

YOUTH DEVELOPMENT

Before- and After-School in 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!

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 in 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, after care only
Learn more: ymcasuncoast.org/citrussap

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

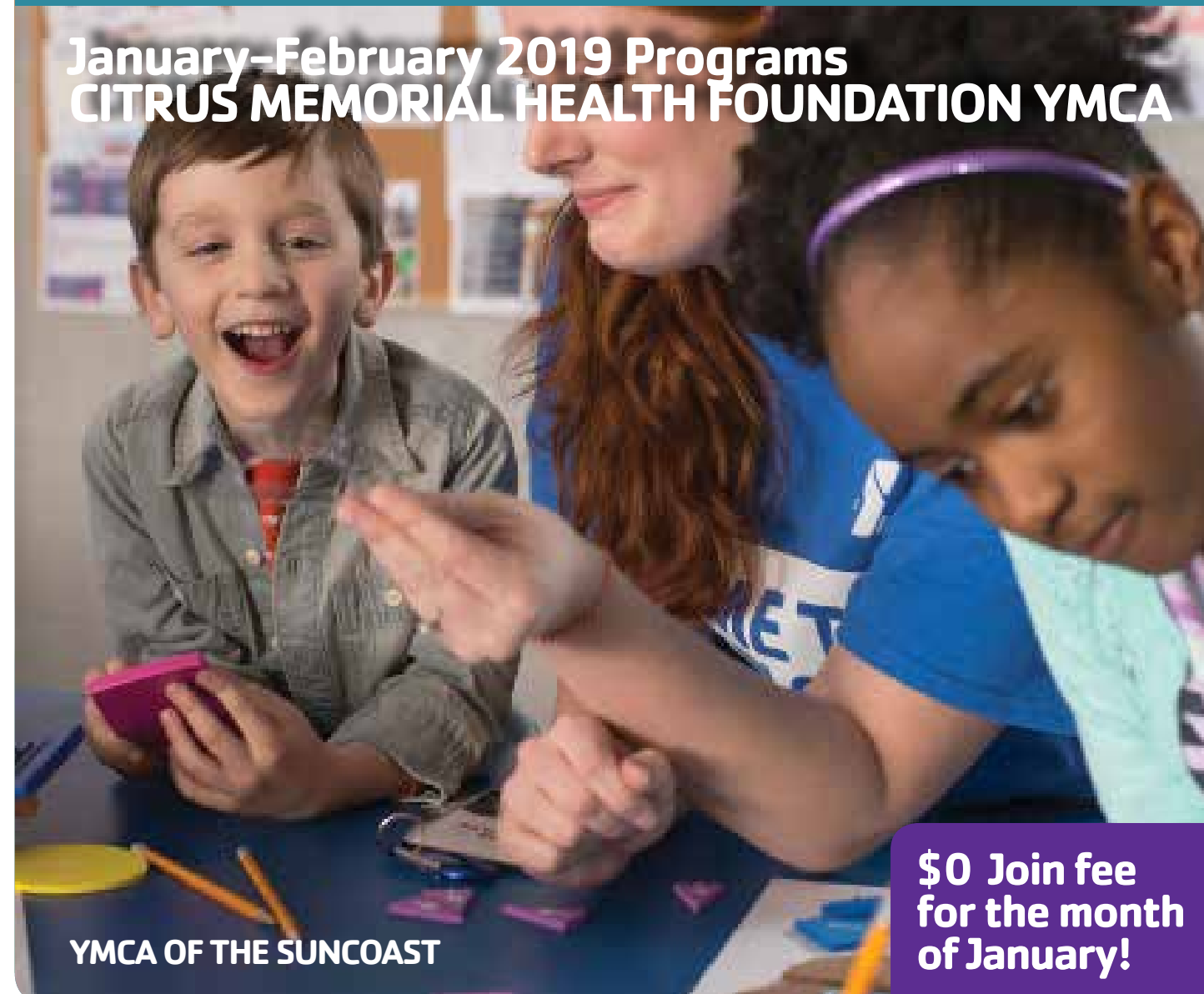
Find our other locations and learn more at ymcasuncoast.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HELPING YOU LIVE BETTER

January-February 2019 Programs
CITRUS MEMORIAL HEALTH FOUNDATION YMCA



YMCA OF THE SUNCOAST

**\$0 Join fee
for the month
of January!**

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.

Smart Start

Take advantage of our Smart Start program and learn how to achieve your Fitness goals!

Session 1: Meet a Smart Start coach to make a plan and set short-term goals.
Session 2: Learn new exercises! Take a group class or try a new program then ask questions.
Session 3: Evaluate and review your progress. Establish long term goals

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.

Masters Swim

Masters swim workouts are coached sessions that provide a structured workout for adult swimmers. Participants will be able to improve their fitness and stroke technique in a positive group environment. Great for adults 18 and older!

Times: Mondays and Wednesdays, 6:15-7:30 a.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

SilverSplash: 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:

5:45 p.m.-6:30 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: Joan Luebbe, 352 500 9622 or jluebbe@ymcasuncoast.org

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

Ages: 9-16

Dates: Thursdays

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

SilverSneakers™ Classic

A variety of exercises designed to improve muscular strength, range of movement and activities of daily living.

Age: Active Older Adults

Fees: FREE full members, \$5 Basic Members

Dates: Tuesdays & Thursdays

Times: 10-10:45 a.m.

*Covered by most insurance companies



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

Senior Trip

Join the Y for our first senior day trip on February 23 to the Tampa Bay Down’s. This trip is available to members of the community, and tickets cost \$65. The price of the ticket includes bus transportation, a lunch buffet and the races. There is a cash bar and a betting window available. Tickets are limited and are on a first come, first serve basis. They can be purchased with a membership specialist at the branch. For more information, please contact Joan Luebbe at (352) 500 9622.

Meet Me at the Y

Build relationships and meet new people while enjoying the Y! Learn more on our page: bit.ly/2AYOKGm

Super Saturday Health Expo

The Y’s second annual Super Saturday Health Expo is being held February 2, 2019. Come out for free health screenings and visit with numerous health professional vendors from the community. For more information, please contact Tracy Joyner at (352) 500 9622.

FAMILY TIME Family Nights

Let your family and Y family combine at our monthly Family Night! Each month has a different theme and activity. Admission is always free, and all events provide either complimentary or paid concessions. This an exclusive members only event!

January 18

February 22

Time: 6 p.m.

YOUTH DEVELOPMENT

SWIM, SPORTS & PLAY

Pool Schedule:

Our Competition Pool is open year round and features lanes available for lap swimming and family swim throughout the day. See or full pool schedule by visiting 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.

Developmental Swim Team

Our PYP Developmental Swim Team here at the YMCA helps children ages 6-12 learn the skills to become strong and competitive swimmers in a friendly and fun environment. PYP takes part in various swim meets and teaches the fundamentals of a sport that children can hold with them as a healthy and fun activity for their entire lives. A prerequisite swim test is necessary for registration, please contact Garrett Adkins at gadkins@suncoastymca.org or 352-500-9622 for more information

Ages: 6-8 and 9-12

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

Fee: \$45/month for members;

\$75/month for nonmembers

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

Fee: \$45/month for members;

\$75/month for nonmembers

Times: Mondays, Wednesdays and Fridays, 5-7 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

CHILD CARE Spring Break

March 25-29

When school is out, the Y is in – even for spring break! For three locations: Forest Ridge Elementary, Pleasant Grove Elementary, and Crystal River Primary. Care is provided from 6:30 am – 6:00 pm. Participants will swim, play outside, and participate in themed activities and arts and crafts. Children will need to bring lunch, two snacks and a refillable water bottle. For any questions or to register, please contact Kayla Luider at (352) 500-9622 or kluid@suncoastymca.org.

Parents Night Out

Enjoy some time out while your kid(s) have fun. Children will play games, participate in activities, eat dinner, and more.

Dates: Jan. 4, 11; Feb.: 1, 8, 15

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

Parent Morning Out

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

Times: 10 a.m.-2 p.m., Jan. 26 & Feb. 23

Early Bird Registration for Summer Camp

Early Registration begins Feb. 4 for members only!

