



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HELPING YOU LIVE BETTER

May-June 2017 Programs  
HIGH POINT YMCA



[ymcasuncoast.org/  
summercamp](http://ymcasuncoast.org/summercamp)

YMCA OF THE SUNCOAST



## YOUTH DEVELOPMENT



### Sponsor youth sports!

Our programs can continue to be enjoyed by our community through the support of donors and sponsors who help us keep our operations running strong. More important, contributions allow us to serve those in need who could not otherwise afford to participate. We offer financial assistance to those with a documented need, so all who wish to participate in YMCA programs and services may belong.

### Sponsorship Pays Dividends

When you support youth sports at the High Point Y, the community sees your goodwill.

- Exposure of your business to spectators
- Tax-deductible contributions
- 100% of your dollars provide financial assistance for participants

## SWIM, SPORTS & PLAY

### Swim Lessons

You may register either online or at the front desk.

**Fee:** FREE!

**FREE!**

### Weekday Sessions

**Dates:** Tuesdays and Thursdays,  
May 2-25, June 6-29,  
July 17-Aug. 10

**Parent/Child (6-36 months):**  
5-5:30 p.m.

**Preschool (ages 3-5):**  
5:40-6:10 p.m.

**School Age (ages 6-12):**  
6:20-6:50 p.m.

### Saturday Sessions

**Dates:** May 6-June 24,  
July 8-Aug. 26

**Parent/Child (6-36 months):**  
10:40-11:10 a.m.

**Preschool (ages 3-5):**  
11:20-11:50 a.m.

**School Age (ages 6-12):**  
Noon-12:30 p.m.

## EDUCATION & LEADERSHIP

### Early Learning Readiness

ELR is a free development program for children ages; 0-5 years old, and their caregivers that helps promote Kindergarten readiness. Please call Carlos Mercado at 727 507 YMCA for availability.

## English As A Second Language

**For adult ESOL and their children.**

This is a good instructional class to help you learn the English language. Register now and get a head start in furthering your personal goals.

**Ages:** Adults & Youths

**Fee:** \$90 per year

**Days:** Mondays & Thursdays through July 2017

**Time:** 6-8 p.m.

## Teen Leaders Club

For teens age 12-16, this is a fun, interactive way to make friends and better their community through volunteering. We meet weekly and do service projects and fun social events monthly.

**Registration:** Open anytime

**Time:** 5-6 p.m. on last Friday of the month.

## CAMP

### Teen Adventure Summer Camp

**Ages:** 11-15

**Date:** May 30-Aug. 4, weekdays

**Time:** 10 a.m.-4 p.m.

**Weekly Fees:** \$10 for members; \$15/ for non-members

### Junior Adventure Summer Camp

**Ages:** 6-10

**Date:** May 30-Aug. 4, weekdays

**Time:** 8 a.m.-5 p.m.

**Weekly Fees:** \$20 for members; \$35/ for non-members

**NOTE:** One hour of before care and one hour of aftercare are available.

## HEALTHY LIVING

### HEALTH, WELL-BEING & FITNESS

#### For New Members!

Take advantage of our one-time special personal training offer for completing your myFIT sessions! Get three personal training sessions for only \$99 within 30 days of completing myFIT. Let us help you reach your goals! Regularly \$45 per hour or 8 hours for \$315. Ask at Member Services.



#### SilverSneakers® Classic

A variety of exercises designed to increase muscular strength, range of movement, and activities of daily living. (Clase de aeróbico de bajo impacto para adultos mayores de edad.)

**Age:** Active Older Adults

**Fees:** No cost for full members (insurance coverage); \$3 for basic members

**Date:** Tuesdays

**Time:** 11:15 a.m.–12:15 p.m.

#### SilverSneakers®

**Date:** Tuesdays

**Time:** 11:15 a.m.–noon

**Fee:** Free for members. \$3 per class for non-members.

#### Salsa, Sabor Y Salud (SSYS)

Salsa, Sabor y Salud, trabaja con las tradiciones ricas y valores de la Cultura Hispana, para ayudar a las familias a adaptar y mantener una vida saludable. SSYS es un programa completamente gratis y en Español. Los participantes recibirán una membresía gratis del YMCA por dos meses. Para más información llamas a Carlos Mercado a 727 507 YMCA.

#### Zumba

**Date:** Tuesdays and Thursdays

**Time:** 5:30–6:30 p.m.

**Fee:** Free for members; \$3 per class for non-members.

### FAMILY TIME

#### Family Movie Night

**Dates:** Friday, May 19 and June 16

**Time:** 6:30–8:30 p.m.

**Fee:** Free

**Online:** Group exercise and active adult schedules are at [ymcasuncoast.org](http://ymcasuncoast.org)

#### Family Pool Party

**Dates:** Friday, May 19

**Time:** 6–9 p.m.

**Fee:** \$3 per person







LET'S  
GO!  
TIME TO  
EXPLORE

Sign for for before-  
and after-school  
programs at  
[ymcasuncoast.org](http://ymcasuncoast.org)

## OUR LOCATIONS

The YMCA of the Suncoast impacts more than 97,000 people in Pinellas, Pasco, Hernando and Citrus counties. Our mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.

### CITRUS MEMORIAL HEALTH FOUNDATION YMCA

4127 W. Norvell Bryant Hwy.  
Lecanto, FL 34461  
352 500 YMCA

### HERNANDO COUNTY YMCA

1300 Mariner Blvd.  
Spring Hill, FL 34609  
352 688 YMCA

### CLEARWATER YMCA

1005 S. Highland Ave.  
Clearwater, FL 33756  
727 461 YMCA

### HIGH POINT YMCA

5345 Laurel Place  
Clearwater, FL 33760  
727 507 YMCA

### GREATER PALM HARBOR YMCA

1600 16th St.  
Palm Harbor, FL 34683  
727 787 YMCA

### JAMES P. GILLS FAMILY YMCA

8411 Photonics Drive  
New Port Richey, FL 34655  
727 375 YMCA

### GREATER RIDGECREST YMCA

1801 119th St. N.  
Largo, FL 33778  
727 559 0500

### NORTH PINELLAS YMCA

4550 Village Center Drive  
Palm Harbor, FL 34685  
727 772 YMCA

**SCHOOL AGE PROGRAMS** Hernando County, 352 686 YMCA Pinellas County, 727 467 YMCA Citrus County, 352 500 YMCA

### YMCA OF THE SUNCOAST

2469 Enterprise Road, Clearwater FL 33763 P 727 467 YMCA [ymcasuncoast.org](http://ymcasuncoast.org)

