

YOUTH DEVELOPMENT

Boaters Safety Expo

Join us for our first ever Boater Safety Expo, as we make an effort to reduce risk in Florida's waterways. We will have giveaways, prizes, booths from various organizations and more!

Date: May 18

Time: 9 a.m.-1 p.m.



www.elc-naturecoast.org

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.

OTHER 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

May-June 2019 Programs CITRUS MEMORIAL HEALTH FOUNDATION YMCA



YMCA OF THE SUNCOAST

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

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

Art From The Heart

The Citrus Y is proud to offer Art from the Heart, a memory cafe — 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.

SilverSneakrs™ 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

YOUTH DEVELOPMENT

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

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!

May 24

June 28

Time: 6 p.m.



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 Full Members, \$50 for Basic Members

Private Lessons

Ages: 6 months and older

Times: Scheduled with instructor

Fee: Starting at \$24 per lesson for Full Members & \$48 for Basic Members
Packages are available.



Developmental Swim Team

Our PYP Developmental Swim Team here at the YMCA helps children ages 6-17 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, 9-12 & 13-17

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

Fee: \$45/month for Full Members; \$75/month for Basic Members

Taekwondo New Times!

Ages: 5 and older

Time: Mondays and Wednesdays

4:30 - Beginner

5:30 - Intermediate

6:30 - Advanced

Fee: \$40 for Full Members, \$70 for Basic Members

Location: Crystal River Fitness, 780 SE 8th Terrace

CHILD CARE

S.T.E.A.M. Summer 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

Dates: June 24-28

July 29-Aug. 1

Camp runs from 9 a.m.-4 p.m. with extended care from 7:30 a.m.-6 p.m.

Full 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: May 3, 17 & 31; June 7 & 21

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



Parents 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., May 10