



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HELPING YOU LIVE BETTER

January–February 2018 Programs
CITRUS MEMORIAL HEALTH
FOUNDATION YMCA



YMCA OF THE SUNCOAST

HEALTHY LIVING

HEALTH, WELL-BEING & FITNESS

Group Exercise Schedule:

At ymcasuncoast.org

Adult Swim Lessons

Adult swim lessons are taught by a certified instructor. Visit the member services desk or ymcasuncoast.org to register! Our schedule is also available at ymcasuncoast.org.

MyFit

MyFit is a new member's orientation to the Wellness Center. Our wellness coaches will discuss your goals and help you establish a training routine that will guide you to a healthier lifestyle. Each new member is entitled to 3 complimentary myFit appointments. Our goal is to educate our members on how to initiate your exercise program and perform the exercises properly.



Youth and Teen myFit

The YMCA encourages youths and teens to exercise safely with our myFit program. Members between the ages of 10-15 are required to attending a group orientation PRIOR to engaging in any resistance training exercises. Sign up for the Youth and Teen myFit appointment is located at the desk in the Wellness Center. See a staff member if you have any questions.

Cycling

The Citrus Y has a dedicated cycling studio with certified instructors. Our standard classes are 60 minutes in duration. We also have a 30-minute Intro to Cycling class that is for beginners. This class can serve as many as 18 people and is available on a first-come, first-served basis.

Water Exercise Classes

Our low-impact aquatic exercise classes improve strength, posture, and stability. Because of the resistance of the water, these exercises ease stiff joints, relax sore muscles, and reduce pain and fatigue. We offer a variety of water exercise classes throughout the week:

Deep Water Exercise: 11:15 a.m.

Tuesdays and Thursdays

SilverSplash: 11 a.m.. Mondays and Wednesdays

Water Aerobics: 9 a.m. Mondays and Wednesdays, and 10 a.m. Saturdays

Aqua Yoga: 8:30 a.m. Tuesdays and Fridays

Personal Training

Get the motivation and assistance needed to achieve your goals with a nationally certified personal trainer. Personal training is an opportunity for you to receive professional assistance that will help you reach your goals in timely and efficient manner. Personal training is not just for elite athletes. Beginners, individuals with special needs and post-therapy members can obtain great results. Optimize your results today with a personal trainer.

Age: 10 and older

Times: Available for your schedule

Fee: \$40 for YMCA members only.

Package of 10 sessions for \$350

Cardio Fitness Water Aerobics

Join us for adult pickup games! These pickup games are for YMCA members who are 18 or older. No registration required!

Dates: Jan. 2-March 29

Times: 5:45-6:45 p.m. Tuesdays and Thursdays

GROUP INTERESTS

Y Run Club

For runners and people who want to learn how to run. You will receive guidance on how to safely begin your running program. All ability levels are welcome! Meet in the wellness center.
Weekly Meeting: 6 p.m. Tuesdays

FAMILY TIME

Parents Night Out

Enjoy some time out while we watch your child at the Y. We will play games, do activities, and eat lunch/dinner, snack, and more. Call for details.

Cost: \$10 for members;

\$20 for nonmembers

Times: 6-10 p.m. on select Fridays.

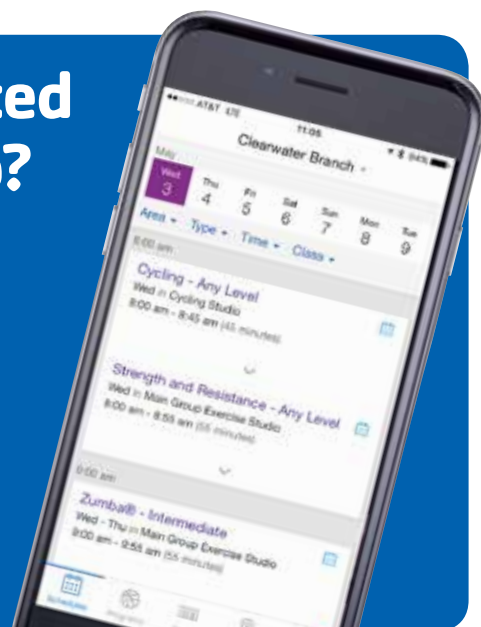
See the front desk for dates.

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"



YOUTH DEVELOPMENT

SWIM, SPORTS & PLAY

Pool Schedule: At ymcasuncoast.org

Swim Lessons

Small groups meet for 30 minutes, twice per week for four weeks. We also offer Saturday morning sessions for eight consecutive weeks.

Register: Online at ymcasuncoast.org or with a membership staff member

Group Lessons

Ages: 6 months–12 years

Times: For session times, go to ymcasuncoast.org/swimming.

Fees: \$35 per session for YMCA members and \$50 for nonmembers

Private Lessons

Ages: 6 months and older

Times: Scheduled with instructor

Fee: \$24 per 30 minute lesson for members; \$48 for nonmembers. Package prices are available

Developmental Swim Team

Ages: 6–8 and 9–12

Times: Mondays, Wednesdays and Fridays, 5:15–6:30 p.m. for ages 9–12 and 4:30–5:15 p.m. for ages 6–8

Fee: \$45/month for members; \$75/month for non-members

Taekwondo

Gain confidence, concentration, and core physical strength. Learning in small groups develops character and friendships. Beginners are welcome!

Ages: 5 and older

Time: Mondays and Wednesdays, 5 p.m. for beginners and 6 p.m. for intermediate/advanced

Fee: \$40 for members, \$70 for nonmembers

Location: Crystal River Fitness, 780 SE 8th Terrace, Crystal River



EDUCATION & LEADERSHIP

Enrichment Clubs

Look out for the second session of the Y's Enrichment clubs in January. These clubs take place at each of the 11 district elementary schools once per week for six weeks; classes include a sport, science, or an art.

After-School at Lecanto and Citrus Springs Middle Schools

Our after-school is available at Lecanto and Citrus Springs middle schools. Assistance is available for qualifying families with the School Readiness Program through the Early Learning Coalition of the Nature Coast.

Fee: \$30 per week

Learn more: ymcasuncoast.org/citrussap

CHILD CARE

Before- and After-School in Primary/Elementary Schools

Our school-age programs are in every Citrus County elementary school! Before- and after-school is available. Financial assistance is available for qualifying families through the YMCA People Helping People program or through the School Readiness Program through the Early Learning Coalition of the Nature Coast.

All Inclusive Plan: \$45 per week (includes all in-service days and holiday breaks)

Standard Plan: \$47 per week (includes all in-service days)

Morning or Afternoon Only: \$27 per day

Learn more: ymcasuncoast.org/citrussap

Celebrate your birthday at the Y!

Contact our birthday party coordinator, Katy Apicello, today to learn more about our party packages! Email kapicello@ymcasuncoast.org.

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 Bill Coyle at bcoyle@ymcasuncoast.org or Betsy Wooters at bwooters@ymcasuncoast.org



Volunteer at the Y

The Y offers many opportunities to volunteer. People can have fun, give back, and make a difference in their community. Choose to volunteer at special events or to work with members on a daily basis. With a focus on youth development, healthy living, and social responsibility, Y volunteers give men, women, and children of all ages and from all walks of life the resources and support they need to be healthy, confident, connected, and secure.

For more information, email Cait DiGirolamo at cdigirolamo@ymcasuncoast.org.

FREE Foster Care Access

All foster youths/teens age 21 and younger may gain free access into any YMCA of the Suncoast location. We are excited about our new partnership with Eckerd Kids, Directions for Living, Youth and Family Alternatives, Kid Central Inc. and Lutheran Family Services! Call us to learn more!

Financial Assistance

The YMCA is a charitable organization here to serve people of all ages, backgrounds, abilities and incomes. That's why we offer a financial assistance program. Charitable contributions to the YMCA enable us to provide financial assistance on a sliding scale. Everyone who qualifies will receive assistance to the greatest extent possible. If you would like to obtain more information about our People Helping People program, contact us today.



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.

CITRUS MEMORIAL HEALTH FOUNDATION YMCA 4127 W. Norvell Bryant Hwy., Lecanto, FL 34461 ymcasuncoast.org/citrus P 352 500 YMCA

HERNANDO COUNTY YMCA 1300 Mariner Blvd., Spring Hill, FL 34609 ymcasuncoast.org/hernando P 352 688 YMCA

Find our other locations and learn more at ymcasuncoast.org

