



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HELPING YOU LIVE BETTER

July–August 2018 Programs
GREATER RIDGECREST YMCA

GET
READY
FOR YMCA

**SUMMER
CAMPS**

SIGN UP
TODAY!

[ymcasuncoast.org/
summercamp](http://ymcasuncoast.org/summercamp)
Details on page 3

YMCA OF THE SUNCOAST

YOUTH DEVELOPMENT

SWIM, SPORTS & PLAY

Co-Ed Flag Football

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.

Ages 3-5

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

Season: May 5-June 9

Fee: \$20 for full members; \$40 for basic members

Time: 10-11 a.m. Saturdays

Ages 6-12

Season: May 7-June 22

Fee: \$25 for full members; \$45 for basic members

Practices: 6:30-7:30 p.m. Mondays and Tuesdays

Games: Saturdays

Ages 13-18

Season: May 7-Aug. 11

Fee: \$30 for full members; \$50 for basic members

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

Games: Saturdays

Co-Ed T-Ball

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

Ages: 3-5

Season: Through July 21

Fee: \$20 for full members; \$40 for basic members

Time: 10-11 a.m. Saturdays

Co-Ed Kickball

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

Ages: 6-12

Season: June 25- Aug. 10

Fee: \$25 for full members; \$45 for basic members

Pool Operations

May 21-Aug. 10

Monday-Friday: 10:30 a.m.-6:45 p.m.

Saturday: 10:30 a.m. - 4:30 p.m.

Sunday: CLOSED

Starting Aug. 11

Monday-Friday: 3:00-6:45 p.m.

Saturday: 10:30 a.m. - 4:30 p.m.

Sunday: CLOSED

Group Swim Lessons

YMCA swim lessons are offered for toddlers, youth and teens, including parent/child. New programming sessions will start in June. Contact member services for more information at 727 559 0500.

Private Swim Lessons are available

Ask at the member service desk.

CHILD CARE

Kids Night Out

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

Movie & Popcorn

Date: July 6

Time: 6-11 p.m. (Depart TBD)

Overnight Adventures

Parents, are you looking for a Friday night out? Bring your kids to Y Overnight Adventures, where they will have a night full of adventurous fun. Spots are limited, so don't delay — sign up today.

Age: Kindergarten-fifth grade

Fees: \$20

CiCi's Pizza & Arcade

Date: Aug. 3

Time: 8 p.m.-8 a.m. (Depart at 7 p.m.)

Teen Night: Pool Party

High school students are invited to get up and dance, play games and join the biggest night of fun around! Come out and have an entertaining time with your school and neighborhood friends. Be there or be Square!

Ages: 15-18 (must be in high school)

Fees: \$5 per person

Date: April 20 and every third Friday after

Times: 3:30-7 p.m.

Youth Participation in Adult Group Exercise Classes

Members ages 10-12 can attend group exercise classes with a parent/guardian and ages 13 and older can attend on their own (appropriate behavior required). We strongly encourage participation in our youth programs, as they have been determined to be at the appropriate level of intensity and content for this age group. In the event that a youth member participates in an adult group exercise class, a parent MUST participate with them; no exceptions.



CAMP

Camp Tuskegee

At the Y, we believe that every child should live up to their God-given potential. We strive to make the summer fun and a learning experience for kids. We teach character development and use group activities and games to teach the YMCA core values of caring, respect, responsibility, and honesty. We promote the development of friendship among diverse groups, encourage creativity and self-expression, focus on good sportsmanship, and ask every camper to have respect for others and camp surroundings. REGISTER NOW!

Ages 5–12

Must have completed kindergarten.

Season: Through Aug. 10

Fee: \$105 per week

Time: 6:30 a.m.–6 p.m.

Ages 12–15 Teen Adventures

Must have completed fifth grade.

Season: Through Aug. 10

Fee: \$30–55 for full members;

\$50–75 for basic members

Time: 7 a.m.–6 p.m.

Ages 13–18 Teen Achievers

Must be in high school.

Season: Through July 19

Fee: \$35 for the summer

Time: 8 a.m.–3 p.m.



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; \$5 for basic members

Days: Tuesdays & Thursdays

Time: 10–10:45 a.m.

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: Active Adults

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

Days: Mondays and Fridays

Time: 10–10:45 a.m.

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

Days: Wednesdays

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: 13 and older

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

Days: Mondays and Saturdays

Time: Monday 6:30–7:30 p.m.; Saturday, 11 a.m.–noon

Chair Yoga

This class is designed for older adults or those recovering from surgery or an injury. With liberal use of props and chair for support, this class rebuilds strength and flexibility.

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

Days: Tuesdays and Thursdays

Time: 10:45 a.m.–11:45 a.m.

Cardio Core

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

Age: 13 and older

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

Days: Wednesdays

Time: 6:30–7:30 p.m.

Water Aerobics

Come cool off this summer while getting your exercise. Water Aerobics is an excellent way to

Days: Tuesdays

Time: 11 a.m.

Fee: FREE for full members

Simply Health Seminar

Come and learn about health plans.

This FREE seminar is open to the public.

Date: July 2

Time: 10:45 a.m.

Medicare Seminar

Answers to your Medicare questions.

FREE and open to the public!

Date: July 13

Time: 10:45 a.m.

Coming Events

National Day of Dance-A-Thon:

July 28 at 11 a.m.

HEALTHY LIVING

HEALTH, WELL-BEING & FITNESS

Lunch & Learn

Come and learn more information that will benefit your healthy living and overall health goal. Food and nutrition can be confusing. Join us to find out the basics of the proper amounts of sodium intake. Light lunch is provided, and this is open to the public.

Date: Thursday, July 26

Time: 10:45 a.m.

GROUP INTERESTS

Putt-Putt Golf

A bus ride to a golf facility to enjoy 18 holes.

Date: July 9

Time: Bus arrives at 9:30 a.m.

Fee: \$5 for members

SOCIAL RESPONSIBILITY

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

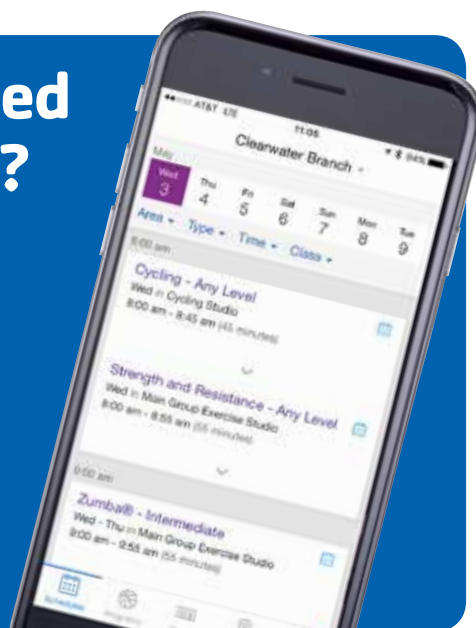
The YMCA is a charitable organization serving people of all ages, backgrounds, abilities and incomes. That's why we offer a financial assistance program. Charitable contributions to the Y enable us to provide financial assistance on a sliding scale. Everyone who qualifies will receive assistance to the 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

