



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HELPING YOU LIVE BETTER

January–February 2018 Programs  
GREATER RIDGECREST YMCA

**WE  
LOVE  
OUR  
MEMBERS!**

Member Appreciation Day  
is Feb. 14!

YMCA OF THE SUNCOAST

# YOUTH DEVELOPMENT

**Pool reopens in mid-February:** See the pool schedule at [ymcasuncoast.org/ridgecrest](http://ymcasuncoast.org/ridgecrest)

## SWIM, SPORTS & PLAY

### Co-Ed Youth Basketball

Here at the Y, we make sure that every child gets to play and that our games are safe, fair and most of all fun. We help children become better players and better people. **Registration starts Jan. 8.**

#### Ages 3-5

Sessions will be held on Saturdays 30 minutes for practice and 30 minutes for games.

**Season:** Jan. 27-March 3

**Fee:** \$30 full members; \$40 basic members

**Time:** 10-11 a.m.

#### Ages 6-12

**Season:** Jan. 29 - Mar. 7

**Fee:** \$30 full members; \$40 basic members

**Practices:** 6:30-7:30 p.m. Mondays and Wednesdays

**Games:** Fridays, begins at 6:30 p.m.

#### Ages 13-18

**Season:** Jan. 15 - Mar. 17

**Fee:** \$40 full members; \$50 basic members

**Practices:** 5:30-6:30 p.m. Mondays, Wednesdays and Fridays

**Games:** Saturdays, begins at 11 a.m.

### Co-Ed Soccer

**Ages:** 3-12

**Register:** Beginning Feb. 12

### Co-Ed Baseball & Softball

**Ages:** 13-18

**Register:** Beginning Feb. 25

### Ridgecrest Piranhas Swim Team

Interested in joining a swim team? Come and join us for our swim team where participants will develop various strokes, turns, starts, build endurance, and participate in some friendly swim meets. Skill level doesn't matter. Swim evaluation required. Goggles and swim caps recommended.

**Age:** 10-16

**Dates:** Tuesdays and Thursdays

**Time:** Practices are 6-7 p.m.

**Season:** Starting in March

### Group Swim Lessons

YMCA swim lessons are offered for toddlers, youth and teens, including parent/child. New programming sessions will be starting in March.

#### Private Swim Lessons are available

Ask at the member service desk.

### Dance for Ages 7-18

Dance teaches communication, team building skills, and improved body fundamentals through dance moves with style. This program encourages self-development in confidence, trust, growth and self love. Performances will be at community and YMCA special events. This program runs year round. Dance styles include Step, Hip-Hop, basic Jazz, Lyrical, African and Praise dancing, with theatrical showcasing. First practice is Feb. 13!



**Age:** First-12th grades (ages 7-18)

**Registration Fee:** \$25

**Monthly Activity Fee:** \$10 full members; \$15 basic members

**Registration:** Jan. 8-Feb. 16

**Practices:** Ages 7-12, 5:30-7 p.m.

Tuesdays; Ages 13-18, 5:30-7 p.m.

Thursdays; All, 6-8 p.m. Fridays

**Workshops:** Ages 7-12, noon-2 p.m. Jan. 27; ages 13-18, 1-3 p.m. Feb. 3

### Music Mania: Ridgecrest Gospel Choir

This program empowers young inspiring to become leaders for peace in their communities by providing a space where they can engage one another in musical and verbal dialogue. Dance styles include hip-hop, pop, jazz majorette and African dancing. This program runs year-round. Performances at community events and YMCA special events.



**Age:** 13-21

**Fee:** \$20

**Sign-Up:** Starts Jan. 8

**Practices:** 3-5 p.m. Thursdays

**First Practice:** Feb. 1

## CHILD CARE

### Kids Night Out: Extreme Fun Center

At the Y, we know parents need a break from time to time. With Kids Night Out, parents enjoy the night out while kids have a night out of their own. Spots are limited!

**Ages:** Kindergarten-fifth grade

**Fees:** \$15

#### Extreme Fun Center

**Date:** Jan. 5

**Time:** 6:30-11 p.m. (Leave 7:15 p.m.)

#### Chuck E. Cheese

**Date:** March 2

**Time:** 6:30-11 p.m. (Leave 7 p.m.)

### Overnight Adventures: Celebration Station

Parents, are you looking for a Friday night without the kids? Bring your kids to the Y Overnight Adventures, where they will have a night full of adventurous fun. Spots are limited so don't delay sign up today.

**Ages:** Kindergarten-fifth grade

**Fees:** \$20

**Date:** Feb. 2

**Time:** 6-10:30 p.m.

### Teen Night: High School

Join us for an evening of music, dance, socializing and fun! Come out and have a fun night with your school friends.



**Ages:** 15-18 (must be in grades 9-12)

**Fees:** \$5

**Date:** Every third Friday

**Time:** 6:30-midnight

### Youth Night: Middle School

Join us for a night full of fun, activities, games and more.



**Ages:** 12-15 (must be in grades 6-8)

**Fees:** \$3

**Date:** Every fourth Friday

**Time:** 6:30-midnight

## EDUCATION & LEADERSHIP

### Teen Achievers & Bridging the Achievement Gap (BTAG)

Building scholars and supporting education. This program for high school students helps with homework, career counseling and more. Besides homework and career counseling for students the program will also help teens improve their GPA, tutor for PSAT/SAT/ACT, graduate with a high school diploma, prepare for Florida State Assessments, and complete college or career admission steps. Through civic engagement, community service projects, and academic enhancement programs, student make new friends, learn healthy lifestyle choices and prepare for their future. Teens also participate in college and career tours.

**Ages:** 15–18 (grades 9–12)

**Fee:** \$40 a year (school year calendar)

**Days:** Mondays, Wednesdays and Fridays

**Time:** 3–5 p.m.

**Bus Pickups:** Seminole, Osceola, Pinellas Park and Largo high schools, and Norton Recreation Center

**Contact:** Caleb Mitchell at [cmitchell@ymcasuncoast.org](mailto:cmitchell@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!

**Zumbini and Kids Zumba coming soon!**

## HEALTHY LIVING

### HEALTH, WELL-BEING & FITNESS

#### SilverSneakers® Classic

A variety of exercises designed to increase muscular strength, range of movement, and activities of daily living. (Clase de aeróbico de bajo impacto para adultos mayores de edad.)

**Age:** Active Older Adults

**Fee:** FREE for full members (insurance coverage); \$5 for basic members

**Time:** 10–10:45 a.m. Tuesdays and Thursdays

#### Strength Lite

Class focus is on overall health and designed for Active Older Adults. This class includes cardio, stretching, upper and lower body conditioning. Chair usage is available.

**Ages:** 10 and older

**Fee:** FREE for full members; \$5 for basic members

**Date:** Mondays & Fridays

**Time:** 10–10:45 a.m.

#### Line Dancing

Learn line dancing choreography during this fun class. (Aprende lo clásico de baile en línea y mucho más, ajustado a música que te da energía.)

**Ages:** 10 and older

**Fee:** FREE for full members; \$5 for basic members

**Time:** 6:30–7:30 p.m. Mondays

#### Stretch & Flex

Class is focused on stretching all the major muscles incorporated with relaxation.

**Age:** 10 and older

**Fee:** FREE for full members; \$5 for basic members

**Time:** 10–10:45 a.m. Wednesdays

### Community Events

**Community Support Kickoff:** March 8, 6:30 p.m.

**Health & Wellness Fair:** March 10, 10 a.m.

**Youth Membership Drive:** Month of March, Special Offer \$20

**Healthy Kids Day:** April 21, 10 a.m.

#### Yoga

Come and meet our new instructor Denise for yoga. The goal of yoga is attainment of physical and mental well-being.

**Age:** 13 and older

**Fee:** FREE for full members; \$5 for basic members

**Time:** 11–11:45 a.m. Saturdays

#### Cardio Core

A cardiovascular workout followed by core strengthening. This moderate-to-high intensity class will strengthen muscle and tone your body.

**Age:** 15 and older

**Fee:** FREE for full members; \$5 for basic members

**Time:** 6:30–7:30 p.m. Wednesdays

#### Zumba

A fusion of Latin and international music and dance themes creating an effective cardiovascular workout. You do not need to know how to dance.

**Age:** 10 and older

**Fee:** FREE for full members; \$5 basic members

**Time:** 7–7:45 p.m. Tuesdays and Thursdays; 9–10 a.m. Saturdays

## FAMILY TIME

### Family Movie Night

We value family time at the YMCA.

Come enjoy a movie and snacks.

You can meet other families of your community. FREE night sponsored by the Pinellas County Sheriff Office.

**Ages:** All

**Time:** 7 p.m. Jan. 12

**Fee:** FREE

## HEALTHY LIVING

### FAMILY TIME

#### Music Showcase

Come and join us for this great opportunity to show the hard work and dedication of the Ridgecrest Gospel Choir. Don't miss out on this great showcase! Open to the public!

**Dates:** Friday, Jan. 26

**Time:** 6:30–8 p.m.

#### Valentine's Day Potluck

Join us for great food, laughter, and fun socialization. Bring your favorite dish to share at our Active Adults potluck, celebrating love together on Valentine's Day! We will be playing music, telling stories and enjoying great each other's company.

**Age:** Open to the public!

**Date:** Wednesday, Feb. 14

**Time:** 11 a.m.–12:30 p.m.

#### Annual Strawberry Festival Trip

Bring a friend and a neighbor! All are welcome to join us for our annual social outing, a trip to the Florida Strawberry Festival in Plant City. Pick up locations are at the Clearwater, Ridgecrest and High Point YMCAs. Sign up today — space is limited!

**Age:** Open to the public!

**Date:** Thursday, March 8

**Time:** 9 a.m.–5 p.m.

**Fees:** \$30 (Includes ticket and bus ride)

**Register by:** Wednesday, Feb. 28

#### Green & White Ball

Join us for a night of lucky surprises, dancing and fun. Come dressed to impress in your St. Patrick's Day colors. There will be a 50/50 raffle, best St. Patty's Day Charm for a male and a female, and Best Coordinated Couple. Tickets go on sale Monday, Jan. 22.

**Ages:** Open to the public! (25 and older)

**When:** Saturday, March 17

**Time:** 7 p.m.

**Fee:** \$12 for singles; \$20 for couples

#### Financial Assistance

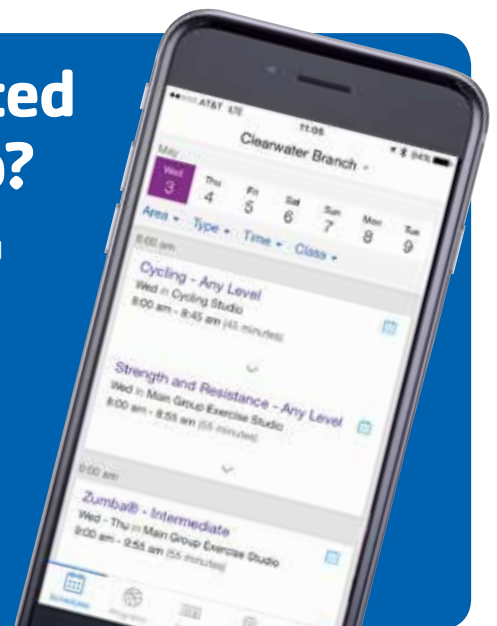
The YMCA is a charitable organization serving people of all ages, backgrounds, abilities and incomes. That's why we offer a financial assistance program. Charitable contributions to the Y enable us to provide financial assistance on a sliding scale. Everyone who qualifies will receive assistance to the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

## 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.

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

**HIGH POINT YMCA** 5345 Laurel Place, Clearwater, FL 33760 ymcasuncoast.org/highpoint P 727 507 YMCA

**GREATER RIDGECREST YMCA** 1801 119th St. N., Largo, FL 33778 ymcasuncoast.org/ridgecrest P 727 559 0500

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

