

## SOCIAL RESPONSIBILITY

### VOLUNTEERISM & GIVING

#### Togetherhood®

Togetherhood gives Y members 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 Joanie Scarangella at [jscarangella@ymcasuncoast.org](mailto:jscarangella@ymcasuncoast.org)



#### FREE Foster Care Access

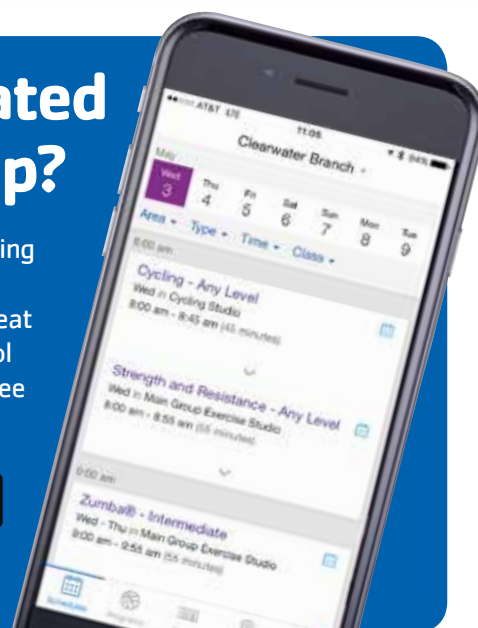
All foster youths/teens age 21 and younger may gain free access into any YMCA of the Suncoast location. We are excited about our new partnership with Eckerd Kids, Directions for Living, Youth and Family Alternatives, Kid Central Inc. and Lutheran Family Services! Call us to learn more!

### 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.

**CITRUS MEMORIAL HEALTH FOUNDATION YMCA** 4127 W. Norvell Bryant Hwy., Lecanto, FL 34461 [ymcasuncoast.org/citrus](http://ymcasuncoast.org/citrus) P 352 500 YMCA

**HERNANDO COUNTY YMCA** 1300 Mariner Blvd., Spring Hill, FL 34609 [ymcasuncoast.org/hernando](http://ymcasuncoast.org/hernando) P 352 688 YMCA

**JAMES P. GILLS FAMILY YMCA** 8411 Photonics Drive, New Port Richey, FL 34655 [ymcasuncoast.org/gills](http://ymcasuncoast.org/gills) P 727 375 YMCA

**HERNANDO SCHOOL AGE PROGRAMS** 1236 Mariner Blvd., Spring Hill, FL 34609 [ymcasuncoast.org/hernando](http://ymcasuncoast.org/hernando) P 352 686 YMCA



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HELPING YOU LIVE BETTER

## September-October 2018 Programs HERNANDO COUNTY YMCA



YMCA OF THE SUNCOAST

## YOUTH DEVELOPMENT

### SWIM, SPORTS & PLAY

#### Piranhas Swim Teams

Year-round, competitive; call to try out.

**Age:** 7-18

**Times:** Weekdays. For ages 7-18, 5:30-7 p.m.

**Fee:** \$60/month for full members; \$90/month for basic members

#### Swim Lessons

Year-round swim lessons focus on stroke development, rescue, personal growth/safety and water sports.

##### Age Ranges

Parent/Child (ages 6-36 months)

Preschool (ages 3-5)

Youth (ages 6-12)

Teen/Adult (ages 13 and older)

##### Private Lessons

Available year-round. Ask at Member Services. Days and times vary, as well as packages.

##### Weekday Sessions

(Meet four times a week for two weeks)

**Session 10:** Sept. 24-Oct. 18

**Fees:** \$50/session for full members;

\$80/session for basic members

##### Weekend Sessions (Meets on Saturday

mornings for 8 weeks)

**Session 5:** Sept. 22-Nov. 10

**Fees:** \$40/session for full members;

\$70/session for basic members

#### SCUBA Certification

Sign up to get the NAUI SCUBA certification.

**Age:** 10 and older (Ages 10-14 must have adult attend first class)

**Time:** 6-9 p.m. Tuesdays/Thursdays

**Dives:** A skin dive and four SCUBA

**Fee:** \$195/month for full members;

\$245/month for basic members.

Offsite dives are an additional cost.

#### Youth Co-ed Soccer

**Ages:** 3-14

**Season:** Sept. 10-Nov. 3

**Registration:** June 6-Aug. 15

**Fees:** Ages 3-5, \$70 for full members and \$100 for basic members; ages 6-14, \$80 for full members and \$110 for basic members

#### Youth Co-ed T-Ball/Baseball

**Ages:** 3-14

**Season:** Sept. 12-Nov. 3

**Registration:** June 6-Aug. 15

**Fees:** Ages 3-5, \$70 for full members and \$100 for basic members; ages 6-14, \$80 for full members and \$110 for basic members

#### Tae Kwon Do

Mind and body conditioning while increasing confidence and self-discipline.

**Ages:** 5 and older

**Date:** Tuesdays and Thursdays

**Times:** 5-7 yrs. 6:45-7:30 p.m.;

8-15 yrs. 7:30-8:30 p.m.;

16 and older, 8:30-9:30 p.m.

**Fee:** \$42/month for full members;

\$72/month for basic members

#### Homeschool Fitness

**Ages:** 6-12

**Date:** Sept 4 – Oct 25

**Time:** 1-3 p.m. Tuesdays and Thursdays

**Fees:** \$55/session for full members and

\$85/session for basic members

## LEADERSHIP & EDUCATION

#### Leaders Club

Get involved in training, volunteer projects, planning events and more!

**Ages:** 13-17

**Date:** Thursdays

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

**Fee:** \$50/year

#### Junior Leaders Club

**Ages:** 9-12

**Date:** Tuesdays

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

**Fee:** \$50/year

## CHILD CARE

#### Parents' Night Out

Enjoy a night out while your child enjoys activities, dinner and snack.

**Ages:** 3-12 (Must be potty trained.)

**Time:** 6-10 p.m. Fridays, and 5-9 p.m. the last Saturday of the month.

Sept 7: Tumbling

Sept 14: KIDS CHOICE! Superhero

Night

Sept. 21: Dance Party

Sept. 28: Pool Night

Sept. 29: Show and Tell Night

Oct. 5: Halloween Face Painting

Oct. 12: KIDS CHOICE! Halloween

Snacks

Oct. 19: Halloween Movie

Oct. 26: Monster Mash Party

Oct. 27: Minute to Win It Games

**Fee:** \$10 for full members,

\$25 for basic members

#### Learning & Growing: Toddler Time for ages 1-5

Explore creativity and curiosity.

**Ages:** 18 months-5 years

**Dates:** Sept. 10-Oct. 17

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

and Wednesdays

**Fee:** \$35 for full members,

\$70 for basic members

#### Friday Night Done Right

**Ages:** Grades 6-12

**Date:** Sept. 14 (Pick Your Sport) and Oct.

5 (Video Game/Laser Tag)

**Time:** 7-9 p.m.

**Fee:** FREE to all Middle and High School

Students

## HEALTHY LIVING

### HEALTH, WELL-BEING & FITNESS

#### For New Members!

Take advantage of our one-time special personal training offer for completing your myFIT sessions! Get three personal training sessions for only \$99 within 30 days of completing myFIT. Let us help you reach your goals!



#### Community Resource Fair

Learn about many resources that you have access to in our local community.

**Date:** Oct 12

**Time:** 9 a.m. -12 p.m.

**Fee:** FREE and OPEN to Community

#### Fitness Challenges

Are you up to the challenge? No cost to join in. See a wellness coach to learn more. Prizes will be awarded!

**September:** Bosu Challenge

**October:** Jumping Jacks Challenge

#### Pickleball

All skill levels welcome! Open play! Learn about it, see it and try it!

**Where:** Basketball courts

**Date:** 2-4 p.m. Sundays and

7:30-9:30 p.m. Thursdays

**Fee:** Free

#### Personal Training

One-on-one, personalized to your goals. Ask our wellness director for more information — and to start your journey!

**Days/Times:** Various

**Fee:** As little as \$35 per session!

#### LIVESTRONG® at the YMCA

LIVESTRONG at the YMCA is designed for people affected by cancer. It's a 12-week progressive course meeting twice a week. You must pre-register. Learn more at [ymcasuncoast.org/livestrong](http://ymcasuncoast.org/livestrong)

**Ages:** 18 and older

**Date:** Session TBD every six weeks

**Fee:** Free to the community

#### Freedom Run/Run to Remember

**Date:** Sept. 8

**Time:** 8 a.m.

**Fee:** FREE and OPEN to Community

• Join us for continental breakfast

and family activities after run.

Informal prayer run/walk will take

place on Sept. 11 at 6:30 a.m.

#### Lunch and Learn

All Lunch and Learns begin at noon. Must pre-register by the date listed for each event.

##### How to Invest on a Fixed Income

**Date:** Sept 6

**Register:** By Sept. 5

##### Good Foods for your Gut

**Date:** Sept 13

**Register:** By Sept. 12

##### Keeping Your Skin Safe

**Date:** Sept 24

**Register:** By Sept. 23

##### Reading Food Labels

**Date:** Oct 18

**Register:** By Oct. 17



**Online:** Group exercise and active adult schedules: [ymcasuncoast.org](http://ymcasuncoast.org)

## GROUP INTERESTS

#### Guitar Lessons

**Times:**

Ages 6-10: Saturdays, 9-10 a.m.

Ages 11-17: Saturdays, 10-11 a.m.

Age 18+: Saturdays, 11 a.m.-noon

**Fee:** \$42/per month for full members;

\$75/per month for basic members

#### Movie Matinee

Join us for a great blockbuster.

**Date:** Third Monday of each month

**Time:** 2 p.m.

## FAMILY TIME

#### Arts and Craft Fair

Lots of great vendors displaying and selling their handmade crafts.

**Date:** Sept 29

**Time:** 9 a.m.-2 p.m.

**Fee:** FREE and OPEN to Community

Vendor spots are available for

purchase.

#### Nightmare on Mariner Blvd

**Date:** Oct 13

**Time:** 6:30-8:30 p.m.

**Fee:** \$5/person includes pizza, drink

and all activities