



Tri-County YMCA February Newsletter

Order Fresh Florida Strawberries by February 18!



We are taking orders for Fresh Florida Strawberries through Tuesday, February 18!

Options to order include:

- 1/2 Flat (4 x 1 pound cartons) - \$15
- Full Flat (8 x 1 pound cartons) - \$25

You will be notified 24 hours in advance of when the strawberries will be arriving. Their anticipated arrival is in early March.

You can order online using the link below or stop by the Clem & Mary Lange YMCA!

[Order Online Here](#)



Claim Your Locker by March 1

We are working on revamping our Locker policy. If you have a locker you use regularly in either the Men's or Women's Locker Room, please remove the card taped to the locker and fill it out with your information. We need these returned by **Saturday, March 1. Lockers that haven't been claimed by this date will be cleaned out.**



Registration for the February Session of Aquatic Exercises is Open

Our next session of Aquatic Exercise classes is open for registration. This session will run from **February 10**



Next Session of LIVESTRONG at the YMCA Begins March 4

The Tri-County YMCA is launching our second session of LIVESTRONG at the YMCA March 4 - May 22! This FREE, 12-week program is designed to help cancer survivors reclaim their total health. Participants work with Y staff trained in supportive cancer care to safely achieve their goals such as building muscle mass and strength, increasing flexibility and endurance, and improving confidence and self-esteem. Classes will be held on Tuesdays and Thursdays from 11:30 AM - 1 PM EST. Space is limited to 12 participants.

[Learn More](#)

- **March 8.** Check out our schedule and Register using the links below.

[Register Here](#)

[Pool Schedule](#)



[Our Company](#) | [Contact Us](#) | [FAQs](#) | [Privacy Policy](#)

Tri-County YMCA | 131 E 16th St. | Ferdinand, IN 47532 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!