

HEALTHY LIVING

Lunch & Learn

Presented by BayCare. Topics will be posted.

When: Second Friday of the month

Fee: FREE

Individual Personal Training

Ages: All ages

Date & Time: Scheduled with trainer

Fees (one-hour session): \$40 for members, \$80 for non-members

Clases de inglés gratis

Las clases son provistas por UCMC Suncoast, con sede en el condado de Pinellas. The Clearwater Y ofrece una semana de prueba gratuita y renuncia a la tarifa de activación para los nuevos participantes de la clase. Las clases se ejecutan en sesiones de 10 semanas. Se ofrece cuidado de niños. Para obtener más información, llame a Y, o Molly, Coordinador del sitio al 727-417-0344.

Se reúne: dos veces a la semana
Martes / jueves de 6 p.m. - 8 p.m.

Registrarse: 15 de agosto-5 de septiembre

Comienza la sesión: 11 de septiembre

SPORTS & RECREATION

Volleyball (Ages 16+)

Time: 8-8:30 p.m. Mondays

Fee: FREE for members, \$65/month for non-members

Adult Soccer (Ages 21+)

Time: 2 p.m. on the third

Saturday of the month

Monthly fee: Free for members

Free English Classes

Classes are provided by UCMC Suncoast, based in Pinellas County. The Clearwater Y offers a free trial week and waives the activation fee for new class participants. Classes run in 10-week sessions. Child care is offered. To learn more, call the Y, or Molly, Site Coordinator at 727-417-0344.

Meets: Twice a week on Tuesdays/Thursdays from 6 p.m. - 8 p.m.

Register: Aug 15-Sept 5

Session Starts: Sept 11

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 Jason DiRienzo at jdirienzo@ymcasuncoast.org or Diane Carlson, Volunteer Coordinator at dcarlson@suncoastymca.org

EDUCATION & LEADERSHIP

Junior Referee

Be part of a great team and help your community! Fill out your volunteer packet and submit at the front desk.

Ages: 8-17

Days: Saturdays (soccer, basketball)

Teen Leaders

A program organized for volunteer service. See: <https://www.ymcasuncoast.org/teen-leaders>

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 PALM HARBOR YMCA 1600 16th St., Palm Harbor, FL 34683

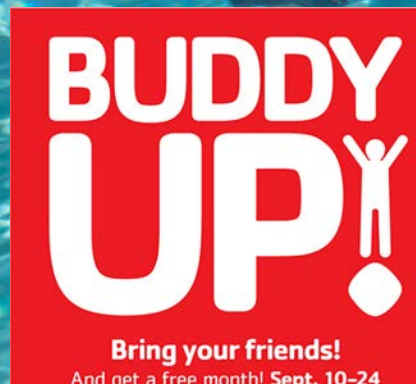
ymcasuncoast.org/palmharbor P 727 787 YMCA



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HELPING YOU LIVE BETTER

September-October 2018 Programs CLEARWATER YMCA



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

Learn more at
ymcasuncoast.org/buddy-up

YMCA OF THE SUNCOAST

iHablamos Español Llámamos!

Tenemos empleados que hablan Español. Llame para obtener más información sobre nuestros programas, servicios, actividades y asistencia financiera!

YOUTH DEVELOPMENT

SWIM, SPORTS & PLAY

Pool Schedule: At ymcasuncoast.org

Co-Ed Basketball

Saturdays only! Skill-based program.

Ages: 3-14

Season: Sept. 22-Nov. 10

For more informatino see:

<https://www.ymcasuncoast.org/basketball>

Co-Ed Soccer

Ages: 3-12

Season: Sept. 17-Nov. 10

For more information see: <https://www.ymcasuncoast.org/soccer>



Co-Ed COAST Soccer

Ages: 5-14

Season: Sept. 29-Nov. 3

Swim Lessons

Visit ymcasuncoast.org/swimming or contact the member service desk for more information regarding days, times and pricing.

Piranhas Swim Team

A year-round competitive program. Tryout required; schedule by emailing lwarren@ymcasuncoast.org. Find out more at ymcasuncoast.org/swim-teams

Ages: 5-17

Times: Varies by level.

Taekwondo

Total mind and body conditioning.

For more information see: **For more**

information see: <https://www.ymcasuncoast.org/taekwondo>

Clearwater YMCA Dance Academy

Equipment needed includes ballet and tap shoes, pink tights and a black dance leotard. Hair pulled back in bun. The academy runs only during the school year. **For more information see:** <https://www.ymcasuncoast.org/dance>

Kids' Zumba

Ages: 7-12

Times: 7-7:30 p.m. Wednesdays

Fees: FREE for members

Early Learning Readiness

Program allows children to learn and play with their caregivers at the Clearwater YMCA. The ELR program provides a stimulating environment for children to play, learn while developing their physical, verbal and social skills. This program helps children enter school ready to succeed. In an informal setting with multiple play stations, caregivers will learn more about how children develop and how they can encourage learning and skill building at home. Join us, so your child can play with other children, so you can learn more about how to help your child learn and be ready for school, you can meet other caregivers of young children, and so you can enjoy toys, books, games, resources, and more. Activities: Include snacks, circle time, singing, storytelling and 13 learn and play stations.

Ages: Parents or caregivers and children 5 and under.

Fee: Free for facility and program members

Meets: Twice a week with your children, Mondays/Wednesdays group meets from 9:30-11:30 a.m. **Open Registration:** Aug 13-Sept 15 **Session Dates:** Sept 17-May 29. **For more information:** Contact George Garcia, 727 461 9622, or email me at ggarcia@ymcasuncoast.org.

Preparación para el aprendizaje temprano

El programa permite que los niños aprendan y jueguen con sus cuidadores en la Clearwater YMCA.

El programa ELR proporciona un ambiente estimulante para que los niños jueguen, aprendan mientras desarrollan sus habilidades físicas, verbales y sociales. Este programa ayuda a los niños a ingresar a la escuela listos para tener éxito. En un entorno informal con múltiples estaciones de juego, los cuidadores aprenderán más sobre cómo se desarrollan los niños y cómo pueden fomentar el aprendizaje y la construcción de habilidades en el hogar. Únase a nosotros, para que su hijo pueda jugar con otros niños, para que pueda aprender más sobre cómo ayudar a su hijo a aprender y estar listo para la escuela, puede conocer a otros cuidadores de niños pequeños, y para que pueda disfrutar de juguetes, libros, juegos, recursos, y más. **Actividades:** Incluye bocadillos, hora del círculo, canto, narración de cuentos y 13 estaciones de aprendizaje y juego.

Edades: padres o cuidadores y niños de 5 años o menos.

Costo: Gratis para instalación y programa miembros

Horario: dos veces a la semana con su

niños, lunes/miércoles

el grupo se reúne de 9: 30-11: 30 a.m.

Inscripción abierta: 13 de agosto-15

HEALTHY LIVING

de septiembre
Fechas de la sesión: del 17 de septiembre al 29 de mayo
Para obtener más información: comuníquese con George Garcia, 727 461 9622, o envíeme un correo electrónico a ggarcia@ymcasuncoast.org.

Introduction to Spanish CLEARWATER YMCA

Are you interested in learning Spanish? Join us for the new introductory Spanish class. Class size is limited to 20 participants. The class is taught by an experienced World Languages teacher with 35 years of experience teaching. Register now and save your spot.

SESSION: Sept. 25th – Dec. 11th, 2018 (12 weeks)

TIME: 9:30-10:30 am, Tuesdays only

REGISTRAION: Until Sept. 18

FEES: \$70/members

\$140/basic members

Fee includes class text book

LOCATION: CLEARWATER YMCA

George Garcia with any questions at: 727 461 9622, or email me at ggarcia@ymcasuncoast.org.

Continuing Spanish CLEARWATER YMCA

If you completed our Introductory Spanish class, would you like to continue learning Spanish? If so, join us for the Continuing Spanish class. Class size is limited to 20 participants. The class is taught by an experienced World Languages teacher with 35 years of experience teaching. Register now to get in the class, starts Tuesday, September 25, 2018.

SESSION: Sept. 25th – Dec. 11th, 2018 (12 weeks)

TIME: 10:45-11:45 am, Tuesdays only

REGISTRAION: Until Sept. 18

Pre-requisite; must have completed Introduction to Spanish
FEES: \$70/members
\$140/basic members
LOCATION: CLEARWATER YMCA

Salsa, Sabor y Salud Program

Join us for this healthy lifestyle program for Latino families, taught in Spanish. The eight-week program, developed by the National Latino Children's Institute, focuses on how small changes at home can lead to greater health and well-being for the whole family.

Time: 6-8 p.m. Wednesdays

Cost: Free for families. Space limited

to 15 adults with their kids 5 and older.

Register: July 30-Sept 17

Orientation: Wed, Sept 19

Session: Sept 25-Nov 14

Small Group Training

All small-group training is catered to the needs of each group's fitness goals to achieve maximum results. See: <https://www.ymcasuncoast.org/personal-training>

mY Jump Start

Get the most out of your workout! This assessment can help you target workouts to maximize results.

Ages: 10 and older

Fee: \$25 for members, \$50 for non-members

One-on-One Yoga and Pilates Training

Ages: All ages

Date & Time: Scheduled with trainer

Fees (one-hour session): \$40 for members, \$80 for non-members

USA Masters Swim Team

Supports an active lifestyle through coached workouts with an emphasis on stroke technique so you can reach your fitness and swimming goals. See: <https://www.ymcasuncoast.org/masters-swim>

Massage

Alleviate pain, enhance immunity, improve overall condition. See: <https://www.ymcasuncoast.org/massage>

Mobility Assessment Program

A comprehensive, one-hour mobility evaluation will give you precise measurements of 36 muscles to optimize your movement through flexibility, stability and strength training.

Fees: Assessment is \$99 for memebrs and \$198 for non-members; assessment with three training sessions is \$199 for members and \$398 for non-members

Small Group Yoga and Pilates Training

Catered to each group's fitness goals. Train twice a week for four weeks.

Times: Mondays, Wednesdays and Fridays, 10 a.m. and 6 p.m.; Tuesdays and Thursdays, 7 p.m.

HEALTH, WELL-BEING & FITNESS

YMCA's Diabetes Prevention Program

Sixteen one-hour classroom sessions are followed by monthly sessions to maintain progress. Find out if your qualify. Visit ymcasuncoast.org/