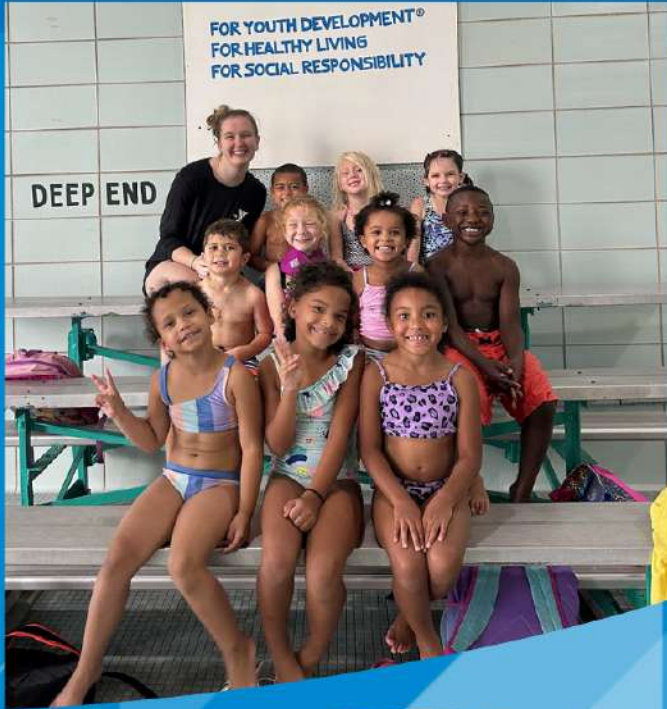


# Owensboro Family YMCA PROGRAM BROCHURE



Jan  
2024



Owensboro Family YMCA  
900 Kentucky Parkway  
Owensboro, KY 42301  
270-926-9622  
hello@owensboroymca.org

[www.OwensboroYMCA.org](http://www.OwensboroYMCA.org)

Scan the QR code  
with your phone  
camera to visit our  
website!



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@OwensboroYMCA



@OwensboroFamilyY





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# BUILDING HOURS

DAY OF THE WEEK	HOURS OF OPERATION
Monday - Friday	5:00am - 9:00pm
Saturday	7:00am - 6:00pm
Sunday	1:00pm - 6:00pm

The YMCA is closed on: Christmas Eve, Christmas, New Years Eve, and New Years



## NATIONWIDE MEMBERSHIP

All Owensboro paid membership types can visit other YMCAs across the country when traveling!

# BRING A FRIEND TO THE Y!

One of the best ways to be consistent in a workout is to invite a friend to come with you. The Y will give you a FREE week's guest pass to give to a friend or family member to help you meet your health and fitness goals! Stop by the Courtesy Counter to get your guest pass today!

## WAYS TO REGISTER FOR CLASSES, PROGRAMS, OR MEMBERSHIP.

### IN PERSON

Register in person at our Courtesy Counter.

### BY PHONE

Call (270) 926-9622. Only payment method accepted by phone is credit card. The Y accepts VISA, Mastercard, and Discover.

### ONLINE 24/7

To register for a program, visit [www.OwensboroYMCA.org](http://www.OwensboroYMCA.org) use our Daxko app, or scan this QR code with your phone camera.



# JOIN A COMMUNITY NOT JUST A GYM



Membership Type	Monthly Draft	Joining Fee
Young Adult (14 - 21 years)	\$25	\$0
Adult/Single (22+ years)	\$35	\$50
Double (1 must be 21 yrs)	\$45	\$50
Family 3+	\$55	\$50
SilverSneakers, PRIME UHC, Renew Active	Insurance Paid	\$0

- The Owensboro Family YMCA offers corporate membership rates to qualifying companies. Call (270) 663-8229 for details.
- Annual/Cash payments are accepted. Rates subject to change.
- Membership and Cancellation Policies can be found at [www.OwensboroYMCA.org](http://www.OwensboroYMCA.org) or request a copy from the Courtesy Counter Staff.
- Family membership dependents include people under 25 living in the house.

## GUEST PASSES

- The general public is allowed to come for \$10 a day per person or the following rates: 1 Adult + Children \$15/day OR 2 Adult + children \$25/day.
- One and two week passes are available for purchase by out-of-town guests.
- All guests participants must present a photo ID and fill out a guest waiver .
- Youth under the age of 14 are not allowed as guests on the wellness floor.
- Youth under the age of 10 must have an adult with them at all times.



# YOUTH DEVELOPMENT

## YOUTH SWIM LESSONS

### PARENT/TOT SWIM LESSONS (Ages 6 months- 3yrs)

Working with a parent, infants/toddlers learn to be comfortable in the water and develop swim readiness skills through fun, confidence-building experiences. Parents learn about water safety, drowning prevention and proper supervision around water.

- Jan 8- 31 :Mon & Wed 5-5:30pm
- Jan 9-Mar 2: Thu 4:20-4:50pm OR Sat 11:10-11:40am

Members: \$60+tax | Non-Members: \$100+tax

### PRESCHOOL SWIM LESSONS (Ages 3-5)

Learn personal water safety and achieve basic swimming competencies through activities, games and drills. Skills include safe water habits, underwater exploration and how to swim to safety in the event of falling into a body of water.

- Jan 8-31 Stage 1: Mon & Wed, 5-5:30pm
- Jan 8-31 Stage 2: Mon & Wed, 4:20-4:50pm
- Jan 8-31 Stage 3: Mon & Wed, 4:20-4:50pm
- Feb 5-28 Stage 1: Mon & Wed, 5-5:30pm
- Feb 5-28 Stage 2: Mon & Wed, 4:20-4:50pm
- Feb 5-28 Stage 3: Mon & Wed, 4:20-4:50pm
- Jan 9-Mar 2 Stage 1: Tue, 5-5:30pm OR Sat, 9:10-9:40am
- Jan 9-Mar 2 Stage 2: Thu, 5:40-6:10pm OR Sat, 9:10-9:40am

Members: \$60+tax | Non-Members: \$100+tax

### SCHOOL AGE SWIM LESSONS

Swimming is more than just a hobby. It's a life-saving skill that prevents thousands of deaths each year. That's why our swim lessons focus on water safety and increasing self-confidence. The Y will provide instruction for your child to swim confidently at his or her own pace.

#### SWIM BASICS (Stage 1-3)

Learn personal water safety and achieve basic swimming competencies through activities, games and drills. Skills include safe water habits, underwater exploration and how to swim to safety in the event of falling

- Jan 8-31 Stage 1: Mon & Wed 5:40-6:10pm
- Jan 8-31 Stage 2: Mon & Wed, 5:40-6:10pm
- Jan 8-31 Stage 3: Mon & Wed, 6:20-6:50pm
- Jan 9-Mar 2 Stage 1: Thu, 5-5:30pm OR Sat, 10:30-11am
- Jan 9-Mar 2 Stage 2: Tue, 5:30-6:10pm OR Sat, 9:50-10:20am
- Jan 9-Mar 2 Stage 3: Tue, 6:15-6:45pm OR Sat, 9:50-10:20am

Members: \$60+tax | Non-Members: \$100+tax

#### SWIM STROKES (Stage 4)

Having mastered the fundamentals, students learn additional water safety and rescue skills. Swimmers build stroke technique and are introduced to the four competitive swimming strokes: freestyle, backstroke, breaststroke, butterfly.

- Jan 9-Mar 2 Stage 4: Sat, 11:10-11:40am

Members: \$60+tax | Non-Members: \$100+tax

PARENT & CHILD		SCHOOL AGE, TEEN & ADULT					
PRESCHOOL		PRESCHOOL					
<b>A</b> Water Recovery	<b>B</b> Water Exploration	<b>1</b> Water Acclimation	<b>2</b> Water Movement	<b>3</b> Water Stamina	<b>4</b> Stroke Introduction	<b>5</b> Stroke Development	<b>6</b> Stroke Mechanics
Students not yet able to respond to verbal cues and jump on land.	Students not yet comfortable working with an instructor without a parent in the water.	Students not yet able to go underwater voluntarily.	Students not yet able to do a float and kick race on his or her own.	Students not yet able to swim 10-15 yards on his or her front and back.	Students not yet able to swim 10 yards of front and back crawl.	Students not yet able to swim front crawl, back crawl, and breaststroke across the pool.	Students not yet able to swim front crawl, back crawl, and breaststroke across the pool and back.
SWIM STARTERS Swim readiness skills		SWIM BASICS Recommended skills for all to have around water.		SWIM STROKES Skills to support a healthy lifestyle			



**STRONG SWIMMERS CONFIDENT KIDS**

## SPECIALTY SWIM LESSONS

### ADAPTIVE SWIM LESSONS

Recreational swim program that focuses on water safety skills for youth with disabilities. Participants will receive instructor from certified swim instructors, practice skills, and play water safety games.

- Jan 11-Feb 29: Thu, 5:30-6:15pm OR 6:15-7pm

Members: \$45+tax | Non-Members: \$65+tax

### HOMESCHOOL SWIM LESSONS

Build confidence with other homeschool students while learning personal water safety and achieve basic swimming competencies through activities, games, and drills!

- Jan 9- Feb 1 Stage 1/2: Tue, 8:45am-9:15am
- Jan 8-Feb 1 Stage 3/4: Tue, 9:15am-9:45am

Members: \$30+tax | Non-Members: \$50+tax



## RECREATIONAL SWIM TEAM

### BARRACUDA- Developmental

Developmental Team: Continue to develop swim strokes with a team atmosphere! Focuses will be on development of freestyle, backstroke, and breaststroke.

- Jan 9-Feb 1, Fri 6-7pm

### BARRACUDA- Intermediate

Intermediate Team: Build on swim strokes and endurance with a team atmosphere! Focuses will be on refining freestyle, backstroke, and breast stroke while developing butterfly and diving skills!

- Jan 9-Feb 1, Fri 7-8pm

Members: \$65+tax | Non-Members: \$85+tax

Check the Daxko App or scan the QR code with your phone to see the latest class schedules.





# YOUTH DEVELOPMENT

## CHILD CARE

(Ages 5-12)

Must currently be in kindergarten

### AFTER SCHOOL PROGRAM

We are a proud All Stars Level 4 state licensed childcare facility, adhering to all regulations, safety and quality standards! Children develop skills, self-confidence, new friendships, and a sense of belonging – all while having tons of fun. Your child can expect an active, educational experience with homework help, a healthy snack, STEM, swimming, games, and SO much more! Hurry to register...spots are limited!

\*Transportation must be provided by school or family.

- Aug 7 - May 21: Weekdays, 3:00-5:30pm each day school is in session

\$25- Registration Fee

Members: \$48/child/week | Non-Members: \$62/child/week

### HOLIDAY/BREAK CAMPS

We are a proud All Stars Level 4 state licensed childcare facility, adhering to all regulations, safety and quality standards! Join the Y's full day camps when your youth is out of school for holidays. You can expect the same confidence building program that provides children a healthy snack, educational curriculum, physical activities, and character development.

Jan 15 & Feb 19, 7:30am-5:15pm

Member: \$54/child/day \*If child is registered for Afterschool care, these days are free\*

### SUMMER CAMP

Register your child for a confidence building summer as soon as February! May 21 (or day after last day of school) - Aug 6.

QUESTIONS? Contact Jacob Johnson, Director of Family Life, at 270-663-8227 or [jacob@owensboroymca.org](mailto:jacob@owensboroymca.org)



Scan the QR code with your phone to learn more about after school and camps!



## YOUTH SPORTS

### YOUTH BASKETBALL

(Ages 5-7)

Youth Basketball maximizes the positive effects of athletics by emphasizing healthy competition, while promoting teamwork and sportsmanship. Kids learn fundamentals through weekly skill drills and games.

- Jan 6-Feb 24, Sat 10am-12pm, Member: \$50+tax | Non-Member \$75+tax

### MIDDLE & HIGH SCHOOL BASKETBALL LEAGUE

Did you know the YMCA invented basketball? Come to the YMCA and enjoy a winter of basketball. All teams will play 8 games and have a tournament at the end of the season.

- Jan 9-Mar 7: Middle School Games, 5pm Tue nights
  - Jan 9-Mar 7: High School Games, 5pm Thu nights
- Team Fee: \$500 team. All teams must have 8 players.



### CHEER & TUMBLE

(Ages 4-7, 8-12)

Time to bring your smile and your Y spirit! Learn basic skills of cheerleading, such as jumps, motions, dance, basic tumbling techniques, play games and have fun!

- Jan 3-31: Wed, 5pm-6pm (Ages 4-7)
  - Jan 3-31: Wed, 6-7 pm (Ages 8-12)
- Members: \$30+tax | Non-Members: \$45+tax

### LITTLE MOVERS

(Ages 1-3)

This early learning locomotor class allows children the opportunity to explore different areas of movement with the help of a parent. We will learn about flexibility, muscle strength, balance, muscular endurance, and proprioception! This is a beginner class that will guide children on the elements of a class structure that include circle time with stretches, instruction of activities from a teacher, and an inclusive game to learn to work together for an end result.

- Jan 9-30: Tue 11:15am or 12:15pm
- FREE - Member benefit | Non-Members: \$39+tax**

### SPORTS OF ALL SORTS

(Ages 4-6)

Come learn the fundamentals of an assortment of sports! This program is a great way for small children to find a sport that interests them. Basketball, t-ball, balloon volleyball, soccer, and more will be covered.

- COMING IN 2024

### WIGGLE & GIGGLE AT TODDLER TIME

(Ages 1-4)

Stories, songs, kindergarten readiness, exploring, and more! This program empowers toddlers to explore their interests, provides an outlet for social interaction, stimulates creative thinking, and promotes motor development! Parent required to attend with child.

- Jan 5-26: Fri, 11am-12pm
- FREE - Member benefit**

### JUNIOR STRENGTH

(Ages 14+)

This education and safety based course teaches teens how to use the strength equipment on the wellness floor without an adult.

- Tuesdays, 6:30-7:30pm
- FREE - Member Benefit**

### CARDIO KIDS

(Ages 10-13)

Give your child the opportunity to exercise with you! This class will teach youth how to use the cardio equipment on the wellness floor by instruction and practice. When children graduate the course, they can use the cardio equipment on the floor with an adult. This class starts new every month.

- Tuesdays, 5:30-6:30pm
- FREE - Member benefit**

Check the Daxko App or scan the QR code with your phone to see the latest program schedules.



# HEALTHY LIVING

The YMCA's health and fitness classes and programs are designed to build inner and physical strength. Those who engage in fitness programs enjoy the benefits of a healthier heart, lungs, bones and muscles. They also get to enjoy the benefits of friendship and community. By exercising within the limits of one's ability and learning ways to live a healthier lifestyle, individuals may improve their quality of life. All fitness classes are included in your Y membership.

## AQUATIC FITNESS CLASSES

### AQUACISE

Low-medium paced water aerobics class designed to improve mobility, flexibility, balance, strength, and endurance. Work out at your own level (low to high impact options available) without stress on the body and joints.

- Mon | Tue | Wed | Thu, 10-11am & 1-2pm

### WATER EXERCISE

A moderately intense workout that utilizes the resistance and buoyancy of the water to improve cardiovascular fitness, strength, and flexibility. Classes combine easy-to-follow water choreography and resistance exercises in shallow water.

- Mon | Wed, 7-8pm

## LAND FITNESS CLASSES

### BARRE

Blends elements of ballet, Pilates, and yoga to create a full body, low impact, high intensity, muscle endurance workout.

- Tue | Thu, 5:30-6:30pm
- Sat, 9-10am

### CARDIO DRILLS

Cardiovascular workout on the floor or bench which will alternate upper and lower body strength training. Abdominal exercises and stretches are included. Low to high impact options are given.

- Sat, 8:30-9:45am

### CHAIR YOGA

Gentle form of yoga that can be done while sitting. Some poses can also be done standing using a chair for support. Chair yoga can improve your flexibility, concentration, and strength, while boosting your mood, and reducing stress and joint strain.

- Tue | Thu, 10:30-11:30am

### FAMILY ZUMBA

Good for beginners because it emphasizes moving to the music and having fun regardless of your fitness level.

- Tue | Thu, 4:30-5:30pm

### HIP HOP CARDIO

A mixture of moving to the rhythm of upbeat music, sweating, toning with weights and having fun. This high energy fun filled class with upbeat music makes the hour fly by!

- Wed, 5-6pm

### LINE DANCING

Kick-up your heels and learn to dance while getting in those steps and burning calories. From low impact to fast moving – it is a great time. If you can count to 8 – we'll show you the rest. Open to all ages.

- Thu, 5:30-6:30pm \*\*Starts Jan 11th\*\*

### POWER PUMP

Resistance training class using various techniques and equipment like dumbbells, bars, and bands. Focusing on all fitness levels with a mix of music everyone will enjoy and some laughs as well.

- Mon, 5:30-6:30pm



### SENIOR FITNESS

Physical activity program that are designed to improve functional fitness and well-being. Functional fitness means keeping strong, balanced, and flexible to retain the ability to do life's daily activities.

- Mon | Wed | Fri, 9-10am

### SILVERSNEAKERS

Designed to increase muscle strength, range of movement, and improve activities for daily living. A chair is used for seated exercises and standing support. Class can be modified to different fitness levels.

- Mon | Wed, 8-8:45am
- Mon | Wed | Fri, 10:15-11am

### STEP SCULPT & ABS

Combination of cardio using numerous step combinations, arm and leg exercises using hand weights or bands, and dedicated ab exercises and stretching.

- Tue, 5:30-6:30pm

### YOGA

Create strength, flexibility, and balance while connecting the body, mind, and spirit in this all-levels class.

- Tue | Thu, 9-10am

### ZUMBA & ABS

Dance and shake to music to burn a ton of calories and finish strong with a core specific floor workout.

- Sat, 10-11am

Check the Daxko App or scan the QR code with your phone to see the latest class schedules.





# HEALTHY LIVING

## CONSULTATION & TRAINING

### FREE CONSULTATIONS

Do you want a plan for using your new Y membership? Our wellness staff is trained to help. You get the chance to work one-on-one with a healthy lifestyles coach to help you design a plan customized to you and your goals. Schedule yours with the welcome desk today. Ongoing by appointment. Members only.

### PERSONAL TRAINING

Personal training packages include personalized strength programming, one on one workouts, and wellness coaching sessions. These sessions focus on creating a healthy diet plan, ideal activity schedules, and provide health assessments along the way!

Members: 1 session: \$30+tax | 10 sessions: \$300+tax  
20 sessions: \$500+tax \*Non-member rates are available by request.  
10% discount when package is renewed within 30 days of last session

### NUTRITION CONSULTATION

Initial Nutrition Consultation: 1-Day Customized Meal Plan & One Counseling Session. Member: \$50+tax | Non-member: \$65+tax

Get Healthy Package with 3-Day Customized Meal Plan & Two Counseling Sessions. Member: \$100+tax | Non-member: \$130+tax

Nutrition Makeover Package with 7-Day Customized Meal Plan, Three Counseling Sessions. Member: \$150+tax | Non-member: \$195+tax

### YOUTH SPORTS CONDITIONING (Ages 10-17)

Must complete Cardio Kids! and Junior Strength programs as a prerequisite for sports conditioning  
Member: \$150+tax | Non-member: \$195+tax

Check the Daxko App or scan the QR code with your phone to see the latest class schedules.



## ADULT SPORTS

### BASKETBALL LEAGUE

Did you know the YMCA invented basketball? The Y's Adult Basketball League offers a fun and competitive environment, as well as, a great community. Build your own team. A team must have a minimum of 8 players and all teams will play 8 games and have a tournament at the end of the season. Sign up today as we have limited space.

- Jan 12-Mar 8: Fri, 7pm-9pm  
Coed: \$500

### TEEN-ADULT GROUP SWIM LESSONS

Learn personal water safety and achieve basic swimming competencies through activities, games and drills. Skills include safe water habits, underwater exploration and how to swim to safety in the event of falling into a body of water.

- Jan 8-Jan 31: Stage 1/2, Mon & Wed, 6:20-6:50pm
  - Jan 9-Mar 8: Stage 1/2 Sat, 10:30-11am
  - Jan 9-Mar 8: Stage 3/4 Fri, 5:20-5:50pm
- Members: \$60+tax | Non-Members: \$100+tax

### ADULT SELF DEFENSE

This course will teach you different strikes, escapes from various choke holds, and handgun retention, along with handgun take away.

- Dates: TBD
- Members: \$75+tax | Non-Members: \$90+tax

### MASTERS SWIM TEAM

For ages 18+, this is a swim training group for individuals who are interested in improving their stroke technique and development. Structured practices are led by a swim coach and teams may compete locally among other master swim groups.

- Jan 9-Feb 1, TBD
- Members: \$35+tax | Non-Members: \$45+tax

## SELF SERVE FITNESS

- Stationary/Spin bikes (Performance Rooms)
- Performance Rooms (in Annex area next to Tumble and Racquetball rooms) offer more open space for training
- Stretching Room (in Wellness Center)
- Private training area (in Down Studio & in Wellness Center)
- Pre-recorded classes Zumba, Chair Yoga, and Senior Fitness accessible on the tv monitor in the Down Studio
- Virtual YMCA instructors guide and motivate you daily with an exclusive collection of LIVE and on-demand in fitness workouts! Go to [owensboroymca.org](https://www.owensboroymca.org) and click on the Wellness tab for the login link (with your barcode)
- ADULT LAP SWIM & WATER WALKING: Train like a pro with our lap lanes. Water walking is ideal for people with back pain, elderly people, people with delicate bone structures, and those who would like to lose weight without putting too much strain on their bodies.
  - Mon-Fri, 6:30am -10:00am | 11:00am - 1:00pm | 4-7pm
  - Sat, 7:30am-4pm | Sun, 1-4pm

# SOCIAL RESPONSIBILITY

## ACTIVE OLDER ADULT LUNCHEONS

Older adults can socialize at the Y during the quarterly pot lucks. Come to show off your culinary skills or just have fun with friends.

- Date: TBD

**FREE – Open to public**



## VOLUNTEER OPPORTUNITIES

The Y is a nonprofit whose programs thrive when the community gets involved, so volunteers are needed in all of our initiatives. From youth sports to the special events, we provide plenty of options.

Download a Volunteer Application from [www.Owensboroymca.org](http://www.Owensboroymca.org) or pick one up in-person at the Courtesy Counter. Return the completed volunteer application into the Courtesy Counter or email it to [Hello@Owensboroymca.org](mailto:Hello@Owensboroymca.org). The department contact will be in touch to discuss the process and orientation.

## INTERNSHIP OPPORTUNITIES

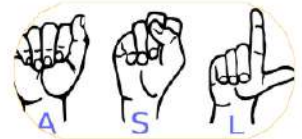
Athletic, Sports, Education Majors- Be Part Of The Team  
Volunteer hours, Community Service, and a FREE YMCA Membership.

## AMERICAN SIGN LANGUAGE CLASS

Learn a basic understanding of the deaf culture, finger spelling the alphabet, and vocabulary signs for common words. The instructor will incorporate members of the Deaf community for a more immersive practice for those who are comfortable.

- Aug-May (off school holidays): Tue, 6-7pm

**FREE to community**



## YOUTH AMBASSADORS

The YMCA has created a Youth Ambassador program to give middle and high school youth a safe, meaningful place to belong. This program is full of encouragement and accountability where they learn life skills, career readiness and give back to the community. We offer free memberships to any youth who qualify to serve.

Application's Available January 1st, 2024 -- See Jacob Johnson, Director of Family Life, for application and details in person or by email at [Jacob@OwensboroYMCA.org](mailto:Jacob@OwensboroYMCA.org).

# SPECIAL EVENTS

## FAMILY FUN NIGHT

Join us every 4th Friday of the month from 6-8pm! Play pool games such as water volleyball, corn hole, basketball, and more and enjoy gym activities led by the Y programming team.

- 4th Fri of each month, 6:00pm – 8:00pm

**FREE – Member Benefit**

## FATHER DAUGHTER DANCE

"Dad's, grandad's, brother's, uncles, all are welcome!"

- Feb 10 (SAVE THE DATE)

**FREE – Member Benefit**



## EASTER EGG HUNT

- Coming April 2024



## KIDS' NIGHT OUT

(Ages 3-12)

Enjoy time with the adults in your life while your children have a blast during the Y's monthly children's program one Saturday a month. The Y provides an incredibly fun environment for kids through arts, crafts, and games, so that parents can truly relax in their time away.

- Sep-May, 1st Sat of the month, 5:00pm – 8:00pm

**FREE – Member Benefit**

## KWC BASKETBALL "Y DAY"

Enjoy the KWC Panthers vs. Walsh game, kids activities, and YMCA youth classes showcasing during intermission and between games.

- Jan 27: Women at 12 pm; Men at 2:15 pm

**FREE – Open to public, no reservations required**



Check the Daxko App or scan the QR code with your phone to see the latest program schedules.





# GENERAL INFORMATION



Parties are fun and easy when you have them at the Y! The Y can help create an incredible party experience for anyone. All parties include trained staff supervision, a party room, and then select from one of the following:

- gym
- pool
- tumble room

Specialty party packages available to include movie in the pool, and more.

The YMCA has several rental options available to accommodate small, medium, and large groups. Common rental groups include:

- Baby Shower
- Anniversary Party
- Family Reunion
- Group Retreats
- Youth Group Events
- College Club Events



Scan the QR code with your phone to learn more about party & rental packages!

## FINANCIAL ASSISTANCE

In addition to promoting health, wellness, and youth development, the Y provides a sense of community, hope and a haven for individuals and families in need.

The Y recognizes how essential our healthy living programs are, so we offer financial assistance for any membership or program.

Scan the QR code with your phone for the financial assistance application!



## Owensboro Family YMCA Mission Statement

Our mission is to put Christian principles into practice through programs and services that build a healthy spirit, mind and body for all. For nearly 160 years, the Y has listened and responded to needs in communities around the country. In 10,000 neighborhoods across the nation, we have created beneficial opportunities and programs that serve everyone.

## WEE CARE CHILD WATCH

Available for children 6 months -10 years, child watch is a drop-in service for Owensboro Family YMCA members while utilizing the facility.

Space is limited, so children are served on a first-come, first-served basis.

Note: 2 hour time limit.



Parents must remain on premises.

CHILD WATCH HOURS - Hours subject to change.

- Mon-Fri, 9am-11am
- Mon-Thu, 3:30pm-6:30pm
- Sat, 8am-11am

Wee Care is a free childcare service provided to Owensboro Family YMCA members.

Non-members may pay a \$3 fee per day per child.

Owensboro Family YMCA



# NOT A PLACE A PURPOSE.

## YOUR GIFT CHANGES LIVES



A GIFT OF \$50 can allow one child to learn water safety and swim skills to avoid drowning.



A GIFT OF \$160 can provide one month of high quality, licensed care to a foster child who needs love & care.



A GIFT OF \$300 can sponsor an annual membership for a youth ambassador who is making a difference in our Y & community.



A GIFT OF \$300 can provide a whole team opportunity for inside a high school.

Make a gift to any of our programs by scanning the QR code with your phone.

