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Twin rivers ymca hours

Twin Rivers YMCA has been serving the valley and surrounding communities since 2003. Twin Rivers YMCA serves as a meeting center for all people, accommodating adults and children. With its gym, cardiovascular equipment and weights, group gym rooms, children's monitoring centre and swimming pool, Twin Rivers YMCA is more than just a place to exercise. It's a place to grow up. See the calendar of group exercise courses offered at Twin Rivers YMCA. Sign up for a range of programs for children and adults of all ages. See the current branch capacity in all our facilities. Celebrate your birthday at Y! Procrastination. It's when, well, when... Our before and after school kids are given a fun snack after school, access to the gym both before and after school, arts and crafts time and help with their work. Join us at Twin Rivers YMCA for School Out Fun Club when your kids aren't at school! These days they follow the D.C. West school calendar and snow days. The hours are 7:00 a.m.-6:00 p.m. Snacks are available. 2 Wellness Coach Sessions Monthly Parent Night Out Reduced membership pricing for programming such as sports, camp and swimming lessons Reduced price of the member program Access to all 10 metro seats Free gym group classes Free lessons aqua exercise Military membership rates Personal and Small Training Group At YMCA, we work to create a community in which each person feels valuable , encouraged and loved. Like you, we are struggling to make sense of recent events in Minneapolis and across our country. We recognize the pain, frustration and anger caused by the death of George Floyd and the long history and prevalence of systemic racism, and stand united with our neighbors demanding change. As a Y, we work to promote relationships and remove barriers to a better life. During the pandemic, Y has demonstrated her true purpose - to strengthen the foundations of the community - by responding to the critical needs of our communities by providing meals, childcare, life supplies and comfort to those who were alone. Y is not a gym, swimming lesson or basketball game. Y is a community. We are people associated with a common desire to create communities in which every adult and child has the opportunity to thrive. Although the pandemic keeps us apart, we have a responsibility to join forces to defend each other and give each other the grace to share our views, fears and truth without judgment. YMCA throughout North Carolina is committed to working to address the underlying issues in our community that fuel racism and despair that can lead to mistrust and even violence. Together, we can turn our empathy into empowerment and our pain into purpose. Constant change requires commitment from all of us. We're better off together. We hope that you will join our efforts to a stronger community. June 2, 2020 NEWS! Take part in live or on-demand group exercise lessons wherever you are! Included with your participation! Simply enter your member pin number or barcode number to get free access to courses and other resources exclusively for members of the Two Rivers YMCA. Download our free app to access programs, making reservations, workouts, notifications and more! Find quality care for your child before school, after school and on remote learning days. Feel good. Do good. Be a part of Y with membership. Sign in to your YMCA account to make payments and sign up for plans. Follow us on Facebook, Instagram, Youtube and more for information and fun! Your health and well-being is our #1 priority. We are committed to achieving or going beyond standards and guidelines released by health officials to protect you and give you peace of mind. Read the Reopening Guide for all the details. Check out our online store full of custom Two Rivers YMCA attire. Men's, Women's and Children's sizes. Hats, mugs, key chains and more! While we are in Phase 2 of the reopening of Y, all group exercise classes and the use of our groups are booked only. To see a course schedule and available hours, please use the Two Rivers YMCA app where you can also make your reservation. Reservations are open 48 hours before the start of the reservation. Thank you for your understanding during this period, as we offer as much as permitted by the state's COVID-19 regulations. At Twin Rivers YMCA strengthening our community is our goal. Y serves three critical areas of focus to help individuals, families and communities learn, grow and thrive. These three areas of focus are youth development, healthy living and social responsibility. The Twin Rivers YMCA, in the northeast corner of the valley, is a great gathering place for the community. They have something to offer for everyone in your family. They offer fitness classes for all ages, an aquatic center, a well-equipped wellness center and a full-size gym, as well as a family gym. They also coordinate Youth Sports & Activities and provide free childcare (Y Care) while you take your work out. The YMCA also provides Fun Clubs for school-age children to have fun while their parents work, including during the summer. Twin Rivers YMCA is also a great place to birthday parties, pool parties, fitness parties or any combination of these activities. The Community Room and Teen Center at Y are also available for rent for meetings, training sessions, wedding receptions, gatherings, receptions or any other gathering of people, large or small. Membership in twin rivers YMCA is a great deal when you consider all the Y has to offer at no extra charge. Not only will you have access to our local YMCA, but your participation is honored in any of the Largest Tou YMCA. To check out the facilities, just stop at the YMCA for a tour. The Twin Rivers YMCA also puts out a very informative monthly newsletter. The newsletter provides information about what happens to Y next month. You can pick up a printed copy in Y or join their mailing list and receive it in an e-mail form before the start of each month. The newsletter is loaded with valuable information about our local Twin Rivers YMCA. It is easy to join, sign up for programs, or donate to the YMCA. We'd like to meet you and take care of these activities in person, so stop seeing us. Our.

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