

## 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](http://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](http://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](mailto: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!

#### Summer Camp 2019

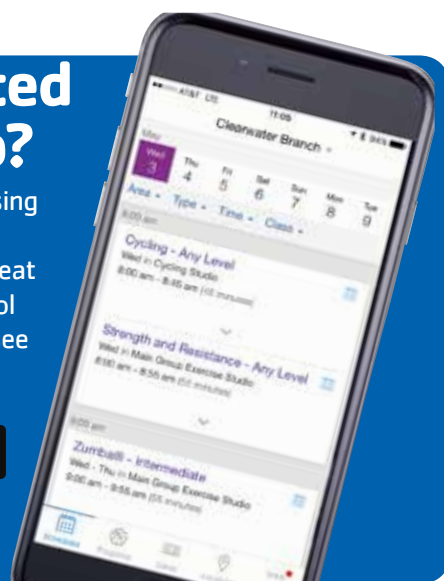
Did you know you can sign up for summer camp already? Registration for Members began Feb. 4 and begins for Basic Members Mar. 4 at [ymcasuncoast.org/summercamp](http://ymcasuncoast.org/summercamp)

## 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](http://ymcasuncoast.org/northpinellas) P 727 772 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

**GREATER PALM HARBOR YMCA** 1600 16th St., Palm Harbor, FL 34683 [ymcasuncoast.org/palmharbor](http://ymcasuncoast.org/palmharbor) P 727 787 YMCA

**PINELLAS-PASCO SCHOOL AGE PROGRAMS** 2469 Enterprise Road, Clearwater FL 33763 [ymcasuncoast.org/pinellassap](http://ymcasuncoast.org/pinellassap) P 727 467 YMCA



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# GROWING STRONGER FOR A BETTER US

## March-April 2019 Programs NORTH PINELLAS YMCA

YMCA OF THE SUNCOAST



## YOUTH DEVELOPMENT

### SWIM, SPORTS & PLAY

**Pool Schedule:** At [ymcasuncoast.org](http://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:** \$58 for 8 weekday lessons or \$29 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:** \$30 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](http://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:** \$80 per session for Full Members, \$160 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

#### Soccer

Instructional skills clinic 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.

#### Ages 5-12 Soccer Clinic:

**Season:** Mar. 19-Apr. 18

Players will practice Tuesdays & Thursdays  
Ages 5-6: 5:30-6:30 p.m.

Ages 7-12: 6:30-7:30 p.m.

**Fee:** \$75 for Full Members, \$100 for Basic Members

#### Ages 3-4 Preschool Soccer:

**Season:** Mar. 21-Apr.18

Players will practice every Thursday, 12:15-1 p.m. at Greater Palm Harbor YMCA  
**OR**

**Season:** Mar. 23-Apr.20

Players will practice every Saturday, 9-10 a.m. at the North Pinellas YMCA

**Fee:** \$35 for Full Members \$60 for Basic Members



#### Youth Basketball

Basketball is our game — we invented it! We have leagues for ages 5-14 that run 8 weeks. Season runs Apr. 1-May 16! Email [kbryan@suncoastymca.org](mailto:kbryan@suncoastymca.org) for more information.

#### Ages 5-14

**Location:** Palm Harbor Middle School

**Fee:** \$90 for Full Members, \$130 for Basic Members

#### Ages 8-10 Travel League

**Location:** Between James P. Gills, North Pinellas and Greater Palm Harbor YMCAs

**Season Overview:** Apr. 1-May 16

**Fee:** \$90 for Full Members, \$130 for Basic Members

Details coming soon!



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

#### Spring Break Camp

Our Spring Break Camp provides youth with activities that teach values, conflict resolution and leadership skills for the week of March 11-16. For kids, Y camp is a fun and happy place to enjoy Holiday Break. Our camp includes: swimming, opening and closing assemblies, camp songs, fun games, sports, specialty and enriching activities, group exercise classes, team building, making arts & crafts and so much more!

**Fee:** \$90 for Full Members, \$130 for Basic Members

## 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](mailto: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 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](http://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](http://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](http://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](http://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:** \$80 for 5 classes or \$160 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:** \$80 per session for Full Members; \$160 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

**Location:** Courts 1 & 2

**Fee:** FREE for full members