



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HELPING YOU LIVE BETTER

January–February 2018 Programs
GREATER PALM HARBOR YMCA



YMCA OF THE SUNCOAST

YOUTH DEVELOPMENT

SWIM, SPORTS & PLAY

Private Swim Lessons are available.

Ask at the Member Services desk.

Diving

Level I will help you learn and refine the techniques of springboard diving. All divers must be able to swim 25 yards and perform a forward dive off the 1-meter board. Level II will refine techniques.

Winter Session

Times: 5-6:15 p.m. Mondays, Tuesdays and Thursdays

Sessions: Jan. 8-Feb. 2 and Feb. 2-March 30

Fees: \$80 for full members and \$140 for basic members

Piranhas Swim Team

This year-round competitive swim team strengthens and develops each swimmer in a positive and supportive environment. Each workout group develops ability levels, working toward individual goals which may include reaching Junior Olympics, sectional or national qualifying times.

Cost: Varies by level. Now taking monthly drafts for this program!

Practice Time: Varies by level

Level Placement Testing: 5-5:15 p.m. Mondays

Basketball Leagues

Basketball is our game — we invented it! — and we have leagues for ages 5-14. All games are in the Palm Harbor Middle School gymnasium.

Fee: \$80 for full members and \$120 for basic members

Season: Begins Jan. 22

Ages 5-7

Times: Monday and Wednesday nights, 6-7 p.m.

Organizational meeting: 6 p.m. Jan. 22

Ages 8-10

Times: Tuesday and Thursday nights, 6-7 or 7-8 p.m.

Organizational meeting: 7 p.m. Jan. 22

Ages 11-14

Times: Monday and Wednesday nights, 7-8 or 8-9 p.m.

Organizational meeting: 6 p.m. Jan. 23

Special Olympics Swim Team

Ages 14 and younger: 12-1 p.m. Saturdays

Ages 15 and older: 11 a.m.-noon Saturdays and 7:45 p.m. Wednesdays

Contact: Heather at 727 787 YMCA

Dance

Ages: 3-5

Dates: Jan. 8, 15, 22 and 29, and Feb. 5, 12, 19 and 26

Fee: \$42 for full members and \$84 for basic members

Zumba Kids

Ages: 5 and older

Time: 4:30-5:15 p.m. Tuesdays
Fee: FREE!

Zumba Jr.

Ages: 3-5

Fee: FREE!

Time: 9:35-10:15 a.m. Mondays and Wednesdays

Flag Football

Ages: 5-6, 7-9, 10-11, 12-14 and 15-17

Early Bird Registration:

Through Jan. 31, \$65 for full members and \$90 for basic members

Registration: After Jan. 31, \$90 for full members and \$115 for basic members

Season: Begins Feb. 17

Games: Held at Palm Harbor University High School, Centre Field and Palm Field.

Ages 5-6 plays Saturday, 8:30-9:30 a.m.

Ages 7-14 will have one weekday practice and a Saturday game, beginning Feb. 17

Ages 15-17 will have one weekday practice and a Saturday game, beginning Feb. 24

Organizational meetings: At the Greater Palm Harbor YMCA, Saturday, Feb. 10. Ages 7-9 meet at 9 a.m., ages 10-11 at 11 a.m. and ages 12-14 at 1 p.m.

Youth Soccer

Ages 3-4 and 5-6

Season: Begins Jan. 17

Times: 5-6 p.m. Wednesdays

Fee: \$35 for full members and \$60 for basic members

Ages 7-12

Season: Begins Jan. 16

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

Fee: \$60 for full members and \$100 for basic members

Train to Compete Kids Triathlon Training



This clinic is designed for all fitness levels and includes education and training in base endurance building, agility and interval trainings for speed. Train to compete in the upcoming St. Anthony's Meek & Mighty Triathlon!

Ages: 7-15

Dates: Feb. 3-April 21

Time: Noon-1:30 p.m. Saturdays

Fee: \$120 for full members and \$240 for basic members

EDUCATION & LEADERSHIP

Teen Leaders Club

Young adults ages 13-17 learn about the many benefits of community service. Participants will learn about volunteering, positive role model behaviors, building relationships and fundraising. Teens meet weekly to plan events, exercise, discuss service projects and have fun with team building activities. Teen Leaders provides participants with tools to be successful in school, life and their communities.

When: 6:30-7:30 p.m. Mondays

Dates: September 2017-June 2018

Contact: Sheli Cason, ecason@ymcasuncoast.org

HEALTHY LIVING

SPORTS AND RECREATION

Karate

Sensei Justin, a third-degree black belt, teaches a high-energy class your kids will enjoy. Whether you're advanced or just beginning, there is a spot for you.

Preschool Karate

Ages: 3-6

Fee: \$50 for members and \$100 for non-members

Dates/Times: Tuesdays and Thursdays, 4:30-5 p.m.

Beginner Karate

Ages: 7-12

Dates/Times: 5-5:45 p.m. Tuesdays and Thursdays

Fee: \$50 for members and \$100 for non-members

Intermediate Karate

Ages: 7-12

Dates/Times: 5:45-6:30 p.m. Tuesdays and Thursdays, and 11 a.m.-noon Saturdays

Fee: \$65 for members and \$130 for non-members

Karate 13 and older

Now teens and adults can join Sensei Justin in a karate class. Great for beginners or former karate participants.

Dates/Times: 7:45-8:45 p.m. Tuesdays and Thursdays and noon-1 p.m. Saturdays

Fees: \$65 for full members and \$130 for basic members

Masters Swim Team

Designed for a variety of adult swimmers. Train to improve overall fitness, develop better technique, or for a triathlon/U.S. Masters Swimming competition. USMS membership strongly encouraged, but not required for practices.

Dates: Jan. 8-22 and Feb. 5-March 30

Times: Mondays and Wednesdays at 12:30 and 7:30 p.m.; Fridays at 7:30 p.m.

Fee: \$40 for full members, \$80 for basic members

HEALTH, WELL-BEING & FITNESS

Cage Fit Training

This four-week metabolic conditioning class builds camaraderie and confidence as you train in a small group setting with a personal trainer!

Ages: 18 and older

Times: 9:15-10 a.m. or 6-6:45 p.m. either Mondays/Wednesdays, or Tuesdays/Thursdays; or 9-9:45 a.m. Saturdays

Sessions: Jan. 2-29, Feb. 5-March 30

Fees: Weekday sessions are \$80 for full members and \$160 for basic members; Saturdays are \$40 for full members and \$80 for basic members

Massage Therapy

Massages can increase vitality, restore energy and mental alertness. Our licensed massage therapists will relieve stress, ease muscle soreness and relax tension. Treat yourself or your loved ones!

Ages: 18 and older

NEW PRICING! 60 minutes is \$55 for full members!

Times: Appointments only. Call Claire, 813 215 3884, or Ken, 727 224 2681

Group and Personal Training

Achieve your goals with a certified trainer.

Ages: 10 and older

Times: Trainers available for your schedule

Personal training fees (one-on-one)

30-minute session: \$25

60-minute session: \$45

Three 60-minute sessions: \$126

Six 60-minute sessions: \$246

12 60-minute sessions: \$480

Group training fees Per person with one trainer for six weeks, full members only:

Members	2	3	4
2 days/wk	\$240	\$160	\$120

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!

CHILD CARE

Middle School Before- and After-Care

For students at Carwise and Palm Harbor middle schools.

When: Beginning Thursday, Aug. 10, from 6:30 a.m.-6:30 p.m.

More info: Call Linda Penn at 727 787 YMCA for information

Parents Night Out

Time: 6-10 p.m. for Friday PNOs, our Saturday PNO from 5-9 p.m.!

Dates: Fridays, Jan. 12 and 26, Feb. 9 and 23, 6-10 p.m.; Saturdays, Jan. 2- and Feb. 17, 5-9 p.m.

Friday fees: \$12 for full members and \$24 for basic members (On the day of, \$15 for full members, \$30 for basic members)

Saturday fees: \$15 for full members and \$30 for basic members (On the day of, \$18 for full members, \$36 for basic members)

Learning and Growing Preschool Programs

With qualified instructors and a great curriculum, your child will learn, grow and thrive! Sign language on Tuesdays, Math & Science on Thursdays and Fun Friday/Arts & Smarts on Fridays.

Ages: 3-5

Times: 9:15 a.m.-noon

Fee: \$15 Full Members per class and 4 classes for \$50

Les Mills Launch is Jan. 14-21! TRX training coming soon!

HEALTHY LIVING

Enhance[®]Fitness

A low-cost, evidence-based, 12-week group exercise program that helps older adults become more active and energized. Contact for exact dates.

Dates: Join the first Monday of the month

Fees: FREE

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

Time: Noon-1:15 p.m. Mondays and Wednesdays beginning Jan. 8

Moving For Better Balance Falls Prevention Program

This 12-week, evidence-based, instructor-led group program is designed to improve strength, mobility, flexibility, and balance through the therapeutic movements of Tai Chi, a graceful form of exercise and deep breathing.

Dates: Feb. 6-April 26

Times: 10:45 a.m. Tuesdays and Thursdays

Contact: Ginny Lisle, glisle@ymcasuncoast.org

GROUP INTERESTS

Knitting and Crocheting

Open to the public!

Date: 12:15-1:30 p.m. Tuesdays

Where: Lobby

Fee: FREE

Active Older Adults Luncheon

Open to the public!

Date: 12:30 p.m. Jan. 11 and Feb. 8

Garden Group

Open to the public!

Date: 4 p.m. every second Tuesday of the month

Faith-Based Group

Open to the public!

Time: 10:30-11:30 a.m. Wednesdays

Drawing Group

Open to the public!

Time: 10:30-11:30 a.m. Mondays

Lunch & Learn

Guest speakers from Florida Hospital North Pinellas.

Dates: Jan. 15 and Feb. 5

Times: Lunch at 11:30 a.m., speaker at noon

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 Jessica Heck at jheck@ymcasuncoast.org



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.

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

CLEARWATER YMCA 1005 S. Highland Ave., Clearwater, FL 33756 ymcasuncoast.org/clearwater P 727 461 YMCA

JAMES P. GILLS FAMILY YMCA 8411 Photonics Drive, New Port Richey, FL 34655 ymcasuncoast.org/gills P 727 375 YMCA

PINELLAS-PASCO SCHOOL AGE PROGRAMS 2469 Enterprise Road, Clearwater FL 33763 ymcasuncoast.org/pinellassap P 727 467 YMCA

