

HEALTHY LIVING

FAMILY TIME

Birthday Parties

Parties include a Y host to organize games, and 2-hour Kids Zone and Family Center use. Includes table wear, utensils, balloons and birthday gift. Splash pad and pool options available! Learn more at ymcasuncoast.org/birthday-parties

GROUP INTERESTS

MASH (Mainstream Adults Sharing Hope)

Adults with physical or mental challenges meet to socialize, stay active and engage with their community through various programs and activities. Call for details. Ages: 18 and older
Time: 7-9 p.m., second/fourth Fridays
Fee: FREE for full members, \$10 per meeting for basic members



Learn more about our MASH program on our website. ymcasuncoast.org/mash

SOCIAL RESPONSIBILITY

VOLUNTEERISM & GIVING

Togetherhood®

Togetherhood provides Y full 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 full members to lead and participate in volunteer service projects that benefit the community where they live. Learn more: Contact Seth Milbrand at smilbrand@ymcasuncoast.org

FREE Foster Care Access

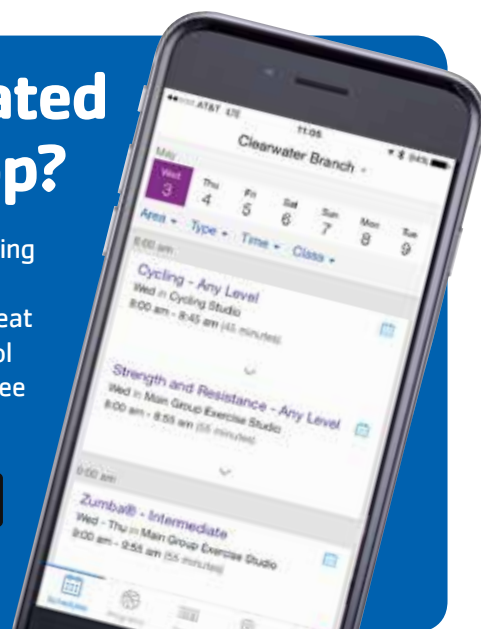
All foster youths/teens age 21 and younger may gain free access into any YMCA of the Suncoast location. We are excited about our new partnership with Eckerd Kids, Directions for Living, Youth and Family Alternatives, Kid Central Inc. and Lutheran Family Services! Call us to learn more!

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.

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

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

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



the
YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROWING STRONGER FOR A BETTER US

January-February 2019 Programs NORTH PINELLAS YMCA

YMCA OF THE SUNCOAST

YOUTH DEVELOPMENT

SWIM, SPORTS & PLAY

Pool Schedule: At ymcasuncoast.org

Swim Lessons

Our progressive model of swimming instruction allows any individual to learn swimming fundamentals and build skills gradually. Small groups meet for up to 45 minutes, depending on age.

Group Lessons

Ages: parent & child (6-36 months; preschool (3-5 years); youth (6-12 years); adult (13 and older)

Times: Various

Fee: \$56 for 8 weekday lessons or \$28 for 4 weekend lessons for full members; for basic members, \$91 for eight weekday lessons or \$56 for 4 weekend lessons

Private Lessons

Instruction with a certified instructor.

Ages: 3 and older

Times: Scheduled with instructor

Fee: \$24 per half-hour for full members; \$48 per half-hour for basic members.

Buy more and save!

Stroke Development

Participants work on fine-tuning their strokes, breathing, flip-turns, competitive starts and building endurance in preparation for joining a swim team.

Ages: 5-13

Times: Various

Fee: \$28 for 4 sessions for full members; for basic members, \$45 for four sessions

Piranhas Swim Team

A year-round competitive swim team, meeting the needs of every level of swimmer. Tryouts are 5 p.m. weekdays. Find out more at ymcasuncoast.org/swim-teams

Ages: 6-18

Times: Monthly, vary based on level

Fee: Based on level

Group Tennis Lessons

Lessons for all levels, beginner to advanced.

Ages: 5 and older

Day: Varies based on level

Fee: \$75 per session for full members; \$150 per session for basic members

Taekwondo

Gain increased confidence, concentration and core physical strength. Learning in small groups develops character and friendships. Beginners are welcome!

Ages: 4 and older

Time: Tuesdays. Ages 4-10 from 6-6:45 p.m.; ages 11-older from 7-7:45 p.m.

Fee: \$45 for full members and \$90 for basic members

Advanced Taekwondo

This add-on class builds on fundamentals learned in taekwondo.

Ages: All with a yellow belt or higher

Time: 6-6:45 p.m. Thursdays

Fee: \$25 for full members and \$50 for basic members

Youth Travel Soccer

This is an instructional skills clinic/game for boys and girls (coed) to learn the fundamentals of soccer. This is a great non-competitive program where youth can become comfortable with the game of soccer.

Season: Jan. 15-Feb 23

Ages 5-6: Players will practice on Tuesdays 5 p.m. and play games on Saturdays alternating between Greater Palm Harbor YMCA and North Pinellas YMCA.

Ages 7-9: Players will practice on Thursdays 5 p.m. and play games on Saturdays alternating between Greater Palm Harbor YMCA and North Pinellas YMCA.

Game Times/Location: Every Saturday starting at 9:30 a.m., times will vary and will alternate between Greater Palm Harbor and North Pinellas

Fee: \$50 for members, \$70 basic members

Ages 3-4 Preschool Soccer

Season: Jan. 19- Feb. 16

Game Times/Location: Every Saturday morning starting at 8:30 a.m., times will vary and will alternate between Greater Palm Harbor and North Pinellas

Fee: \$35 for full members, \$60 for basic members

Flag Football

The Y flag football program is geared towards players who want to learn how to play the sport, brush up on the rules, tactics, and skills, improve their game and most importantly - HAVE FUN!

Ages: 5-6, 7-9, 10-11, 12-14, 15-17 (12 & 14 are swing ages)

5-6 Season: Jan. 26-Mar. 2

Practices/Games: Teams will practice and scrimmage on Saturdays, 8:30-10 a.m. at the Palm Harbor Rec Center

7-17 Season: Feb. 16-May 11

Practices once a week day/time depends on the coach

Games Sat. starting at 8:30- times vary

Fee: \$75 for full members, \$110 for basic members

No games 3/16 or 4/20 for Spring Break and Easter

Mandatory Skills Assessment and Parent Meetings:

Location: Palm Harbor Rec Center

Date: Saturday, Jan. 26

Times: Ages 5-6 meet at 8:30 a.m., ages 7-9 meet at 9 a.m., ages 10-11 meet at 11 am, ages 12-14 meet at 1 p.m.

The Y flag football program is geared towards players who want to learn how to play the sport, brush up on the rules, tactics, and skills, improve their game and most importantly - HAVE FUN!

Youth Basketball

Basketball is our game — we invented it! We have leagues for ages 5-14 that run 8 weeks.

Ages 5-7: Jan. 14-Mar. 5 (Mondays & Wednesdays 6-7 p.m.)

Ages 8-10: Jan. 15-Feb. 28 (Tuesdays & Thursdays 6-7 p.m., 7-8 p.m.)

Ages 11-14: Jan. 14- Mar. 5 (Mondays & Wednesdays 7-8 p.m., 8-9 p.m.)

Location: Palm Harbor Middle School
Fee: \$90 for full members, \$130 for basic members

Dance- Ballet & Tap

This dance class is designed to introduce your child(ren) ages 3-4 and 5-8, to basic ballet and tap techniques. Sign up at ymcasuncoast.org/dance

HEALTHY LIVING

EDUCATION & LEADERSHIP

Teen Leaders Club

Volunteer their service at the Y and in community, plan and participate in events and in training/activities that promote leadership, personal growth, physical fitness and social development. Students complete 150 hours during the year. They must maintain a minimum 2.5 GPA. Ages: 13-17 Times: Mondays, 6-7 p.m.

HEALTH, WELL-BEING & FITNESS

Personal Training

Age: 10 and older

Times: Available for your schedule

Fee: \$45/hour or \$25 for 30 minutes for full members. Packages available. Purchase more at one time and save!

Group Personal Training

Train in a small group of 3-8 people, all working toward individual goals through similar workouts. Contact Jillian Coleman at jcoleman@ymcasuncoast.org to learn more today! Groups run eight weeks.

Ages: 18 and older

Day/Time: Varies

Fee: Varies by program

CageFit 30

This 30-minute, high-intensity interval training workout is offered six days a week. Workouts are specially designed and led by nationally certified trainers. When: Mondays, Wednesdays and Fridays at 9:30 a.m.; Mondays, Tuesdays and Thursdays at 7:30 p.m.; Saturdays at 8:30 a.m.

Cost: For one person, \$59.99 per month via autodraft, unlimited sessions; additional members in household, \$49.99 per month



Nutrition Counseling

Develop a healthier lifestyle, changing your body and your relationship with food. Education and goal-setting consultations or ongoing support from a registered dietitian are available.

Day/Time: By appointment

Fee: Initial consultation (1 hour) and two follow-ups (30 minutes each), \$150 for full members, \$300 for basic members. Additional 30 minute sessions are \$40 for full members, \$80 for basic members

Massage

Massage therapy isn't just "me time." Studies continue to prove the physical and emotional benefits of even one therapy session. As the health benefits are proven more and more, so does the number of people who seek therapy. Find out for yourself at ymcasuncoast.org/massage

Ages: All

Times: By appointment

Fee: based on 30, 60 or 90 minutes

YMCA's Diabetes Prevention Program

Sixteen one-hour classroom sessions are followed by monthly sessions to maintain progress. For more information, visit ymcasuncoast.org/diabetes-prevention or contact Summer Cruff at 727 379 3473.

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

Ages: 18 and older

Fee: FREE. Registration required.

Enhance@Fitness

EnhanceFitness is an evidence-based group exercise program for ages 55 and up that uses simple, easy-to-learn movements (particularly those with arthritis) to stay active throughout their life. Discover this FREE program at ymcasuncoast.org/enhancefitness Registration is required.

SPORTS & RECREATION

Tennis Fit

A group fitness program that uses basic tennis skills to provide a moderate cardiovascular workout.

Ages: 18 and older

Times: 8 a.m. Thursdays

Fee: \$75 for 5 classes or \$150 for 10 classes for full members; for basic members, \$135 for 5 classes or \$170 for 10 classes

Private Tennis Lessons

Day: By appointment

Fee: \$55 per hour for full members; \$110 per hour for basic members

Group Tennis Lessons

Lessons for all levels, beginner to advanced.

Day: Varies based on level

Fee: \$77 per session for full members; \$154 per session for basic members

Live Tennis Drills

Game and point based drills led by a tennis pro in which doubles, pairs or singles compete in a fast paced class.

Ages: 13 and older

Times: Variable, ongoing



Round Robin Tennis Play

Pick-up matches for all abilities.

Ages: 18 and older

Day: Monday-Saturday

Time: 7 a.m.-noon

Fee: FREE for full members