



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HELPING YOU LIVE BETTER

November–December 2017 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 comfortably perform a forward dive off the 1-meter board. Level II will refine techniques.

Fall Session

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

Sessions: Nov. 6-Dec. 1 and Dec. 4-29

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

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: Nov. 6-27 and Dec. 4-18

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

YFL Flag Football

Mark Your Calendars! Registration begins Jan. 2, and the league begins in February. Ages 5-17!

CHILD CARE

Middle School Before- and After-Care

At Carwise and Palm Harbor.

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

More info: Call James Macchiarola at 727 787 YMCA for information and pricing

Thanksgiving Camp at the Y

The week of Thanksgiving does not have to be complicated! Count on the Y to keep your school-aged children engaged while you are at work.

Ages: 6-12

Dates: Nov. 20-24 from 7:30 a.m.-6 p.m.

Fee: \$65 for full members and \$105 for basic members

Winter Break Camp at the Y

Ages: 6-12

Dates: Dec. 26-29 and Jan. 2-5

Fee: \$65 for full members and \$105 for basic members

Breakfast with Santa

Enjoy a hearty pancake breakfast and visit with Santa!

Date: Saturday, Dec. 9, 9:30-11:30 a.m.

Fee: \$7 for full members and \$10 for basic members; for family members, \$21 for full members and \$30 for basic members

Parents Night Out

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

Dates: Fridays, Nov. 10 and 24, Dec. 8 and 22, and Saturday, Nov. 18

Friday fees: \$12 for full members and \$24 for basic members

Saturday fees: \$15 for full members and \$30 for basic members

Sign up in advance! NEW fees if you register the day of the program!

Fridays: \$15 for full members,

\$30 for basic members

Saturdays: \$18 for full members,

\$36 for basic members

Parents Shopping Day Out

Date: Saturday, Dec. 16, 11 a.m.-5 p.m.

Fee: \$20 for full members and \$40 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

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: Nov. 6-Dec. 1 and Dec. 4-29

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

Youth Functional Fitness

A four-week program designed to help teens stay active while building positive relationships, increasing self confidence and improving overall wellness.

Ages: 10-13

Times: Tuesdays/Thursdays, 6:30-7:30 p.m.

Sessions: Nov. 7-30 and Dec. 5-28

Fees: \$40/session for full members and \$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.

Tuesdays and Thursdays, and 9-9:45 a.m. Saturdays

Nov. 14-Dec. 9 Session: Tuesday/Thursday sessions are \$80 for full members and \$160 for basic members; Saturdays are \$40 for full members and \$80 for basic members

Dec. 12-30 Session (three weeks):

Tuesday/Thursday sessions are \$60 for full members and \$120 for basic members; Saturdays are \$30 for full members and \$60 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

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

	30 mins.	60 mins.	90 mins.
Members			
Full members	\$35	\$50	\$75
Basic members	\$60	\$90	\$150

10% OFF! On Massage Packages from Nov. 13-24! For 3, 5 and 10-hour packages!

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

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, beginning Nov. 6

Times: 11:30 a.m.-12:30 p.m. Mondays, Wednesdays and Fridays

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: 6:30-7:30 p.m. Tuesdays and Thursdays, starting Nov. 14

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: Coming soon!

Contact: Ginny Lisle, glisle@ymcasuncoast.org

Yoga Workshop

Join Sandy Bryant for a lumbar and sciatica pain workshop.

When: 11:45 a.m.-1 p.m. Nov. 24

Fee: \$10

HEALTHY LIVING



MAINTAIN! DON'T GAIN!

Six-Week Buddy Training Program Begins Nov. 12

Grab a buddy and begin a new fit life together! From a customized workout plan to receiving ongoing motivation and support, our personal trainers are dedicated to helping you and your friend achieve your specific fitness goals. Meet for 30 minutes twice per week with a personal trainer. Reserve your spot today! One of our certified personal trainers will contact you to schedule your days and times.
Fee: \$120 for full members and \$240 for basic members
Dates: Nov. 12–Dec. 23

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. Nov. 9 and Dec. 14

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: Nov. 21 and Dec. 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 James Macchiarola at jmacchiarola@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

