



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HELPING YOU LIVE BETTER

March-April 2018 Programs
NORTH PINELLAS YMCA

YMCA OF THE SUNCOAST

YOUTH DEVELOPMENT

SWIM, SPORTS & PLAY

Pool Schedule: At ymcasuncoast.org

Swim Lessons

Our progressive model of swimming instruction allows any individual to learn swimming fundamentals and build skills gradually. Small groups meet for up to 45 minutes, depending on age.

Group Lessons

Ages: parent & child (6-36 months; preschool (3-5 years); youth (6-12 years); adult (13 and older)

Times: Various

Fee: \$56 for 8 weekday lessons or \$28 for 4 weekend lessons for full members; for basic members, \$91 for eight weekday lessons or \$56 for 4 weekend lessons

Private Lessons

Instruction with a certified instructor.

Ages: 3 and older

Times: Scheduled with instructor

Fee: \$24 per half-hour for full members; \$48 per half-hour for basic members. Buy more and save!

Stroke Development

Participants work on fine-tuning their strokes, breathing, flip-turns, competitive starts and building endurance in preparation for joining a swim team.

Ages: 5-13

Times: Various

Fee: \$30 for 4 sessions for full members; for basic members, \$45 for four sessions

Dance

Focuses on ballet and tap techniques. Develops self-confidence and promotes an active lifestyle. Ballet shoes and leotard required, skirt and tights optional. Recital in December and May.

Ages: 3-4, 5-8

Times: Wednesdays, 5:15-6 p.m. (ages 3-4) & 6-6:45 p.m. (ages 5-8)

Fees: Monthly, \$42 for full members, \$84 for basic members

Piranhas Swim Team

A year-round competitive swim team, meeting the needs of every level of swimmer. Tryouts are 5 p.m. weekdays. Find out more at ymcasuncoast.org/swim-teams

Ages: 6-18

Times: Monthly, vary based on level

Fee: Based on level

Scuba

Our NAUI instructor ensures you become a responsible diver with weekly classroom & pool sessions. Two open water dives will be required to complete your certification.

Ages: 12 and older

Times: Sessions TBA

Fee: \$195 for full members and \$390 for basic members

Soccer

Ages: 3-6

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

Season: March 10-April 21

Times: 9:30-10:30 a.m. Saturdays

Taekwondo

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

Ages: 4 and older

Time: Tuesdays. Ages 4-10 from 6-6:45 p.m.; ages 11-older from 7-7:45 p.m.

Fee: \$45 for full members and \$90 for basic members

Advanced Taekwondo

This add-on class builds on fundamentals learned in taekwondo.

Ages: All with a yellow belt or higher

Time: 6-6:45 p.m. Thursdays

Fee: \$25 for full members and \$50 for basic members

Group Tennis Lessons

Lessons for all levels, beginner to advanced.

Ages: 3 and older

Day: Varies based on level

Fee: \$75 per session for full members; \$150 per session for basic members

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 April 2

Ages 5-7

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

Organizational meeting: 6 p.m. April 2

Ages 8-10

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

Organizational meeting: 6 p.m. April 3

Ages 11-14

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

Organizational meeting: 7 p.m. April 2



EDUCATION & LEADERSHIP

Teen Leaders Club

Teen Leaders render volunteer service in the Y and community, plan and participate in teen events, and participate in training/activities that promote leadership, personal growth, physical fitness and social development. Students complete 150 hours during the year. They must maintain a minimum 2.5 GPA.

Ages: 12-18

Times: Mondays, 6-7 p.m.

CHILD CARE

Parents Night Out

Have the night out while your kids are having fun on the splash pad or watching a movie! We serve dinner, play games, do a small craft project, and other activities.

Ages: 3-12

When: 6-10 p.m. on the first and third Fridays of each month

Fee: \$12 for full members and \$18 for basic members

FAMILY TIME

Birthday Parties

Parties include a Y host to organize games, and 2-hour Kids Zone and Family Center use. Includes table wear, utensils, balloons and birthday gift. Splash pad and pool options available!

Times: 3:30 p.m. Saturdays or Sundays

Fees (for 20 children): Kids zone parties are \$145 for full members and \$185 for basic members; splash pad parties are \$245 for full members and \$285 for nonfull members. An additional \$10 for each additional child.

HEALTHY LIVING

HEALTH, WELL-BEING & FITNESS

Personal Training

Age: 10 and older

Times: Available for your schedule

Fee: \$45/hour for full members; packages available. Purchase more at one time and save!

Group Personal Training

Train in a small group of 3-8 people, all working toward individual goals through similar workouts. Contact Jillian Coleman at jcoleman@ymcasuncoast.org to learn more today! Groups run eight weeks.

Ages: 18 and older

Day/Time: Varies

Fee: Varies by program

Nutrition Counseling

Develop a healthier lifestyle, changing your body and your relationship with food. Education and goal-setting consultations or ongoing support from a registered dietitian are available.

Day/Time: By appointment

Fee: Initial consultation (1 hour) and two follow-ups (30 minutes each), \$150 for full members, \$300 for basic members. Additional 30 minute sessions are \$40 for full members, \$80 for basic members

YMCA's Diabetes Prevention Program

Sixteen one-hour classroom sessions are followed by monthly sessions to maintain progress. 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

Fee: FREE. Registration required.

Massage

Massage therapy isn't just "me time." Studies continue to prove the physical and emotional benefits of even one therapy session. As the health benefits are proven more and more, so does the number of people who seek therapy. Find out for yourself just what massage therapy can do for you!

Ages: All

Times: By appointment

Fee: \$50/hour

Enhance®Fitness

EnhanceFitness is an evidence-based group exercise program that uses simple, easy-to-learn movements that motivate individuals (particularly those with arthritis) to stay active throughout their life. The 16-week program's purpose is to help participants become more active, energized, and empowered for independent living.

Ages: All

When: Participants are added the first Monday of each month. The next start dates are Jan. 8 and Feb. 5.

Times: Mondays and Wednesdays, 2-3 p.m.; Fridays, 1-2 p.m.

CageFit 30

It's 30-minute, high-intensity small group training that you don't want to miss!

Days/Times: Mondays-Fridays, 9 a.m. and 7 p.m.; Saturdays, 8:30 a.m. and 10 a.m.

Fees: \$59.99 per month for members

SPORTS & RECREATION

Tennis Fit

A group fitness program that uses basic tennis skills to provide a moderate cardiovascular workout.

Ages: 18 and older

Times: 10 a.m. Wednesdays and Fridays

Fee: \$75 for 5 classes or \$150 for 10 classes for full members; for basic members, \$135 for 5 classes or \$170 for 10 classes

HEALTHY LIVING

SPORTS & RECREATION

Private Tennis Lessons

Day: By appointment
Fee: \$55 per hour for full members;
\$110 per hour for basic members

Group Tennis Lessons

Lessons for all levels, beginner to advanced.
Day: Varies based on level
Fee: \$75 per session for full members;
\$150 per session for basic members

Ladies Doubles and Single Flex Tennis Leagues

Multiple leagues available. All levels.
Ages: 18 and older
Fee: Variable

Live Tennis Drills

Game and point based drills led by a tennis pro in which doubles, pairs or singles compete in a fast paced class.
Ages: 13 and older
Times: Variable, ongoing
Fee: \$75 for 5 classes or \$150 for 10 classes for full members; for basic members, \$135 for 5 classes or \$170 for 10 classes

Round Robin Tennis Play

Pick-up matches for all abilities.
Ages: 18 and older
Day: Monday-Saturday
Time: 7 a.m.-noon
Fee: FREE for full members

GROUP INTERESTS

MASH (Mainstream Adults Sharing Hope)

Adults with physical or mental challenges meet to socialize, stay active and engage with their community through various programs and activities. Call for details.
Ages: 18 and older
Time: 7-9 p.m., second/fourth Fridays
Fee: FREE for full members, \$10 per meeting for basic members

FAMILY TIME

Breakfast with Bunny

Bring your friends and family for a hoppin' good time! There'll be breakfast, games, and arts and crafts to add to the fun. This event benefits our Y's Teen Leaders. Open to the community!
Ages: 10 and younger
Date: Saturday, March 17
Time: 9-11:30 a.m., with Easter egg hunt at 9:30 a.m.
Fee: \$3

**AWAKEN
SUMMER
IMAGINATION**

**Kick Off
Summer With
Healthy
Kids
Day®!**

When kids are inspired, they can do anything. Let's awaken their imagination so they can explore new activities and healthy habits. Join us!

**Saturday
April 21
10 a.m.-3 p.m.
FREE EVENT
AT JOHN CHESNUT
JR. PARK**

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.

NORTH PINELLAS YMCA 4550 Village Center Drive, Palm Harbor, FL 34685 ymcasuncoast.org/northpinellas P 727 772 YMCA

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

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

