



# An Egg-citing Experience!

## Twin Pike Family YMCA Newsletter

Sharing opportunities for learning, Growth, and Inspiration

### **Membership**

#### **Corporate Member of the Month**

Congratulations to Community State Bank for being our April Corporate Members of the Month!

#### **Spring Into Fitness Membership Promo**

We had 30 new members signed up for our Spring into Fitness Promo!

#### **Community Mondays (Free to the Public)**

1<sup>st</sup> Monday- Pickleball @6:00 pm, 2<sup>nd</sup> Monday- Free Group Fitness Classes, 3<sup>rd</sup> Monday- to be announced., Last Monday- Basketball Fellowship @ 6:00 pm

#### **Member Appreciation**

We wanted to thank all our members for being part of the YMCA community. On April 16<sup>th</sup>, grab a healthy snack or drink from the Welcome Center. Enter a raffle drawing for a chance to win a prize. Bring a Friend to the YMCA for Free, and if they join, we will Waive the Join Fee!

### **Programs**

#### **Youth Volleyball**

April 1-May 6 on Tuesday Nights from 6:00-8:00 pm in gymnasium.

#### **Co-Ed Volleyball**

Thursday nights from April 3-May 22 6:00-8:00 pm in gymnasium.

#### **Y-Fits**

YMCA members interested in personal training will receive 1 free Wellness Consultation & Personal Training Session If you are interested, please contact the Welcome Center to get an appointment set up!

### **Aquatics**



### **Pool Schedule**

Please Contact the Welcome Center to check on lap swim times and availability.

### **Swim Around the World 2025**

Set your goals by swimming around the world in 2025! \$20 registration fee to participate, where you will receive a T-shirt.

### **Group Swim Lessons (\$50.00 for Members & \$65.00 for Non-Members)**

Tuesdays and Wednesday (April 8 & 9 and 15 & 16) from 6:30-7:15 PM. There will also be a showoff class for friends and family on Saturday April 19 from 9:00-9:45 AM

### **Easter Egg Hunt**

Saturday April 12. Hop in the pool and collect as many eggs as possible. Have a chance to win prizes. Ages 0-12 are allowed to participate.

#### **Ages and Times:**

9-12 years 8:30-9:15 am

5-8 years 9:30-10:15 am

0-4 years 10:30-11:15 am

Families 11:30-12:15 pm

Parents must be in the water for children under 8.

The event is Free to the Public.

## **Important Announcements**

### **Healthy Kids Day**

Mark your calendar for April 26 as we will be hosting Health Kids Day at our facility. It will be for the public to attend. Events starts at 9:00 am and will end at 12:00 pm.

### **Massage Therapy**

The Twin Pike Family YMCA is offering massages by licensed therapist Thea Nelson to any member of the community. The massage are "by appointment only".

New clients need to allow an extra ten minutes for their first appointment to fill out paperwork and discuss health issues



### **Cost of Massage**

Half Hour: \$40.00

45 minutes: \$55.00

One Hour: \$65.00

Hour and a Half: \$110.00

Please contact Thea Nelson for more information or to schedule an appointment

### **8 Ways to Maximize your YMCA Membership**

1. Track, Basketball Court, and More
  - a. There's so much more to do at the Y for your fitness than just running on a treadmill and lifting weights. Switch up your routine and utilize our basketball court, play some pickleball, do some laps around our indoor track.
2. Group Fitness Classes
  - a. The Twin Pike Family YMCA offers a variety of group fitness classes suitable for all fitness levels. From high-intensity cardio workout to relaxing yoga sessions, take advantage of the diverse classes offered at your local Y. Trying different classes is a great way to switch up your workout routine and meet new people.
3. Dive into the Pool
  - a. Come to our indoor heated pool, where you can enjoy water-fitness classes, lap swimming or simply relax in the pool. Dive right in and don't forget about this refreshing member benefit
4. Tailor your workout with a Personal Trainer
  - a. Want a more personalized approach to your fitness? Whether you are a seasoned athlete or just starting your fitness journey, a customized plan can help you reach your goals efficiently while ensuring you're using equipment correctly. Personal Training is an exclusive YMCA benefit, so make sure you take full advantage of it.
5. Child Watch
  - a. Finding someone to watch your kids for an hour while hitting the gym can be rough. One of the greatest benefits of a YMCA membership is Child Watch. It is included in your household membership for ages 6 weeks to 10 years old.
6. Utilize your Member Discount for Programs
  - a. As a Y member, you may be eligible for discounts on various programs and services. From swimming lessons to youth sports. Save \$15 for every program registration fee.
7. Invite Friends with a Guest Pass
  - a. Working out with a friend is always fun and motivating. That why at the YMCA, we love welcoming new guests. With membership, you can invite friends or family members to



join you for a workout. All members are allowed one complimentary guest pass each year.

8. Nationwide Membership

- a. Membership to the Twin Pike Family YMCA not only gives you access to our Y, but it also enrolls you to nationwide access. You'll be able to access 100s of participating Ys across the country. So next time you're traveling for work, family vacation, etc., find a participating Y near you still get in your workout.

### **Member Survey**

Scan this QR Code and fill out a small survey to tell how we did, and what we can improve on.

