

FEBRUARY at the Y

Share the Love



CELEBRATING
50 YEARS
OF A COMMUNITY FIT
1969 2019

Throughout 2019, we will be celebrating the YMCA of Catawba Valley's contributions to our community, thanking our members for allowing us to be a part of their lives and welcoming new friends into our culture of wellness.



Follow Us on Instagram, Facebook or www.ymcacv.org

WHAT'S HAPPENING IN FEBRUARY

CURRENT MEMBERS

- The first 50 YMCA members to work out 14 times in February receive a long-sleeve special edition t-shirt for free
- All members receive 2 one week guest passes to share with a friend

NEW MEMBERS

- Buy One, Gift One—sign up for a membership to the YMCA and get a coupon for a free month to give to a friend

SPECIAL EVENTS

- Family Game Night
 - Adrian L. Shuford Jr. YMCA
February 22nd 6-8 pm
 - Hickory Foundation YMCA
February 23rd 1-4 pm

The Y: We're for youth development, healthy living and social responsibility.

YMCA OF CATAWBA VALLEY

Hickory Foundation YMCA
701 1st St. NW
Hickory, NC 28601
828.324.2858

Adrian L. Shuford Jr. YMCA
1104 Conover Blvd. E
Conover, NC 28613
828.464.6130