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Member Appreciation Day

Sponsor:
the Y



May 26th

02.jpg

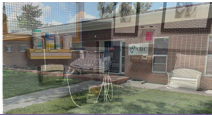
24-HR ACCESS
everyday at the YMCA!

Get your access card to enjoy the cardio and strength fitness center anytime!

Anytime we are closed, you can still get your workout. Even on holidays!



03.jpg



Services Offered

Monday through Friday
Pre-natal through post-natal
Expecting moms starting program
Limited Sonograms | Prenatal & Parenting Classes
Appointments available outside
of our office hours if needed

Employment & Uplifted Encouraged

620-275-1777 | 509 N. Sixth St | Garden City
620-275-8482 Español

www.abcpcc.org

04.jpg



YMCA SUMMER DAY CAMP

Early Bird Registration • May 1-14

After May 14 - Regular Rates Apply
Please see Front Desk for details

05.jpg

BIRTHDAY PARTIES

- Party Room
- Swimming
- Inflatables
- Gymnasium
- Dome



See Aaron Riojas for Details

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Enjoy a private party on Saturday afternoons/evening or Sunday afternoons/evening

Contact Aaron for more details.

08.jpg

PERSONAL TRAINING

1 - 9 Sessions
\$35 each

10+ Sessions
\$30 each

Trainers:

Steven Lynch
Flor Munoz
Betty Moncada

Non-member prices are double the listed price



09.jpg

Scheopner's
WATER CONDITIONING
The People Who Know Water

620-275-5121 1-800-481-5121

- Water Softeners
- Reverse Osmosis
- Bottled Water

scheopners.com
2203 E Fulton Plz • Garden City • KS

10.jpg

Sweating Buckets
Tuesdays & Thursdays
6:45-7:45pm

the Y

11.jpg

FOR MEMBERS ONLY!
All current YMCA members will receive YMCA 360 FREE Register TODAY!

YMCA 360 On-Demand
From basketball specific training to Yoga, enjoy our exclusive collection of on-demand and livestream classes, on all your devices in cinematic 4K to help our members match their on-the-go lifestyles of users for all ages!

OPTIONS:

- Go to YMCA360.org (use on phone, computer/tablet or TV)
- Download the YMCA360 app on your phone (coming soon)
- Use our virtual room upstairs in the Aerobics Studio

the Y

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Enjoy **FREE Aerobics classes** on land or water

Get a copy of either schedule at the Welcome Center.

the Y

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Want to **OWN** this Ad Space?
Call Us
815-872-5040

Visual Solutions

Together we will grow your business!

14.jpg

CAST ALL YOUR ANXIETY ON HIM BECAUSE HE CARES FOR YOU.

1 PETER 5:7

the Y

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5
Security State Bank
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SSBSCOTT.COM

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AMBASSADORS GET 50%* OFF SHAKES ANYTIME
*add ins NOT included

THANK YOU for your **MEMBERSHIP** for five or more continuous years

the Y

17.jpg

Jared Seba Owner/Manager
All Pro Auto Repair
Quality Car and Truck Repair

Foreign & Domestic
Brakes • Tune-Ups & Electrical
Computerized Diagnostics

620-275-4879
2413 Jones Ave • Garden City

620-275-4879
2413 Jones Ave • Garden City
allproauto.com

Towing Service Available

18.jpg

CORPORATE MEMBERSHIP PROGRAM

Have your business help pay for your membership and the YMCA will invest as well.

What's in it for the Employee?

- 50% OFF Joiner's fee!
- No contract!
- Reduced rates-lowest guaranteed!
- Employees can receive corporate discount rates with Payroll Deduction.
- Allows companies to encourage and support employee participation in health and wellness programs.
- Get reduced prices on all YMCA programs including childcare, summer day camp, sports, swim lessons, and much more!



Questions: Please contact our Membership Director, Crystal Erives
Email: cbarra@ymcaswkanas.org
Phone: 620-275-1199 ext.206

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YOUR HEALTH AND SAFETY IS OUR #1 PRIORITY



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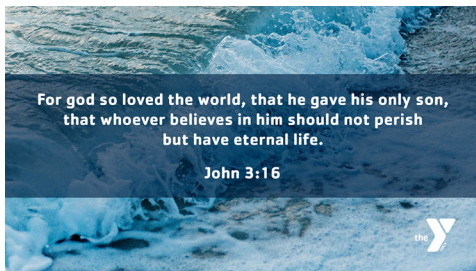
Want to work at the YMCA?

Ask for an employment application at the front desk.

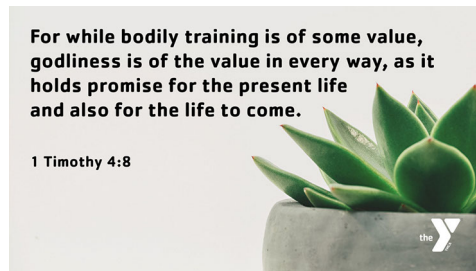
We'd love to have you join our team!



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The Y is on Facebook!



Like us on Facebook



GARDEN CITY FAMILY YMCA

28.jpg

Purchase a bottle water for only **\$1**

BUY IT AT THE FRONT DESK TODAY!




29.jpg

TAYLOR TrueValue



START RIGHT. START HERE.®



Just Ask RENTAL

1615 Taylor Plz W • Garden City
800-865-5641



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Get your virtual membership going. This is a FREE service to all our members.

YMCA 360 has videos and many other great resources!





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Get your FREE Eucalyptus spray and use in the Dry Sauna or Wet Steam Room.

A great way to get rid of the cold and flu!

GET YOUR OWN BOTTLE FOR \$5. REFILLS ARE \$2




32.jpg

Thank you to 

RANDY'S DONUT SHOP

for sponsoring our "Do NOT worry Wednesday's"

33.jpg





I can do all things through him who strengthens me.

Philippians 4:13

34.jpg

If you notice one of our monitors not working or would like to see Your AD Here please,

Call Us 815-872-5040







35.jpg





We believe that no act of kindness, no matter how small, is ever wasted.

GARDEN VALLEY RETIREMENT VILLAGE
(620) 275-9651 gvrhealth.com
1505 E. Spruce Street,
Garden City KS

36.jpg

the **Y** **YMCA of Southwest Kansas**

FOOD PROGRAM

**EVERY SATURDAY
1:30-3:30 PM**

Our Summer Food Service Program is back! We give out 5 days worth of suppers and snacks to every child 18 and under. This institution is an equal opportunity provider.

DROP-OFF LOCATION
Garden City Family YMCA
1224 Center Street, Garden City, KS

WHAT YOU NEED

- ▶ Your children
- ▶ Filled out application
- ▶ SFSP Tag
- ▶ Car - Recommended

For More Information: +(620)275-1199 (Caleigh/Chad Knight) www.ymcaswkanzas.org

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MASSAGE CHAIRS EACH FOUND IN THE ADULT LOCKER ROOMS

the **Y**



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C BAR H FARM & HOME

1-800-794-0438 • 620-275-1417
3502 N Campus Dr • Garden City




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Join The YMCA **for FREE**
May 10th - 16th Save up to \$75!!!



Must Pay Maintenance Fee and Prorated Dues.

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**Your Y membership
is now nationwide!**

Traveling?
Going on vacation?

You can enjoy a YMCA to any town
you visit for FREE



41.jpg

New Members

YPromise - This is our promise to ensure you know how to operate the cardio and strength machines.

Existing members who would like a refresher can schedule an appointment today at the Welcome Center.



42.jpg

Know Your LIMITS
KSgamblingHelp.com
800-522-4700



SOUTHWEST Kansas

43.jpg

Weathercraft
Roofing Company

The Genuine. The Original.

OVERHEAD DOOR
Overhead Door Company of Garden City™

Roofing | Gutters | Overhead Door Installation

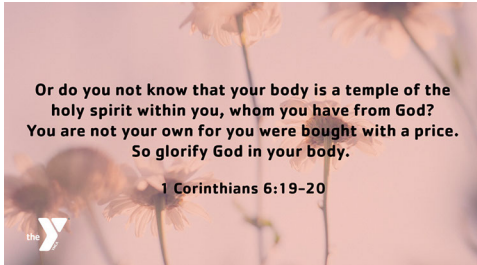
www.wcroofohd.com
807 E Fulton St #1/2, Garden City
(620) 275-4070



44.jpg

Or do you not know that your body is a temple of the holy spirit within you, whom you have from God? You are not your own for you were bought with a price. So glorify God in your body.


1 Corinthians 6:19-20



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So whether you eat or drink, or whatever you do, do all to the glory of God.

1 Corinthians 10:31




46.jpg



Garden City INN

1202 W. KANSAS AVE.
GARDEN CITY
Phone: 620-276-7608
Free Wi-Fi • Pool & Spa
www.GardenCityInnKansas.com

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Jesus Christ is the same yesterday, today, and forever.

Hebrews 13:8

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This is your YMCA, this is our YMCA

Please help us maintain and keep things working properly. If you notice something broke, please report it to the Welcome Center so we can get it resolved and addressed.



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XpressWellness URGENT CARE

GET IN.
GET OUT.
GET BETTER.

» XPWELL.COM » X-RAY ON SITE

50.jpg





Swim Lessons

Private and Ongoing Group Swim Lessons

Inquire for more information at the Welcome Center!




51.jpg

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and acceptable to God, this is your spiritual worship.

Romans 12:1

52.jpg



TOGETHER WE CAN DO SO MUCH MORE ... GIVE TODAY

Annual Campaign
Garden City Family YMCA



53.jpg

Chris's REPAIR

Autos • SUV's • LT Trucks

620-275-6864
2201 E. Fulton



54.jpg

TOUGH WORKOUT?



Soothe sore muscles in our hot tub, and relax in our steam room or dry sauna!
Ask for some complimentary eucalyptus spray at the Welcome Center - your sinuses will thank you!



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Need a pick me up?



Don't forget to purchase an energy drink at the Welcome Center for 2.72, tax included.

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Need Volunteer Hours?

Our Y is always looking for an extra pair of helping hands.

We'll sign off on any hours you want to put in.

Community Service is also welcomed here.



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CHECK OUT OUR WEBSITE!



ymcaswkansas.org

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SHAKE OF THE MONTH BANANAS FOSTER



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AVERAGE COST OF TERM LIFE INSURANCE

AGE	SEX	\$100,000	\$200,000	\$1,000,000	\$2,000,000
25	Male	\$26.97	\$37.09	\$44.82	\$63.41
	Female	\$20.81	\$28.31	\$34.18	\$42.16
30	Male	\$27.46	\$38.28	\$46.81	\$67.28
	Female	\$21.88	\$29.91	\$36.21	\$46.13
35	Male	\$28.97	\$40.55	\$50.44	\$74.35
	Female	\$24.39	\$33.67	\$41.56	\$57.80
40	Male	\$38.02	\$55.62	\$69.75	\$132.99
	Female	\$32.42	\$43.71	\$54.80	\$107.19
45	Male	\$59.10	\$85.75	\$110.40	\$214.33
	Female	\$44.36	\$64.44	\$81.31	\$160.73
50	Male	\$93.23	\$136.94	\$174.13	\$340.44
	Female	\$71.03	\$103.64	\$128.87	\$250.87
55	Male	\$150.72	\$223.28	\$282.34	\$554.00
	Female	\$100.66	\$150.68	\$200.45	\$393.84
60	Male	\$262.16	\$390.43	\$493.42	\$973.85
	Female	\$189.08	\$280.82	\$351.74	\$683.16

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Please be sure to wipe down equipment BEFORE and AFTER each use.



62.jpg

TY WALKER DRIVING SCHOOL

CLASSES OCCUR BIMONTHLY ON SATURDAY MORNINGS 8AM-2PM

\$370 FOR MEMBERS, \$380 FOR NON-MEMBERS.

CALL 620-805-5284 FOR MORE DETAILS AND QUESTIONS.



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