



Tri-County YMCA March Newsletter

Celebrate International Women's Day at the Clem & Mary Lange YMCA on Saturday, March 8th

HAPPY INTERNATIONAL
Women's Day!

"Celebrate International Women's Day at the Clem and Mary Lange YMCA with free group classes and gym access for all women!"

March 08, 2025

- ✓ FREE GYM ACCESS FROM 6AM - 4PM EST
- ✓ FREE BODYPUMP CLASS AT 7:40 AM EST
- ✓ FREE RPM CLASS AT 8:45 AM EST
- ✓ FREE UPBEAT BARRE AT 9AM EST
- ✓ FREE AQUA DANCE CLASS AT 10:15 AM EST (LIMITED TO 8 PARTICIPANTS. FIRST COME BASIS. SIGNUPS WILL BEGIN AT 6AM ON 3/8 CALL THE Y TO SIGN UP (812) 367-2323.)
- ✓ NO JOINING FEE 6AM-4PM (\$50 VALUE)

GIFT BASKET DRAWING

PLEASE HELP SUPPORT THE DOVE HOUSE BY BRINGING A MONETARY DONATION

REFRESHMENTS

Ladies! Mark your calendars! In honor of International Women's Day, we will be offering free group exercise classes, a free Aqua Dance class (limited to 8 participants) and gym access to all women on **Saturday, March 8th!**

We will also offer a No Joining Fee all day long for anyone interested in joining the Clem & Mary Lange YMCA.

Please help support The Dove House and bring a small donation. We will also have a gift basket giveaway along with refreshments. (Those who donate to the Dove House will get an extra entry for the gift basket.) Empowered Women Empower Women! For more information please contact Jenny at jenny@tricountyymca.org



Claim Your Locker by March 14th

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 **Friday, March 14th. Lockers that haven't been claimed**

the Y
HITTING IT OUT OF THE PARK
YMCA T-BALL

A non-competitive youth program emphasizing the fundamentals of HITTING, FIELDING, RUNNING, CATCHING, and THROWING while building character through practicing caring, honesty, respect, responsibility, and faith.

Age: 3 to 6 year olds

Program Dates: April 8th - May 10th

Practice Times:
Tuesday Evenings: 5:30 - 6:05 p.m. and 6:30 - 7:05 p.m. (ET) OR
Thursday Evenings: 5:30 - 6:05 p.m. and 6:30 - 7:05 p.m. (ET)

Game Times: Saturday Mornings: 9:30, 10:30, & 11:30 a.m. (ET)

Program Location: Practices: 18th Street Park in Ferdinand
Games: 5th Street Park in Ferdinand

Cost: \$35.00 For YMCA Household Memberships
\$60.00 For Non-Facility Members

Register by Friday, March 21st online at www.tricountyymca.org.
Spots are limited so be sure to register early!
Contact Christine Kluemper at christine@tricountyymca.org with any questions.

812-367-2323
1818 18th Street, Ferdinand, IN 47034
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T-Ball Registration Continues until March 21st

Spring is coming which means - T-Ball season! Our program at the Clem and

by this date will be cleaned out.



Next Session of LIVESTRONG at the YMCA Begins April 1st

The Tri-County YMCA is launching our second session of LIVESTRONG at the YMCA April 1 - June 19! 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 1:00 PM - 2:30 PM EST. Space is limited to 12 participants.

[Learn More](#)

Mary Lange YMCA will run from April 8th-May 10th and is for 3-year-olds to 6-year-olds. Registrations will be accepted through March 21st as spots are available. Spots are limited so be sure to register early! Register online at:

[Register Here](#)



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FLEX YOUR MUSCLE CAR SHOW



SANTA'S LODGE

Come flex your muscle with us at our 8th annual Car Show on April 26th! The Tri-County YMCA is partnering with Santa's Lodge to welcome all the best vehicles around. Cars, Jeeps, Trucks, Motorcycles and Rat Rods all welcome. With 90+ trophies to be given out and the first 100 registered get a dash plaque. Door prizes will be given out every half hour starting at 10:30am. You can also try your luck at our half-pint. Food trucks/booths will be on site!



Where: Santa's Lodge, Santa Claus IN
Date: Rain or Shine April 26th, 2025
Time: 9:00am - 2:00pm CT
Cost: Pre Registration \$15.

Late/Day of Registration after April 19th: \$20
Shirts: Can be pre-ordered by April 14th with registration.

THE COUNTY YMCA
131 E. 16th Street, Ferdinand, IN 47532

Registrations can be brought to the Y or completed online (www.tricountyymca.org) For questions please call Logan at 812-367-2323



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