



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

COMMITTED TO A HEALTHIER COMMUNITY

OCTOBER 2020 Y-News

Stage 5 & the Y

Indiana Governor Holcomb pushed us into Stage 5 beginning September 25th. What does that mean for what is happening at the Y?

What Will Change?

- Machines are no longer furloughed in the Wellness Center
- Capacity limitations in the Wellness Center & Group Exercise Classes are lifted with respect to social distancing.
- Lockers are no longer furloughed in the locker rooms.



What Will Stay the Same?

- Masks are still mandated by Governor's orders when mingling throughout the facility
- Pre-register for classes (You'll be able to do this via the app soon!)
- Enhanced cleaning procedures by staff and Y Members

The Virtual Y

The Y is committed to serving our members & community in every way we can, everyday. Over the years that has helped the Y grow from a wellness center & group exercise classes, to a place that offers family programming, preschool classes, and gives our members 24/7 access to our facility.

Our commitment to you brings another great opportunity for our members & future members. This month we will be launching our Virtual Y! This new feature, FREE WITH YOUR MEMBERSHIP, is an app & online portal. You will be able to view videos by some of the world's top trainers, browse & do workout plans created by our Wellness Coordinator, connect with others in the Y community, log your food & create a food plan, & keep in touch with your trainer!

Watch for links and posts featuring how to find our app and get logged in!



You Are Invited!

The YMCA is excited to announce the

GRAND OPENING



of our

NEW BASKETBALL & PICKLEBALL COURTS!

Join us on

Thursday, October 15th
@ 4:30pm



for a ribbon cutting of the new courts.

We are excited to be able to offer these courts to everyone, regardless of a Y membership.

New Y Team Member

Welcome Mellisa Pate to the Y team!

Mellisa is the Y's Membership Engagement Coordinator. Her position includes leading the front desk and staff and connecting members and our community to the Y.



Mellisa is a lifelong resident of Washington County and graduate of Salem High School. You might recognize Mellisa as Sissy from The Tasty House. She is excited to join the YMCA as a way to work with and for the community that she's been a part of for so long. Mellisa aims to encourage members and non members alike to put their best selves forward.

Baking is Mellisa's free time passion and she loves sharing her bakes with family and friends. Stop by the front desk to tell Mellisa "Hello" and welcome her to our Y family.

Our Mission: "To put Christian principles into practice through programs that build healthy spirit, mind and body for all."

October Calendar

October 1: New Fitness Calendar begins

October 3: Deadlift Competition*
(11:30am)

October 5-9: Fall Break Camp*

October 9: Blood Drive

October 15: Advocacy Day @ the Y
(2-4:30pm)

October 15: Grand Opening of Courts
(4:30pm)

October 19 & 21: Adult Martial Arts
Session 5 begins*

October 22 & 24: Youth Martial Arts
Session 5 begins*

October 24: Halloween @ the Y
(6-8pm)

Fall Soccer games continues on
October 3, 17 & 24.

*Registration required for these programs. Go online or stop by front desk to sign-up.

Halloween @ the Y



Halloween @ the Y will be happening this year!

Y staff, volunteers and community members are dedicated to bring treats, spooks and fun this year, while keeping everyone safe.

We will be hosting a reverse parade on the YMCA Campus. All you have to do is drive your car through our reverse parade where our volunteers and staff will be set-up in costumes with their own booth. Treat bags will be available for children 10 and under that are in the car, at the end of the parade route.

Wear your costume and drive thru our NOT SO SPOOKY Halloween Parade from 6-8, on October 24th!

About YOUR Y

FACILITY HOURS

REGULAR HOURS

Monday - Thursday	5AM - 9PM
Friday	5AM - 7PM
Saturday	7AM - 5PM
Sunday	1PM - 5PM

See Y for additional closings

KIDS CLUB HOURS*

Monday - Thursday	4PM - 7:30PM
Friday	4PM - 7PM
Saturday	9AM - 12PM

*Children must be checked in an hour before facility closes

*Kids Club is a FREE service offered to Y Members

*Guests may use the service for \$5/visit

PINK FOR A REASON

This month we are honoring Breast Cancer Awareness month. 1 in 8 women will be diagnosed with Breast Cancer in their lifetime. In honor of all of those whose lives have been affected by Breast Cancer, this month we go pink for you!

LEADERSHIP TEAM

CHIEF EXECUTIVE OFFICER

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