- 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

Youth & Family Programs

We have so many ways for your family to get involved this fall! Give your child a great introduction to basketball with our Little Dribblers program, with registration open now through October 15th. And don't forget, we've got you covered for a night out with our Parents Night Out events.

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.

Winter Swim Team Is Here!

Go PBCY Sharks! The Winter Swim Team season is officially on deck, and we're excited to welcome back some familiar faces and a new one. Get to know our dedicated coaching staff:

Coach Mary Beck: A former U.S. Olympic Trials qualifier.

Coach Mike McIntire: A retired educator returning to the pool.

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

Parent Meeting:

Friday, August 22nd at 5:00 PM
at YMCA Pool Deck

First Day of Practice:

Monday, September 15th.

Practice Groups & Pricing:

Group 1 (Beginner): \$370
Group 2 (Intermediate): \$380
Group 3 (Advanced): \$390
Non-Competitive Team: \$250

Group Descriptions

- Group 1: Focus is on stroke technique, comfort, and building endurance.
- Group 2: For swimmers who are meet-ready. Practices focus on improving technique, starts, turns, and stamina.
- Group 3: Geared toward experienced swimmers training for high-level competition.

We're looking forward to a season full of growth, great swims, and team spirit! Go PBCY Sharks!

This Month in Pictures



A new season means new classes! We've made a few changes and additions to our group fitness schedule to give you more options!



Give your child a great introduction to basketball with our Little Dribblers program! There are only 12 spots available, so sign up soon!



Give your homeschoolers the chance to stay active and build friendships with our YMCA Homeschool Gym & Swim Program, running October 15 – November 19! Registration opens September 1 and closes October 3.



Come share your favorite healthy dishes and discover new ones at our Healthy Recipes Exchange Potluck on Tuesday, September 30th.

New Class Schedules & Theme Classes

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

Pickleball Open Court

Get ready to serve, volley, and smash your way to victory! Our beginner-friendly Pickleball Open Court is held in the Y Gymnasium every Wednesday from 9:00 a.m. to 10:00 a.m. All levels are welcome!

New Classes:

- **Yoga:** We're adding Yoga classes on Wednesdays at 12:00 p.m. and Tuesdays at 7:00 p.m.
- **Pilates:** Try our new Pilates Express class on Wednesdays at 4:30 p.m.
- **Saturday Yoga:** Join us for Yoga on the second Saturday of every month, starting September 13th.

Cancellations:

Tuesday, September 9th: Cycle Class at 6:15 a.m. with Jason.

Substitutions:

- Friday, September 26th: Stretch and Flex at 8:00 a.m. (Heather)
- Silver Sneakers Yoga at 1:00 p.m. (Heather)
- Saturday, September 27th: SHiNE Dance Fitness at 9:15 a.m. (Claire)
- Monday, September 29th: Stretch and Flex at 8:00 a.m. (Heather)
- SHiNE Dance at 4:30 p.m. (Claire)

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!

Get Involved!:

Mark your calendars for our Christmas Vendor Fair on December 6th! Vendor booth spots are available now, and we're looking for local businesses to join us.