

YOUTH DEVELOPMENT

Junior Football and Cheer:

Youth sports programs at the Citrus Y are designed to improve sports skills by incorporating sportsmanship, teamwork and development of self-esteem. Kids will learn the fundamental skills and rules of football or fundamental movements and techniques for cheerleading! Register your child today for an amazing season!

AGES: 3-5 DATES: Oct. 17-Nov. 17

choose one of two session options! SESSION 1: 5:15-6 p.m. Wednesdays and 9-9:45 a.m. Saturdays SESSION 2: 5:45-6:30 p.m. Fridays and 10-10:45 a.m. Saturdays

CONTACT: Sara Bargiel, 352 500 YMCA or sbargiel@ymcasuncoast.org LOCATION: CITRUS MEMORIAL HEALTH FOUNDATION YMCA 4127 W. Norvell Bryant Hwy. 352 500 YMCA ymcasuncoast.org/citrus

SOCIAL RESPONSIBILITY

VOLUNTEERISM & GIVING

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 Betsy Wooters at bwooters@ymcasuncoast.org

Volunteer at the Y

The Y offers many opportunities to volunteer. People can have fun, give back, and make a difference in their community. Choose to volunteer at special events or to work with members on a daily basis.

With a focus on youth development, healthy living, and social responsibility, Y volunteers give men, women, and children of all ages and from all walks of life the resources and support they need to be healthy, confident, connected, and secure. For more information, email Cait DiGirolamo at cdigirolamo@ymcasuncoast.org.

FREE Foster Care Access

All foster youths/teens 21 and younger may gain free access into any YMCA of the Suncoast location. We are excited about our partnership with Eckerd Connects, Directions for Living, Youth and Family Alternatives, Kid Central Inc. and Lutheran Family Services! Call to learn more!

Financial Assistance

The YMCA is a charitable organization here to serve people of all ages, backgrounds, abilities and incomes. That's why we offer a financial assistance program. Charitable contributions to the YMCA 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.

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.

CITRUS MEMORIAL HEALTH FOUNDATION YMCA 4127 W. Norvell Bryant Hwy., Lecanto, FL 34461 ymcasuncoast.org/citrus P 352 500 YMCA

HERNANDO COUNTY YMCA 1300 Mariner Blvd., Spring Hill, FL 34609 ymcasuncoast.org/hernando P 352 688 YMCA

Find our other locations and learn more at ymcasuncoast.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HELPING YOU LIVE BETTER

September-October 2018 Programs CITRUS MEMORIAL HEALTH FOUNDATION YMCA



Bring your friends!
And get a free month! Sept. 10-24

Learn more at
ymcasuncoast.org/buddy-up

YMCA OF THE SUNCOAST

NEW HOURS!

Weekdays: 5 a.m.-10 p.m.
Saturdays: 7 a.m.-6 p.m.
Sundays: 11 a.m.-6 p.m.

HEALTHY LIVING

HEALTH, WELL-BEING & FITNESS

Group Exercise Schedule:
At ymcasuncoast.org

Adult Swim Lessons

Adult swim lessons are taught by a certified instructor. Visit the member services desk or ymcasuncoast.org to register! Find our schedule and register at ymcasuncoast.org/swim.

MyFit

MyFit is a new member's orientation to the Wellness Center. Our wellness coaches will discuss your goals and help you establish a training routine that will guide you to a healthier lifestyle. Each new member is entitled to 3 complimentary myFit appointments. Our goal is to educate our members on how to initiate your exercise program and perform the exercises properly.



Youth and Teen myFit

The YMCA encourages youths and teens to exercise safely with our myFit program. Members between the ages of 10-15 are required to attending a group orientation PRIOR to engaging in any resistance training exercises. Sign up for the Youth and Teen myFit appointment is located at the desk in the Wellness Center. See a staff member if you have any questions.

Cycling

The Citrus Y has a dedicated cycling studio with certified instructors. Our standard classes are 60 minutes in duration. We also have a 30-minute Intro to Cycling class that is for beginners. This class can serve as many as 18 people and is available on a first-come, first-served basis.

Masters Swim

Great for adults 18 and older!
Times: Mondays and Wednesdays, 6:15-7:30 a.m. OR Tuesdays and Thursdays, 8-9:15 p.m.

Water Exercise Classes

Our low-impact aquatic exercise classes improve strength, posture, and stability. Because of water resistance, these exercises ease stiff joints, relax sore muscles and reduce pain and fatigue.

Deep Water Exercise: 11:15 a.m.

Tuesdays and Thursdays

Silver Splash: 11 a.m.. Mondays and Wednesdays

Water Aerobics: 9 a.m. Mondays and Wednesdays, and 10 a.m. Saturdays

Aqua Yoga: 8:30 a.m. Tuesdays and Fridays

Cardio Fitness Water Aerobics:

2:30-3:30 p.m. Tuesdays and Thursdays

Aqua Dance: 11:15 a.m.-noon Fridays

Personal Training

Get the motivation and assistance needed to achieve your goals with a nationally certified personal trainer. Personal training is an opportunity for you to receive professional assistance that will help you reach your goals in timely and efficient manner. Beginners, individuals with special needs and post-therapy members can obtain great results.

Age: 10 and older

Times: Available for your schedule

Fee: \$40, members only. Package of 10 one-hour sessions for \$350

Buddy Personal Training

Bring your friend!

Fee: \$25 per person for 1-hour session

Group Training

Custom-designed workouts meet the fitness goals of the group. Get connected, stay motivated, and have accountability.
Fees: For members only

Days per week, for six weeks	Price per person, for number of members		
	2	3	4
2	\$200	\$135	\$120
3	\$275	\$185	\$165

Group Exercise Classes are available in Crystal River and Homosassa. Contact Tracy Joyner, tjoyner@ymcasuncoast.org

Art From The Heart

The Citrus Y and the Citrus Cultural Alliance are proud to offer Art from the Heart — an opportunity for individuals with Alzheimer's or dementia, and their caregivers, to participate in supervised therapeutic and social meetings. They create art or music with the support of a creative facilitator who is also an artist or musician. The aim is to keep individuals living with these progressive diseases active and social, to provide support to their caregivers, and to demonstrate that individuals with dementia have skills and assets that can enrich the community in which they live. This is not a day care. Caregivers will attend and participate with their loved ones.

More info: Sara Bargiel, 352 500 YMCA or sbargiel@ymcasuncoast.org

Youth and Teen Conditioning

This instructor-led program engages students in weights, conditioning exercises, stretches and activities such as volleyball, kickball and pickleball.

More info: tjoyner@ymcasuncoast.org

Youth Conditioning

Ages: 5-12

Dates: Saturdays

Times: 9-10 a.m.

Teen Conditioning

Ages: 9-16

Dates: Thursdays

Times: 5:30-6:30 p.m.



GROUP INTERESTS

Y Run Club

For runners and those who want to learn. Learn how to safely begin. All levels are welcome! Meet in the wellness center.

Weekly Meeting: 6 p.m. Tuesdays

FAMILY TIME

Fit Family Cardio

Get fit and have fun as a family! There is no level of experience required!

Ages: 5 and older

Dates: Tuesdays

Times: 2:45-3:30 p.m.

More info: Email Tracy Joyner at tjoyner@ymcasuncoast.org or ymcasuncoast.org to join a team or for more information

UPCOMING EVENTS

Kid's Triathlon - Oct. 7, 2018

For more information, see: ymca

Fall Festival - Oct. 19, 2018

Breakfast with Santa - Dec. 9, 2018

SWIM, SPORTS & PLAY

Pool Schedule: At ymcasuncoast.org

Swim Lessons

All lessons are 30 minutes in duration.

Register: Online at ymcasuncoast.org or with a membership staff member

Group Lessons

Ages: 6 months-12 years

Times: See ymcasuncoast.org/swimming

Fees: \$35 per session for YMCA members and \$50 for nonmembers

Private Lessons

Ages: 6 months and older

Times: Scheduled with instructor

Fee: \$24 per lesson for members; \$48 for nonmembers. Packages are available.

YOUTH DEVELOPMENT

Developmental Swim Team

Ages: 6-8 and 9-12

Times: Mondays, Wednesdays and Fridays, 5:30-7:30 p.m. for ages 6-8 and 5:15-6:30 p.m. for all ages

Fee: \$45/month for members; \$75/month for nonmembers

Taekwondo

Ages: 5 and older

Time: Mondays and Wednesdays, 5 p.m. for beginners and 6 p.m. for intermediate/advanced

Fee: \$40 for members and \$70 for nonmembers

Location: Crystal River Fitness, 780 SE 8th Terrace



KIDS TRIATHLON

Kids can swim, bike, and run for fitness!

Date: Oct. 7, 2018

Register now:

<https://ymcasuncoast.org/citrus-tri>



CHILD CARE

Parents Night Out

Enjoy some time out while we watch your child at the Y. We will play games, do activities, and eat dinner, snack, and more. Call for details.

Cost: \$10 for members; \$20 for nonmembers

Times: 6-10 p.m. on select Fridays. See the front desk for dates.

Register: At ymcasuncoast.org

ENRICHMENT

Enrichment clubs are offered at all 11 district elementary schools.

Starts 9/17

Deadline to register: 9/11

Cost is \$40

Session is 6 weeks and will include badminton and scrapbooking.

Before- and After-School in Primary/Elementary Schools

Financial assistance is available for qualifying families through the YMCA People Helping People program, or through the School Readiness Program of the Early Learning Coalition of the Nature Coast. Register now!

All-Inclusive Plan: \$48 per week (includes all in-service days and holiday breaks)

Standard Plan: \$50 per week (includes all in-service days; holiday breaks not included)

Morning or Afternoon Only: \$30 per wk. **Learn more:** ymcasuncoast.org/citrussap

After-School at Lecanto and Citrus Springs Middle Schools

Available at Lecanto and Citrus Springs middle schools. Assistance is available for qualifying families with the School Readiness Program through the Early Learning Coalition of the Nature Coast. Register now!

Fee: \$35 per week

Learn more: ymcasuncoast.org/citrussap

Preschool Sports

Soccer: Our junior soccer league encourages kids to experience athletics in a fun and

progressive manner learning skills and making new friends to last a lifetime.

AGES: 3-5 **DATES:** Sept. 5-Oct. 6 (five weeks) — choose one of two session options!

SESSION 1: 5:15-6 p.m. Wednesdays and 9-9:45 a.m. Saturdays **SESSION 2:** 5:45-6:30 p.m.

Fridays and 10-10:45 a.m. Saturdays **FEE:** \$45 for members and \$65 for nonmembers

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