

## 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](http://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](http://ymcasuncoast.org/citrussap)

## Summer Camp SAP & Specialty

### SUMMER CAMP - SCHOOL AGE (Ages 5-11)

School is out for the summer but that does not mean your child cannot participate in fun and educational activities! This is the time when new friendships are formed, talents are found and confidence is gained. With an emphasis on health and wellness, indoor and outdoor activities and exciting field trips, the possibilities are endless! Camps are 10 weeks long and the last week of camp is held at the YMCA Branch.

**WHAT TO BRING:** Campers must wear tennis shoes and come packed with two snacks, a refillable water bottle, swimsuit, towel and sunscreen.

**MEALS:** Free breakfast and lunch are provided most weeks.

**CAMP DAY:** 6:30 a.m. - 6 p.m.

**LOCATIONS:** Camp Revere, Citrus Springs Middle School  
Camp Henderson, Inverness Middle School  
Camp Rosseau, Crystal River Middle School

\*Camp EPIC (ages 12-14) is available at each location. This camp is designed specifically for teens.

**COST:** \$93 per week, per child. Financial Assistance is available to those who qualify through the Y's People Helping People Program as well as assistance through the Early Learning Coalition of the Nature Coast.

### SUMMER CAMP - SPORTS CAMPS (Ages 6-14)

The Y's sports camps are instructional camps that emphasize the fundamentals of different sports. Campers will be separated by age and skill level, and they will master the game through learning skills, doing drills, and playing in scrimmages.

**SOCCER & SWIM CAMP:** Campers will enjoy a morning of soccer followed by swim time in the Y's pool (June 3-7) (July 1-5)

**Cost:** \$75 for Full Members, \$110 for Basic Members

**BASKETBALL CAMP:** Campers will be separated by age or skill level and learn how to master the game (July 8-12)

**Cost:** \$75 for Full Members, \$110 for Basic Members

**TEAM SPORTS CAMP:** Campers will participate in team sports such as football, volleyball, kickball and more! This camp includes a trip to the Tampa Bay Rays Game (June 10-14) (July 22-26)

**Cost:** \$85 for Full Members, \$120 for Basic Members

**WHAT TO BRING:** Campers must wear tennis shoes and come packed with a lunch, two snacks, a refillable water bottle, swimsuit, towel and sunscreen.

**CAMP DAY:** 7 a.m.-6 p.m.

A nonrefundable, non-transferable down payment fee of \$35 is required each week for Sports Camp Campers.

## 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

Find our other locations and learn more at [ymcasuncoast.org](http://ymcasuncoast.org)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HELPING YOU LIVE BETTER

March-April 2019 Programs  
CITRUS MEMORIAL HEALTH FOUNDATION YMCA



YMCA OF THE SUNCOAST

## HEALTHY LIVING

### HEALTH, WELL-BEING & FITNESS

#### Group Exercise Schedule:

At [ymcasuncoast.org](http://ymcasuncoast.org)

#### Adult Swim Lessons

Adult swim lessons are taught by a certified instructor. Visit the member services desk or [ymcasuncoast.org](http://ymcasuncoast.org) to register! Find our schedule and register at [ymcasuncoast.org/swim](http://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

#### Diabetes Prevention Program

The YMCA's Diabetes Prevention program is a community-based lifestyle improvement program that is a part of the CDC and National Diabetes Prevention Program. Its purpose is to empower adults with lasting lifestyle changes that will improve their overall health and reduce their chance of developing type 2 diabetes. Learn more at [ymcasuncoast.org/diabetes-prevention](http://ymcasuncoast.org/diabetes-prevention)

#### 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](mailto: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:** [tjoynr@ymcasuncoast.org](mailto:tjoynr@ymcasuncoast.org)

**Ages:** 9-16

**Dates:** Thursdays

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

#### SilverSneakr<sup>TM</sup> Classic

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

**Age:** Active Older Adults

**Dates:** Tuesdays & Thursdays

**Times:** 10-10:45 a.m.

#### Enhance Fitness

Join us for this evidence-based group exercise program for older adults. Enhance Fitness uses simple, easy-to-learn movements that motivate individuals (particularly those with arthritis) to stay active throughout their life. Participants should expect to notice having: more energy, better balance, and increase in strength and more after taking the class. Learn more at [ymcasuncoast.org/enhancefitness](http://ymcasuncoast.org/enhancefitness)

### GROUP INTERESTS Teen Nights

Teen Night gives middle and high schoolers a safe place to hang out with friends while building relationships with new friends. Each month is centered around a different theme with games, activities and events. Entry is free and includes dinner and water. Other snacks can be purchased for an additional fee.

#### Meet Me at the Y

Build relationships and meet new people while enjoying the Y! Learn more on our Facebook page: [bit.ly/2AYOkGm](http://bit.ly/2AYOkGm)

### 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!  
**March 29**  
**April 19**  
Time: 6 p.m.

#### Easter Family Fun Day

Grab your Easter basket and hop over to the Y to celebrate Easter with us on Saturday, April 20, 2019. This FREE community event will include an Easter egg hunt, inflatables, music, games, crafts, food trucks, and a photo opportunity with the Easter Bunny!

### 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](http://ymcasuncoast.org)

## YOUTH DEVELOPMENT

#### Swim Lessons

All lessons are 30 minutes in duration.  
**Register:** Online at [ymcasuncoast.org](http://ymcasuncoast.org) or with a membership staff member

#### Group Lessons

**Ages:** 6 months-12 years

**Times:** See [ymcasuncoast.org/swimming](http://ymcasuncoast.org/swimming)

**Fees:** \$35 per session for full members and \$50 for basic members

#### Private Lessons

**Ages:** 6 months and older

**Times:** Scheduled with instructor

**Fee:** Starting at \$24 per lesson for full members and \$48 for basic members. 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](mailto:gadkins@suncoastymca.org) or 352-500-9622 for more information

**Ages:** 6-8, 9-12 & 13-17

**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 [kluider@suncoastymca.org](mailto:kluider@suncoastymca.org).

#### S.T.E.A.M. Spring Break Camp

Bring your children to the Citrus Y for a week of education, exploration and imagination! Each day participants will focus on a different area of S.T.E.A.M. – Science, Technology, Engineering, Arts and Math.  
Grades: 1st-5th  
March 25-29  
Camp runs from 9 a.m.-4 p.m. with extended care from 7:30 a.m.-6 p.m.  
Members: \$70, Basic Members: \$110

#### 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:** Mar. 18, 22 & Apr. 15, 26

**Cost:** \$10 for full members;

\$20 for basic members

**Times:** 6-10 p.m. on select Fridays.

See the front desk for dates.

**Register:** At [ymcasuncoast.org](http://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., Mar. 16, 30 & Apr. 13