

Tri-County YMCA March Newsletter

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



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 8**th!

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**



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.



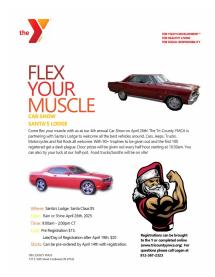
Next Session of LIVESTRONG at the YMCA Begins April 1St

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





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

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