

## HEALTHY LIVING HEALTH, WELL-BEING & FITNESS

### Enhance@Fitness

Geared to older adults, but if you have a chronic condition, like arthritis, you may gain more independence.

**Times:** 3-4 p.m. Mondays, Wednesdays and Fridays

### Healthy Eating 101

Registered dietitian Ashley Morgan will discuss a review of mainstream diets, the pros and cons of specific diets, long-term versus short-term success, and diet safety. An open forum will follow.

**Times:** Sept. 25, and Oct. 30 6 p.m.

Sept. 29 and Oct. 27 noon

**Members (only):** FREE

### CPR/AED

**Times:** Sept. 7, 9 a.m. - 12 p.m.

Oct. 5, 9 a.m. - 12 p.m.

**Members (only):** FREE

**Non-members:** \$60

### Basic First Aid

**Times:** Sept 7, 1-4 p.m.

Oct. 5, 1-4 p.m.

**Members (only):** FREE

**Non-members:** \$60

### Adult Volleyball

Open gym.

**Ages:** 18 and older

**Time:** Thursdays, 8-9:45 p.m.

**Members (only):** FREE

### TRX Training

Join us on the last Saturday of the month. Sign up for a free half-hour session with a certified TRX trainer — register online or at the front desk.

**Times:** Sept. 20 10:30-11:00 a.m., 11-11:30 a.m.

**Members:** FREE

### Cage Fit Workout

Looking for a different and unique workout? Ask us about the Synergy360, it's for total-body, dynamic exercises.

## FAMILY TIME

### Family Night Parties

Join our Soc Hop! Just register at the front desk and bring a dessert to share with the group.

**Time:** Sept. 28, 7-9 p.m.

**Members (only):** FREE

### Pool Party

Come enjoy music, snow cones, hotdogs and games! Register at the front desk.

**Date:** Sept. 29, noon-2 p.m.

**Members:** FREE

### BayCare Health Hub

It's a doctor's office with no waiting room, a health-care facility which incorporates technology to make your life better, a state-of-the-art wellness destination to fit your lifestyle and your needs!

**Hours:** 8 a.m.-7 p.m.

## SOCIAL RESPONSIBILITY

weekdays, 8 a.m.-5 p.m. Saturdays and 11 a.m.-5 p.m. Sundays.

**Fee:** \$45

## 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. This program invites Y members to lead and participate in volunteer service projects that benefit

### 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, and Lutheran Family Services! Call us to learn more!

the community where they live.

**Learn more:** Contact

Jonathan Pazmino at

jpazmino@ymcasuncoast.org

## 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.

**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

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

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



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HELPING YOU LIVE BETTER

September-October 2018 Programs  
JAMES P. GILLS FAMILY YMCA

**BUDDY  
UP!**

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

Learn more at  
ymcasuncoast.org/buddy-up

YMCA OF THE SUNCOAST

## YOUTH DEVELOPMENT

### SWIM, SPORTS & PLAY

#### Swim Lessons

Private swim lessons are available for all ages, year-round. See our website for details on all swim lessons.

#### Private Lessons

**Members:** \$24 for 30 minutes

**Non-members:** \$48 for 30 minutes

#### Group Swim Lessons (Tues. & Thurs.)

**Members:** \$60 for 8 sessions

**Non-members:** \$90 for 8 sessions

#### Saturday Group Lessons

**Members:** \$45 for 6 sessions

**Non-members:** \$70 for 6 sessions

#### Piranhas Swim Team

A year-round competitive swim program

**Ages:** 5 and older.

**Times:** Visit [ymcasuncoast.org/gills](http://ymcasuncoast.org/gills).

Fees	Members	Non members
Bronze	\$35/month	\$60/month
Silver	\$40/month	\$65/month
Gold	\$60/month	\$85/month

#### Ropes Course–Open Climbs

Register at the Front Desk or online.

**Times:** Sept. 8 and Oct. 13 Noon–2 p.m.

**Members:** \$10

**Non-members:** \$20

#### Kids Yoga

Thirty minutes of stretching to music through activities to help manage stress. Meets in the group exercise room.

**Ages:** 5–12:

**Times:** Mondays & Wednesdays: 5:35

6:05 p.m.

**Members:** FREE

#### Martial Arts

This program offers an accelerated path to learn practical self-defense skills along with traditional techniques.

**Ages:** 10 and older

**Times:** Mondays & Wednesdays

8–9:15 p.m.

**Members:** \$45

**Non-members:** \$65

#### Karate

The Karate program for ages 6 and older has various skill level options. For ages 10 and older, there’s an accelerated path to learn practical self-defense skills along with traditional techniques.

**Ages 6–9:** Meets Tuesdays and Fridays

**Ages 10 and older:** Meets Mondays and Wednesdays

**Members:** \$45

**Non-members:** \$65

#### Volleyball

All season dates and details are at [ymcasuncoast.org](http://ymcasuncoast.org).

**Ages: 8–12:** Thursdays 6–7 p.m.,

or 7–8 p.m. and Saturdays, 9–10 a.m.

or 10–11 a.m.

**Ages: 11–17:** Thursdays, 6–7 p.m.,

or 7–8 p.m. and Saturdays, 9–10 a.m.

or 10–11 a.m.

**Members:** \$90

**Non-members:** \$115

#### Kids Zone Plus

Wii station, foosball, bumper pool, and human-size Connect Four. Two-hour limit.

**Ages:** 7–12

**Times:** Mondays, Tuesdays, Thursdays

on

school days 6–8 p.m.

#### Dance

Our Dance program has various options (Tap, Ballet, Jazz, Hip-Hop). Your child will participate throughout the school year and then perform in a recital at the end of the school year. Visit [ymcasuncoast.org/gills](http://ymcasuncoast.org/gills) for times, classes and more.

**Ages:** 3–18.

**Times:** Once a week in the afternoons/evenings depending on their age group.

**Pool Schedule:** Weekly schedule at [ymcasuncoast.org/gills](http://ymcasuncoast.org/gills)

### EDUCATION & LEADERSHIP

#### Tutoring at the Y

Help your child succeed with tutoring from a certified teacher! Individual tutoring for VPK through high school offers support in all academic areas, to include beginning Spanish.

**Members:** \$30/hour

**Non-members:** \$50/hour

**Scholarships are available!**

### CHILD CARE

#### Before- and After-School Care

**Hours:** 6:30–9:30 a.m. and 2–6 p.m.

**Transportation to and from these schools:** Deer Park, Longleaf, Seven Springs Elementary and Middle, Odessa, Trinity and Trinity Oaks

**Contact:** 727 372 8674

#### Parents Night Out

Kids enjoy a supervised night of themed activities including dinner, snack and a movie. Registrations are online until Friday (not over the phone). Children must be signed up by 3 p.m. Fridays and Saturdays.

**Ages:** 3–12 (must be potty trained)

**Times:** Fridays 6–10 p.m.

and Saturdays 5–9 p.m.

**Members (only):** \$8

### ACTIVE OLDER ADULTS

#### Potluck Lunches:

Bring a dish and enjoy fellowship and good food. Register at the Front Desk  
**Times:** Friday, Sept. 14, and Friday, Oct. 5, 11:45 a.m.–1 p.m.

**Members (only):** FREE

#### Lunch and Learns:

Join us for a free seminar. A complimentary lunch will be served to participants—reserve your spot at the front desk!

**Dates:** Wed. Sept. 12, Wed. Sept. 19,

Wed. Sept. 26, Wed. Oct. 3,

Wed. Oct. 10, Wed. Oct. 17, and

Wed. Oct. 24

**Time:** 11:30 a.m.–1 p.m.

**Members (only):** FREE

#### Bible Study:

Feed the body, mind, and soul! Lunch time Bible Study. Join Volunteer Hospice Chaplain Patrick McCurdy as we study how the bible feeds the soul! Bring a sack lunch and bible. A bible can be provided if you do not have one.

**Time:** noon–1 p.m.

**Members (only):** FREE

#### Knitting/Crocheting:

Mondays 10:30 a.m. – 12 p.m.

## HEALTHY LIVING

### HEALTH, WELL-BEING & FITNESS

#### Group Exercise Schedule:

Available at [ymcasuncoast.org](http://ymcasuncoast.org)

**Les Mills classes:** We are proud to offer BodyPump, BodyCombat and BodyFlow! We have one-hour and 45-minute classes to fit your schedule. Space is limited so please get your pass from the front desk.

**Express Classes:** Short on time or getting back to exercise? Our 30- and 45-minute classes are for you. Check the group exercise schedule for times and locations. Space is limited, so please be sure to register at the front desk!

**Smart Start:** You can always take a portion of any of our hour-long classes. This is a great way to begin taking a class. Give your instructor a thumbs-up so they know you’re OK and leave halfway through a class with your head held high. Next time, stay five minutes longer and keep adding a little at a time. Soon, you’ll be able to motor through that entire hour!

#### Personal Training

Get one-on-one attention working with one of our nationally certified trainers. We offer 30-minute and hour-long training times. Want to work on improving flexibility, balance, strength or improving your performance in a sport? We will match you with a trainer who can meet your needs.

**Ages:** 10 and older

**Members (only):** \$25/half hour

and \$45/hour.

#### Group Personal Training

You get the benefits of personal training with the camaraderie and “push” of working on a team. Includes TRX, free weights, HIIT, flexibility training, cardio and more!

Groups meet twice per week for four weeks. Pricing based on group size.

Number of participants	Fee per member
2	\$136
3	\$90
4–6	\$68

#### Adult Basketball

5-on-5 full-court with time clock. Get a pass from the front desk on the day-of.

**Ages:** 30 and older

**Times:** Wednesdays 8–9:45 p.m.

**Members (only):** FREE

#### Master/Adult Stroke Development

This program provides coached workouts, with an emphasis on stroke development so that you can reach fitness and swimming goals.

**Ages:** 18 and older

**Times:** Tuesdays 6:30 p.m. and Fridays 5:30 a.m. & 6:30 p.m.

**Members:** FREE