



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HELPING YOU LIVE BETTER

September–October 2017 Programs
JAMES P. GILLS FAMILY YMCA



YMCA OF THE SUNCOAST

YOUTH DEVELOPMENT

Pool Schedule: Weekly schedule at ymcasuncoast.org/gills

SWIM, SPORTS & PLAY

Kids Zumba

Dancing to get fit. Meets in the aerobics room.

Ages: 5-12

Time: 5:30-6 p.m. Wednesdays

Fee: Free for members

Get Fit Kids

30 minutes of fun exercise. Meets in the group exercise room on Mondays and in the gym on Thursdays.

Ages: 5-12

Time: 5:30-6 p.m. Mondays and Thursdays

Fee: Free for members

Soccer for ages 3-5

Meets: Once per week, 30-minute practice and 30-minute scrimmage

Times: Saturday mornings, Sept. 30-Nov. 18

Registration: \$75 for members, \$105 for non-members

Soccer for ages 6-16

Meets: Once per week, 1-hour practice and 1-hour scrimmage

Times: Practices TBD weekday evenings; games Saturdays TBD.

Registration: \$90 for members, \$115 for non-members

Mandatory Evaluation: Age-specific times are on our website, but will be Sept. 18-21

Flag Football for Ages 4-13

Evening practices to be scheduled, and games on Saturdays.

Skills evaluation: Sept. 25-28

Season: Sept. 30-Nov. 18

Fee: \$90 for members, \$115 for non-members

Volleyball for ages 7-13

Meets: Once per week, 1-hour practice and 1-hour scrimmage

Times: Sept. 27-Nov. 19. Practices Wednesday evenings; games Sunday afternoons

Registration: \$90 for full members, \$115 for non-members

Mandatory Evaluation: See Member Services desk for details

Karate

Ages: 6 and older

Date: Tuesdays and Fridays

Time: Level I and Level II, 6:30 p.m.; Level III, 7:30 p.m.

Fee: Level 1, \$35/month for full members; \$55/month for basic members; Levels 2&3, \$45/month for members; \$60/month for non-members.

Dance

Various options for ages 3-18.

Meets: Afternoons or evenings, depending on age. Details are at ymcasuncoast.org/gills

Fee: \$80 per month, all-inclusive, for members. Cheaper options are available.

Martial Arts

This program for ages 10 and older offers and accelerated path to learn practical self-defense skills along with traditional techniques.

Times: 8-9:15 p.m. Mondays and Wednesdays

Fee: \$45 for members and \$65 for nonmembers

Ropes Course Open Climb & Kids Climb

A high ropes course including climbing wall, zipline and cargo net.

Ages: 3 and older

Kids climb: 2-5 p.m. on the second Saturday of the month

Fee: \$15 per person

Safety Around Water Week

Free swim lessons for the community, Sept. 18-21!

Register at Member Services.

Ages 3-5	5-5:30 p.m.
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Ages 3-5	6:20-6:50 p.m.
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Ages 6-12	5:40-6:10 p.m.
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Ages 6-12	7-7:30 p.m.
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Swim Lessons

Private swim lessons are available for all ages, year-round. Group lessons are now available — see our website for more information.

Private Lessons

Members: \$24 for 30 minutes

Non-members: \$48 for 30 minutes

Group Swim Lessons (Weekdays)

Members: \$55 for 8 sessions

Non-members: \$90 for 8 sessions

Group Swim Lessons (Saturdays)

Members: \$42 for 6 sessions

Non-members: \$68 for 6 sessions

PYP Piranhas Swim Team

A year-round competitive swim program for ages 5 and older.

Times: Visit ymcasuncoast.org/gills.

	Full members	Basic members
Bronze	\$35/month	\$60/month
Silver	\$40/month	\$65/month
Gold	\$60/month	\$85/month

CHILD CARE

Before- and After-School Care

Our programs offer a safe, nurturing environment for children to learn, grow and develop social skills.

Hours: 6:30-9:30 a.m. and 2-6 p.m.

Transportation to and from these schools: Deer Park, Longleaf, Seven Springs Elementary and Middle, Odessa, Trinity and Trinity Oaks

Contact: 727 372 8674

Parents' Night Out

Kids enjoy a supervised night of themed activities including dinner, snack and a movie. Registrations are online until Thursday (not over the phone). Children must be signed up by 3 p.m. Fridays and 2 p.m. Saturdays.

Ages: 3-12 (must be potty trained)

Fridays

Time: 6-10 p.m.

Fee: \$8, for full members only

Location: Youth Activity Center

Saturdays

Time: 5-9 p.m.

Fee: \$8, for members only

EDUCATION & LEADERSHIP

Tutoring at the Y

Help your child succeed this school year with tutoring from a certified teacher! The individual tutoring for VPK through high school offers curriculum support in all academic areas, including beginning Spanish. Call today and set your child on a path to success.

Fee: \$30/hour for members and \$50/hour for non-members

Scholarships are available! For more information, call us at 727 375 YMCA

Teen Leaders Club

This is a fun, interactive way to make friends and better the community through volunteering. We do service projects and fun social events monthly. Call to learn more!

Ages: 12-18

Date: Mondays, 6-7 p.m.

Interest meeting: 6-7 p.m. Sept. 11

HEALTHY LIVING

HEALTH, WELL-BEING & FITNESS

Group Exercise Schedule:

Available at ymcasuncoast.org

Les Mills classes: We are proud to offer BodyPump, BodyCombat and BodyFlow! We have one-hour and 45-minute classes to fit your schedule.

Express Classes: Short on time or getting back to exercise? Our 30- and 45-minute classes are for you. Check the group exercise schedule for times and locations.

Smart Start: You can always take a portion on any of our hour-long classes. This is a great way to begin taking a class. Give your instructor a thumbs-up so they know you're OK and leave halfway through a class with your head held high. Next time, stay five minutes longer and keep adding a little at a time. Soon, you'll be able to motor through that entire hour!

Personal Training

Get one-on-one attention working with one of our nationally certified trainers. We offer 30-minute and hour-long training times. Want to work on improving flexibility, balance, strength or improving your performance in a sport? We will match you with a trainer who can meet your needs.

Ages: 10 and older

Fee: \$25/half hour and \$45/hour for members only

Adult Basketball

5-on-5 full-court games with time clock. Get a pass from the front desk on the day-of.

Ages: 30 and older

Date: Wednesdays

Time: 8-9:45 p.m.

Fee: Free, for members only



Group Personal Training

You get the benefits of personal training with the camaraderie and "push" of working on a team. Includes TRX, free weights, HIIT, flexibility training, cardio and more! Groups meet twice per week for four weeks. Pricing based on group size.

Number of participants	Fee per member
2	\$136
3	\$90
4-6	\$68

Master/Adult Stroke Development

This program provides coached workouts, with an emphasis on stroke development so that you can reach fitness and swimming goals.

Ages: 18 and older

Date: Tuesdays and Thursdays

Time: 7-8 p.m.

Fee: FREE for members!

HEALTHY LIVING

Adult Volleyball

Open gym.
Ages: 18 and older
Date: Thursdays
Time: 8-9:45 p.m.
Fee: Free, for members only

YMCA's Diabetes Prevention Program

Sixteen one-hour classroom sessions are followed by monthly sessions to maintain progress. Find out if you qualify. For more information, visit ymcasuncoast.org/diabetes-prevention or contact Summer Cruff at 727 379 3473.

LIVESTRONG® at the YMCA

LIVESTRONG at the YMCA is designed for people affected by cancer. It's a 12-week progressive course meeting twice a week. You must pre-register. Learn more at ymcasuncoast.org/livestrong
Ages: 18 and older
Date: Session TBD every six weeks
Fee: Free to the community

SOCIAL RESPONSIBILITY

Togetherhood®

Togetherhood provides Y members with fun, convenient and rewarding ways to give back and support their communities. It is the YMCA's member-led service program for social responsibility. This program invites Y members to lead and participate in volunteer service projects that benefit the community where they live.

Learn more: Contact Jonathan Pazmino at jpazmino@ymcasuncoast.org



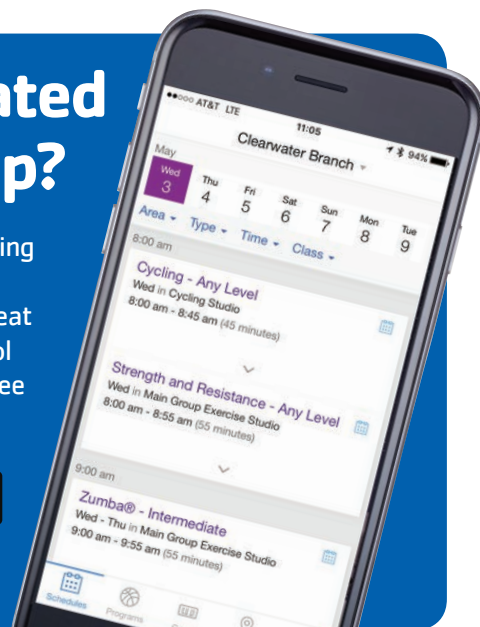
Between Sept. 11-Oct. 2, bring friends as many times as you like. When your friends join the Y, they pay no join fee, and you get a month's membership free! Learn more at ymcasuncoast.org/buddy

Have you updated to our NEW app?

If you haven't, or if you've been using our old one, now's the time to get our new smartphone app! It's a great way to see group exercise and pool schedules, sign up for programs, see the latest news and more!



Search for "YMCA of the Suncoast"



OUR AREA 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.

- JAMES P. GILLS FAMILY YMCA** 8411 Photonics Drive, New Port Richey, FL 34655 ymcasuncoast.org/gills P 727 375 YMCA
- GREATER PALM HARBOR YMCA** 1600 16th St., Palm Harbor, FL 34683 ymcasuncoast.org/palmharbor P 727 787 YMCA
- NORTH PINELLAS YMCA** 4550 Village Center Drive, Palm Harbor, FL 34685 ymcasuncoast.org/northpinellas P 727 772 YMCA
- PINELLAS-PASCO SCHOOL AGE PROGRAMS** 2469 Enterprise Road, Clearwater FL 33763 ymcasuncoast.org/pinellassap P 727 467 YMCA

