

HEALTHY LIVING

Yoga is Coming Back

Ask us about the upcoming yoga classes!

HEALTH, WELL-BEING & FITNESS

Lunch & Learn

Come and learn more information that will benefit your healthy living and overall health goal.

Age: Open to the public!

Date: Monday, September 24

Fee: FREE

Lunch is provided (light)

FACILITY OPERATIONS

Effective Sept. 1

Monday – Friday: 8:00 a.m. – 8:00 p.m.

Saturday: 10:00 a.m. – 5:00 p.m.

Sunday: CLOSED

BUDDY UP!

Discover more at:

ymcasuncoast.org/buddy-up

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

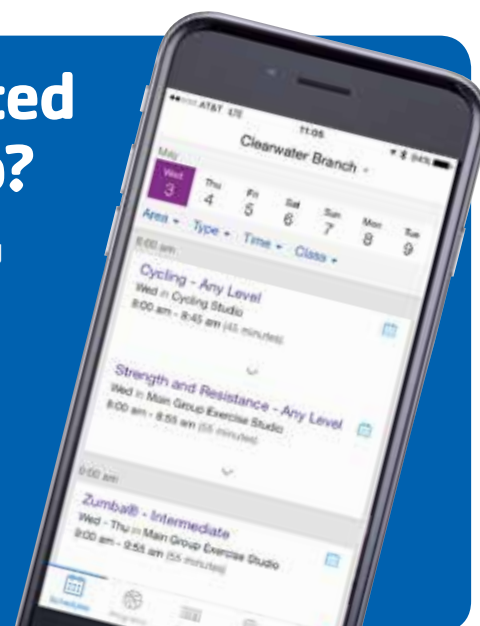
The YMCA is a charitable organization serving people of all ages, backgrounds, abilities and incomes. That's why we offer a financial assistance program. Charitable contributions to the Y enable us to provide financial assistance on a sliding scale. Everyone who qualifies will receive assistance to the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

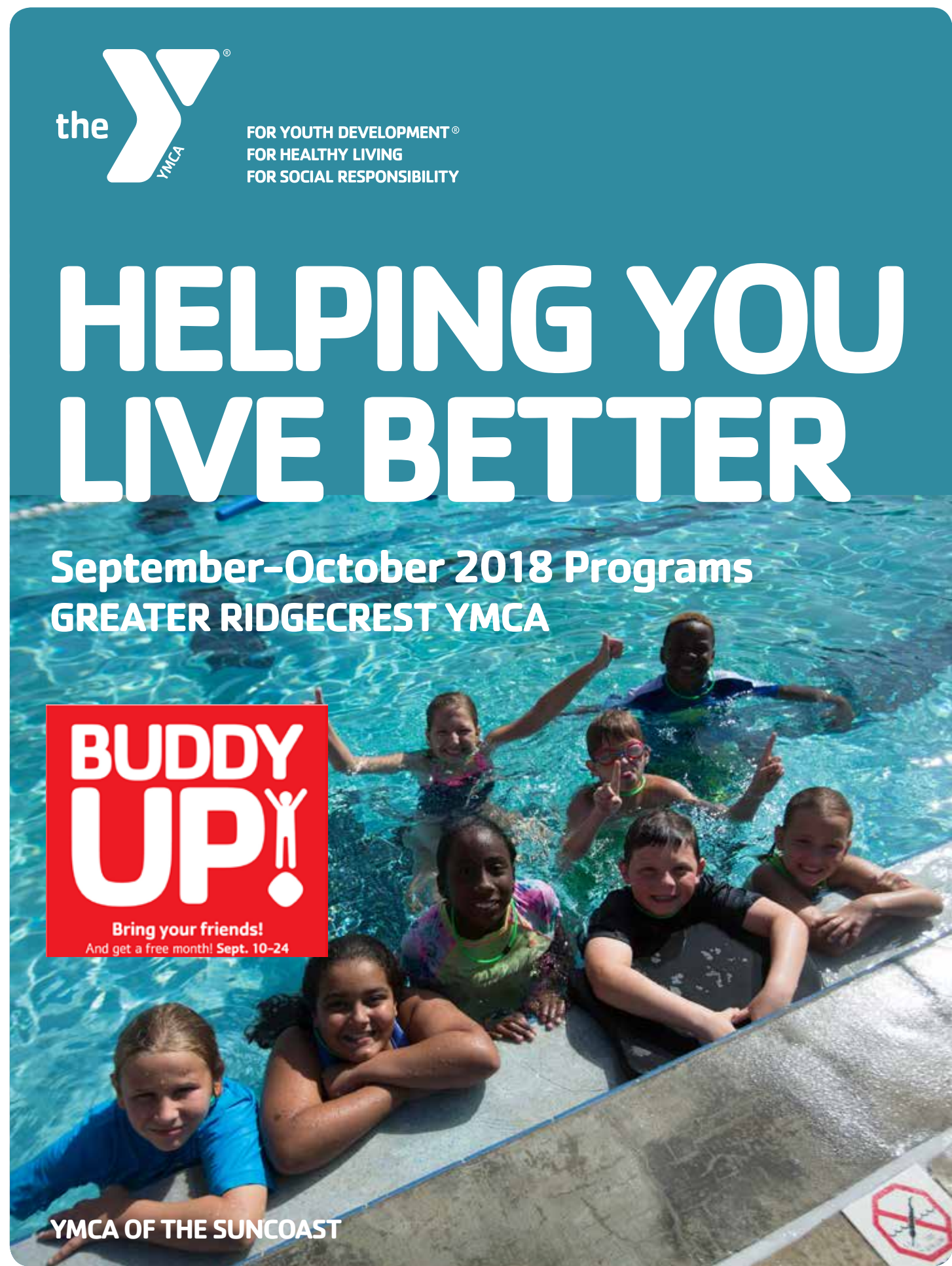
PINELLAS-PASCO SCHOOL AGE PROGRAMS 2469 Enterprise Road, Clearwater FL 33763 ymcasuncoast.org/pinellassap P 727 467 YMCA



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HELPING YOU LIVE BETTER

September-October 2018 Programs GREATER RIDGECREST YMCA



YMCA OF THE SUNCOAST

YOUTH DEVELOPMENT

SWIM, SPORTS & PLAY

Co-Ed Basketball for Ages 3–12

Here at the Y, 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.

Registration opens until Oct. 13.

Ages 3–5

Sessions will be half practice and half games

Season: October 6 – November 17

Fee: \$20 for Full Members

\$40 for Basic Members

Days & Time: Saturdays, 10–11:00 a.m.

Ages 6–12

Season: October 1– November 16

Fee: \$25 for full members

\$45 basic members

Days & Times: Tuesdays & Thursdays

6:30–7:30 p.m.

Games on Saturdays at 11:00 a.m.

Private Swim Lessons are Available

Contact the member service desk at 727 559 0500.

Pool Operations

August 13 – October 2018

Monday–Friday: 3 p.m. – 6:45 p.m.

Saturday: 10:30 a.m. – 4:30 p.m.

Sunday: CLOSED

Pool Schedule:

Please visit our website:

ymcasuncoast.org/ridgecrest

CHILD CARE

Kids Night Out

At the Y, we know parents need a break from time to time. With Kids Night Out, parents enjoy the evening out while kids have a night out of their own. Spots are limited, save yours now!

Age: K – 5th grade

Fees: \$15

Cici’s Pizza & Arcade

Date: Sept. 7

Time: 6 – 11:00 pm (Depart at 6:45 p.m).

Surprised Fun!

Date: Nov. 6

Time: 6 – 11:00 p.m.

Overnight Adventures

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

Age: K – 5th grade

Fees: \$20

PK’s Play Zone (Tampa)

Date: Oct. 5

Time: 6:15 p.m. – 8:00 a.m. (Depart at 6:45pm)

Liberty Bowling Lanes

Date: Dec. 7

Time: 8:00 p.m.– 8:00 a.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.

SOCIAL RESPONSIBILITY

Family Movie Night

We value family time at the YMCA. Come enjoy a movie and snacks. You can meet other families of your community. FREE night sponsored by the Pinellas County Sheriff Office.

Age: Open to the public!

Date: Friday, September 14

Time: Starts at 7:00 p.m.

Fee: FREE

Family Game Night

Come enjoy some good wholesome family fun and meet other families at your YMCA and in your community. We will have music, active games, basketball shootout, raffles and more. Dinner will be served. This is a family event for all. All children must be accompanied by an adult. Come join the fun and create family memories!

Age: All

Date: Monday, Sept. 24

Time: 6:30 – 8:00 p.m.

Fee: \$5 a family

Gathering for the Cure

Ask us about the exciting things we have planned!

Age: Open to the public!

Date: Saturday, Oct. 6

Time: :00 a.m. – 2:00 pm

Fee: Purchase your shirt for \$10!

Spooky Fun Potluck

Dress in your fun spooky attire and join us for great food, laughter, and fun socialization. Bring your favorite dish to share at our Hallo–Potluck! We will be playing music, telling stories and enjoying great each other’s company.

Age: Open to the public!

Date: Tues, Oct 23

Time: 11 am–12:30pm

*RSVP required by Oct 22

Community Events

Community Fall Fest: Oct.31 at 6:30 p.m.

Giving Tree Program: Sept.10 – Nov. 7

Senior Gala: Dec.9 at 2:00 p.m.

EDUCATION & ARTS

Teen Achievers & Bridging the Achievement Gap (BTAG)

Building scholars and supporting education. This program offers hope for students in their education, giving them opportunities in academic tutoring, homework assistance, community service hours, and more. Sign up today to invest in your future!

Age: Grades 9 –12 Only

Program Days: Mondays, Wednesdays

& Fridays

Time: 3:00 – 6:00 pm

Youth Achievers

Building scholars and supporting education. This program offers hope for students in their education, giving them opportunities in academic tutoring, homework assistance, community service hours, and more. Sign up today to invest in your future!

Age: Grades 6–8 Only

Program Days: Tuesdays

Time: 5 – 6:30 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 Full Members; \$5 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

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.

Age: Active Older Adults

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

Days: Thursdays

Time: 10:45 a.m.–11:45 a.m.

Splash Water Aerobics

Join us for water aerobics! Shallow water movement used to improve agility and flexibility while addressing cardiovascular, strength, and endurance conditioning.

Days: Saturdays

Time: 11 a.m.

Fee: FREE for full members

Kid’s Line Dance

Ages: 7 to 12

Fee: FREE Full Members

Days: Mondays & Wednesdays,

Starting Sept. 7

Time: 5:30–6:00 p.m.

Zumba

Zumba is a fusion of Latin and International music and dance themes creating an effective cardiovascular workout. You do not need to know how to dance. Starts Sept. 1.

Age: 13 and older

Fee: FREE Full Members; \$5 Basic Members

Days: Saturdays

Time: 10–11:00am

Zumba Gold

For active older adults who are looking for a modified Zumba class that recreates the original moves you love, at a lower intensity. Focuses on balance, range of motion, and coordination.

Age: Active Older Adults

Fee: FREE Full Members; \$5 Basic Members

Days: Fridays