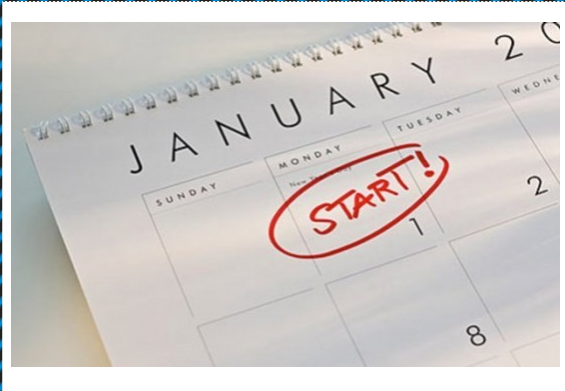


# HARDIN CO. FAMILY YMCA NEWSLETTER



JANUARY 2018



## New Year! New Beginnings!

**Begin your year off with a step in the right direction here at the Y! New Classes, New Challenges, New Friends and Great Fun!!**

## Happy New You Weight-loss Challenge!

We have a new challenge for those wanting support in their quest to lose some weight! Educational presentations, motivational tips, and a variety of Y classes will help you on your journey to better health.

Challenge runs January 15 through February 26.

Cost is \$20 for members; \$40\* for non members

There will be a women's and men's winner for this challenge for total percentage weight loss.

\*includes the opportunity to sign up for 1 member benefit class in February at no additional cost .

Sign up today!

## Stay on top of your Health with

## ONU WELLNESS VISITS

Open to all members on the 4th Wed. of the month.

**October 25 2017 8:00 - 10:00 am**

ONU students will be at the YMCA offering health screenings and information.

Contact ONU for more information: 419-722-3933

healthwise@onu.edu

## MARK YOUR CALENDERS

**Jan 1-CLOSED**

**Jan 3-** After school program

**Jan 9-** Swim Meet- Pool closes at 5:30

**Jan 13-** Super Silly Saturdays

**Jan 15-** Weight Loss Challenge begins

**Jan 16-** Swim Meet- Pool closes at 5:30

**Jan 20-** Swim Meet- Pool closes at 11:00

**Jan 24-** ONU wellness visit

**Jan 25-** Soccer Sign-ups **\*\*Final Day\*\***

**Jan 30-** Swim Meet- Pool closes at 5:30

## SPRING SOCCER

**U6-U12 Soccer Sign-ups going on NOW through Jan 25, 2018**

**\*\*New this year\*\*** we will have in-house U7 teams for those born between 1/1/10 and 12/31/11 who wish not to travel on a U8 team.

Sign up open thru January 25th. All sign ups after the 25th will be charged a \$20 late registration fee and the child will be placed on a wait list.



# Y NEWS & EVENTS

## New Classes!

**Workout Warrior– Tues/Thurs 5:15–6:00pm with Kim Becker**

**Strength & Stretch– 6:00–7:00pm with Kaylee Kiogima**

**CHAOS!– Tues/Thurs 6:15–7:00pm with Kim Becker**

### **BEGINNING FEBRUARY**

**Baby Boost– Mon morning @ 8:45–9:30am OR Wed. evening @ 5:15–6:00 with Kim Becker for ages 6–13 months**

## Mini-Kickers

**Sign up now through January 27th for the February 2018 session! Ages 3–5 years old. Child MUST register with an accompanying adult.**

## Super Silly Saturdays

January 13, 2018, the Y will be hosting Super and Silly Saturdays for ages 3-11. Sign your kids up today and they can enjoy swimming, games, indoor play, crafts, and snacks!

9 AM-12 PM

\$13 for members; \$20 for program participants

## Swim Practices

Sign up today for swim lessons!

For NEW Swim Basics and Swim Strokes swimmers, an evaluation is required before you can sign up lesson.

Swim Starters for 6-36 months must be accompanied by an adult.

## Membership Rates by Category

**Family/Household:** (two adults who reside at the same address and their dependent children.) \$50.00 Joiner Fee \$588.00 Annual Payment, \$52.00 Monthly Bank Draft

**One Parent Family:** (Widowed, Divorced, or Single)\$50.00 Joiner Fee- \$504.00, Annual Payment, \$45.00 Monthly Bank draft

**Adult:** (Ages 25 - 59) \$50.00 Joiner Fee -\$456.00 Annual, Payment \$41.00 , Monthly Bank Draft

**Youth:** (Ages 17 & under) \$0.00 Joiner Fee -\$204.00 Annual Payment, \$20.00 Monthly Bank Draft

**College Student;** (Full Time, Ages 17 - 24) \$91.00 Three Months

**Young Adult:** (Ages 18-24) \$50.00 Joiner Fee -\$372.00 Annual Payment, \$34.00 Monthly Bank Draft

**Senior Adult:** Age 60 and over) \$50.00 Joiner Fee -\$432.00 Annual Payment, \$39.00 Monthly Bank Draft

**Senior Couple:** (Both 60 and over) \$50.00 Joiner Fee -\$492.00 Annual Payment, \$44.00 Monthly Bank Draft

## Winter Hours

### **YMCA Winter Hours- Beginning November 6th**

Winter hours for the Y will be  
Monday-Thursday –5:30am-10pm  
Friday –5:30am-9pm  
Saturday –8am-5pm  
Sunday –1pm-5pm