



Edition 3

SPRING INTO THE Y!

Twin Pike Family YMCA Newsletter

Sharing opportunities for learning, Growth, and Inspiration

Membership

3 Month Challenge

Starting in January, we will be keeping track of the number of times our members are checking in. At the end of each month, we will show the top 3 men and women members who have check-in the most. At the end of March, the top 3 will receive prizes.

Corporate Member of the Month

Congratulations to Bowling Green School District for being our March Corporate Members of the Month!

Spring Into Fitness Membership Promo

Starting March 20th to the 27th, we will waive 50% the Join Fee to any new member that signs up.

Community Mondays (Free to the Public)

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



Programs

Youth Volleyball

April 1–May 6 on Tuesday Nights from 6–8 pm. \$35 for members and \$50 for non-members. Ages 7–15

Co-Ed Volleyball

Starting on Thursday nights from April 3–May 22 6:00–8:00 pm. \$225 per team, Child Watch will be available.

3V3 Basketball Tournament

March 29th, ages 10–15 9–11 am, ages 16+ from 11 to 2:30 pm. Double Elimination bracket. Register by March 27th (\$75.00 per team)

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 Thursdays (March 4 & 6 and 11 & 13) from 6:30–7:15 PM. There will also be a showoff class for friends and family on Saturday February 15 from 9–9:45 AM



Important Announcements

Regional Swim Meet

We will be hosting a Regional Swim Meet on March 7-9. We will leave the weightroom open to members and non-members, but we close the whole facility for the Swim Meet.

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. More updates are to be announced.

Annual Board Meeting

The Twin Pike Family YMCA would like to invite you to our Annual Board Meeting on March 20th at 7:00 pm.

We will recognize our staff, employees and volunteers. Board Members will be voted on that night.

As YMCA members you can vote for our incoming board members.

We will close the facility at 7:00 pm for all staff to participate.



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: \$70.00

Hour and a Half: \$110.00

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