



Come to the YMCA!

Twin Pike Family YMCA Newsletter

Sharing opportunities for learning, Growth, and Inspiration

Membership

Community Mondays (Free to the Public)

1st Monday- Pickleball starting at 6:00 pm, 2nd Monday- Free Group Fitness Classes, 3rd Monday- Testimony Night, Last Monday- Basketball Fellowship (ages 14+) starting at 6:00 pm.

July's Membership Promo

Save the date with our brand-new membership promo! Starting July 1st is our Pay the Day Join Fee. The sooner you join the YMCA, the cheaper the Join Fee!

Cleaning Week

The YMCA will close from July 21-26 for our Annual Cleaning Week. 24 Hours will also be closed during cleaning week due to parking lot resurfacing. For important updates please follow our Facebook page.

Member Survey

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





Programs

Karate

We offer karate lessons every Tuesday and Thursday night. Beginner level sessions are from 5:30-6:15pm and intermediate sessions are from 6:15-7:15pm. The first class is free to anyone interested in Karate. After that it is \$50.00/month for members and \$65.00/month for non-members

Adult Co-Ed Softball League

The softball league will take place at Wallace Memorial Park on Thursday nights from July 10 to August 28. Sign up your team by July 2nd to participate in the league. \$425.00/per team. Must be 16+ to participate.

4th Annual Let'em Fly Doubles Tournament

Our 4th Annual Disc Golf Doubles Tournament will take place on July 19th at the YMCA Disc Golf Course. Play with your friends or family in teams of 2 in a two round 18-hole tournament. 3 divisions based on your experience (Advanced, Recreational, & Youth). Participate in a raffle drawing or other challenges to win cool prizes. Register by July 7th to receive Free bonus items. Huge thanks to Community State Bank for sponsoring the Tournament.

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!

Adult/Teenage Soccer League

We are starting a brand-new program! Starting in September, we will have our adult/teenage 8v8 soccer league. Register your team by August 20th. Cost is \$200.00/team. All games will be played on Fridays Nights from 6:00-8:00 pm at the Refuge Church in Bowling Green.

Youth Outdoor Soccer League

Our outdoor youth soccer league will take place at the Refuge Church in Bowling Green on Thursday evenings from September 4-October 9. Registration will close on August 2nd with a \$5.00 increase after July 19.



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, where you will receive a T-shirt.

Group Swim Lessons

First Session July 8, 10, 15 & 17 for ages 4-12 from 6:30-7:15 PM. Second Session 28, 29, 30 & 31 from 6:30-7:15 PM. \$50 for members & 65 for non-members.

River Country Championship Swim Meet

This year, we will be hosting the River Country Championship Meet on Saturday, July 26th. The facility will be closed for normal use for the meet, but the weight room is available for 24-hour members.

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 potential 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