

# Stokes Family YMCA February Events

**February 6<sup>th</sup> – 4-H Fitness Day** for everyone K-12<sup>th</sup> grade.

**February 10<sup>th</sup> – Valentine Paper Bag Alum Book Making** at the Program Center in Danbury. Everyone welcome \$10.00 5:30-7:00pm.

**February 27<sup>th</sup> – Leaders Polar Plunge** at Camp Hanes 11am- Come support our Leaders. They volunteer over 5000 hours a year at our YMCA.

## J.O.Y. Club

**Bridge Club** - Every Wednesday at 9:30am

**Bible Study** - Join us Wednesdays at 10:00am.

**February 9<sup>th</sup> – Valentine Potluck** 11:30am in the community room

**February 23rd - Bingo** 9:30am in the community room

## Fitness

**Tiger Totz** - Tuesday nights from 6:15pm-6:45pm per month. Ages 3-7 years

\$15 (member) \$25 (nonmember) per month

**Personal Training** – Packages now available. See front desk for more information.

**Nutrition Consultations** - Make your appointment at the Member Services desk.

\$35 (member) \$80 (non member)

**Girls Running Program** – An 8 week running program for girls emphasizing the importance of exercise and character development. Registration begins February 8<sup>th</sup>.

**Youth Strength Training & Conditioning** – 4 week program designed to educate youth (12-16 yrs) about the proper techniques for strength training with free weights. Meets every Monday at 5:00pm. Registration begins 03/01/10 Fee \$30 (member)

**Up & Running Program** – 8 week program for individuals who are a beginner runner and wanting to work up to running a 5k road race. Ages 16 and up. Registration begins 2/15/10.

**Women on Weights** – 4 week program designed to educate women about the proper techniques for weight lifting using free weights. For women ages 16 and up.

## Youth

**Kids Night Out** – March 5th come to a sleepover at the YMCA 8pm-8am

\$15 (member) \$20 (non member)

**LIVE WIRE** – February 27<sup>th</sup> Grab a friend and come out for fun filled night with new activities 7pm-10pm \$5 (members) \$10 (non members)

## Sports

**Spring Outdoor Soccer** – Registration begins 2/15/10

**Tiny Totz Basketball** – Registration begins 2/15/10

**Adult Whiffleball** – Register Now!!!

## Aquatics

**Spring Swim Lessons** – Register Now!! Offering Parent/Child, Preschool, Youth and Adult Swim Lessons.

**Private Swim Lessons** - Ask the Welcome Center for information and prices.

Please call or visit the Stokes Family YMCA for more information. (336) 985-9622

# Stokes Family YMCA of NWNC

## Membership Information

### HOURS OF OPERATION

#### **Facility**

Monday-Thursday: 4:30 a.m.-9 p.m.

Friday: 4:30 a.m.-8 p.m.

Saturday: 8 a.m.-6p.m.

Sunday: 1-6p.m.

#### **Nursery** (6 weeks to 5 years old)

Monday – Friday: 8:30am-12:30pm

Monday – Thursday: 4:00-8:00pm

Saturday: 9:00am-12:00pm

Sunday: Closed

#### **Youth Room** (6-12 years old)

Monday – Thursday: 4:00-8:00pm

Saturday: 9:00am-12:00pm

Sunday: Closed

#### **Pool**

Monday – Thursday: 5:30am-8:45pm

Friday: 5:30am-7:45pm

Saturday: 8:00am-5:45pm

Sunday: 1:00pm-5:45pm

### **Youth Policy**

Children under 12 are not allowed in the YMCA without adult supervision. Therefore, youth memberships are only sold as a family or an adult with dependent membership.

### **CANCELLATIONS**

A 30 day written cancellation form must be completed by the member for bank drafts to be stopped. This is the responsibility of the member.

#### **NOT HAPPY?**

We offer a 30 day money-back guarantee.

### **PARTNER WITH YOUTH**

Partner with Youth is the annual volunteer fund-raising campaign to assist people in our community who are in need. At the Stokes Family YMCA, no one is turned away due to their inability to pay, because we believe in helping all people lead healthier, happier lives.

Help someone to stay healthy when they need it most. Pay for a child's after school care, swim lessons, or sports program. It works when we work together! If you are interested in supporting an individual or family, please contact a YMCA staff member or Jude Dooley.

### **Guest Policy**

Members 19-25 years of age may bring in guests who are 18 years or older. Members 26 years and up may bring in guests of any age. Members are limited to two guests per visit. Each guest is limited to 3 free visits per calendar year.

### **AMENITIES**

- 2 racquetball courts
- 2 basketball gyms
- Fitness Center
- Group Exercise Classes
- Walking Track
- Nursery
- Youth Room
- Swimming Pool
- Sauna
- Steam Room
- Whirlpool

#### **Contact Information**

(336) 985-9622

stokes.ymcanwnc.org

Jude Dooley

Executive Director

j.dooley@ymcanwnc.org