

## HEALTHY LIVING

### Small Group Yoga and Pilates Training

Catered to each group's fitness goals. Train twice a week for four weeks.

**Times:** Mondays, Wednesdays and Fridays, 10 a.m. and 6 p.m.; Tuesdays and Thursdays, 7 p.m.

### Individual Personal Training

**Ages:** All ages  
**Date & Time:** Scheduled with trainer  
**Fees (one-hour session):**  
**Full Members:** \$40  
**Basic Members:** \$80



## EDUCATION & LEADERSHIP

### Junior Referee

Be part of a great team and help your community! Fill out your volunteer packet and submit at the front desk.

**Ages:** 13-17  
**Days:** Friday nights (soccer) and Saturdays (basketball)

## SOCIAL RESPONSIBILITY

### 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. Meetings are once a month for 2 hrs, plus the one day projects. What a great opportunity to give back. Learn more: Contact Jason DiRienzo at [jdirienzo@ymcasuncoast.org](mailto:jdirienzo@ymcasuncoast.org), or visit [ymcasuncoast.org/volunteer/togetherhood](http://ymcasuncoast.org/volunteer/togetherhood)

**BEST SUMMER EVER™**

Register NOW at [ymcasuncoast.org/summercamp](http://ymcasuncoast.org/summercamp)

### Teen Summer Camp Internship

Teens will gain valuable leadership skills while working with campers aged 5-12.

**More info:** Contact Vickie Shire at [vshire@suncoastymca.org](mailto:vshire@suncoastymca.org) or 727.461.9622

**SHARE THE EXPERIENCE**  
**FAMILY FUN**  
**SUMMER CAMP**

Get a **FREE MONTH** when you REFER A FRIEND from Apr. 27-May 11  
Learn more at [ymcasuncoast.org/buddy-up](http://ymcasuncoast.org/buddy-up)

## 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.

**CLEARWATER YMCA** 1005 S. Highland Ave., Clearwater, FL 33756

[ymcasuncoast.org/clearwater](http://ymcasuncoast.org/clearwater) P 727 461 YMCA

**HIGH POINT YMCA** 5345 Laurel Place, Clearwater, FL 33760

[ymcasuncoast.org/highpoint](http://ymcasuncoast.org/highpoint) P 727 507 YMCA

**GREATER PALM HARBOR YMCA** 1600 16th St., Palm Harbor, FL 34683

[ymcasuncoast.org/palmharbor](http://ymcasuncoast.org/palmharbor) P 727 787 YMCA



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HELPING YOU LIVE BETTER

May-June 2019  
CLEARWATER



### ¡Hablamos Español Llámamos!

Tenemos empleados que hablan Español. Llame para obtener más información sobre nuestros programas, servicios, actividades y asistencia financiera!

YMCA OF THE SUNCOAST

## YOUTH DEVELOPMENT

### SWIM, SPORTS & PLAY

**Pool Schedule:** Download the app!

#### Youth Co-ed T-Ball & Coaches Pitch

**Ages:** T-ball: 3/4-5 Coaches Pitch: 6-7

**Registration:** Mar. 4-Apr. 12

**Dates:** Apr. 15-Jun. 1

3 yr. olds only have practice/game on Saturdays (T-Ball)

**Fees:** Full Members: \$35

Basic Members: \$65

**Register BEFORE MARCH 17 AND SAVE \$10**

**Coaches Meeting:** Apr. 9, 6:30 p.m.

#### Summer Youth Co-Ed Basketball

**6-17 year olds:** This is a league.

Practices are once a week; games are on Saturdays

**Evaluations:** June 8

**Early Bird Registration:** Apr. 29-May 13

**Fees:** \$42 for Full Members, \$82 for Basic Members

**Regular Registration:** May 14-May 31

**Fees:** \$52 for Full Members, \$92 for Basic Members

**Season Dates:** Jun. 17-Aug. 10

**Coaches Meeting:** Jun. 4, 6:30 p.m.

#### Summer Youth Co-ed Soccer: Friday Night Lights

**6-12 year olds:** This is a league.

Practices are once a week; games are on Friday Nights.

**Evaluations:** June 1

**Ages 6-7:** 9 a.m.

**Ages 8-12:** 10:15 a.m.

**Early Bird Registration:** Apr. 29-May 13

**Fees:** \$42 for Full Members,

\$82 for Basic Members

**Regular Registration:** May 14-May 31

**Fees:** \$52 for Full Members,

\$92 for Basic Members

**Season Dates:** Jun. 10-Aug. 2

**Coaches Meeting:** Jun. 3, 6:30 p.m.

#### Swim Lessons

Visit [ymcasuncoast.org/swimming](http://ymcasuncoast.org/swimming) or contact the member service desk for more information regarding days, times and pricing.

**Private swim lessons** are available — learn more at the front desk.

**Weekday Sessions** (Meets twice per week for four weeks) Jun. 3-Jul. 9 (No class the week of Jun. 24-27 and Jul. 4), Jul. 15-Aug. 8

**Saturday Sessions** (Meet for six weeks) Apr. 20-May 25, Jun. 8-Jul 13

**Parent/Child Classes** (Ages 6-36 months): Designed to help children develop a sense of comfort and familiarity with the water. Held seasonally from March to October.

**Preschool Classes** (Ages 3-5)

**School-Age Classes** (Ages 6-12)

**Stroke Development** (Ages 6-12)

**Stroke Mechanics** (Ages 6-12)

**Teen/Adult Classes** (Ages 13+)

#### Piranhas Swim Team

A year-round competitive program for ages 5-17. Times vary by schedule. Tryout required; schedule by emailing [lwarren@ymcasuncoast.org](mailto:lwarren@ymcasuncoast.org). Visit: [ymcasuncoast.org/swim-teams](http://ymcasuncoast.org/swim-teams)

#### Kids' Zumba

**Ages:** 7-12

**Times:** 7-7:30 p.m. Wednesdays

**Fees:** FREE for members

#### Taekwondo

Total mind and body conditioning.

**Ages:** 5 and older

**Date:** Tuesdays and Thursdays; sessions meet monthly

**Time:** 6:30-7:30 p.m.

**Fees:** Full Members: \$40 and

Basic Members: \$80

#### Clearwater YMCA Dance Academy - Registration Closed (To Open in Fall)

Equipment needed includes ballet and tap shoes, pink tights and a black dance leotard. Hair pulled back in bun. The academy runs only during the school year.

**Ages 3-4**

**Time:** 5:15-5:45 p.m. Tuesdays

**Fees:** Full Members: \$26

Basic Members: \$66

**Ages 5-6**

**Time:** 6-7 p.m. Tuesdays

**Fees:** Full Members: \$44

Basic Members: \$82

**Ages 7-9**

**Time:** 7:10-8:30 p.m. Tuesdays

**Fees:** Full Members: \$55

Basic Members: \$95



## CHILD CARE

### Parents Night Out

Now offering twice a month. First and third Friday of the month.

### 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 Connects, Directions for Living, Youth and Family Alternatives, Kid Central Inc. and Lutheran Family Services! To learn more, contact George, Outreach Director at 727 461 9622

## EDUCATION

### Free English Class

Classes are provided by UMCM Suncoast, based in Pinellas County. The Clearwater Y offers a free trial week and waives the activation fee for new class participants. Classes run in 10-week sessions and meet on Tuesdays and Thursdays from 6-8 p.m. To learn more, call the Y, or Molly, side coordinator at 727 417 0344.

### Teen Leaders

A program organized for volunteer service within the Y and throughout the community. Participating in training and activities that promote leadership skills, personal growth and social development. Get your application at the front desk.

**Application Process:** June 1-Aug. 18

**More Info:** Contact Vickie Shire at [vshire@suncoastymca.org](mailto:vshire@suncoastymca.org)

## HEALTH, WELL-BEING & FITNESS

### Small Group Training

All small-group training is catered to the needs of each group's fitness goals to achieve maximum results. See: [www.ymcasuncoast.org/personal-training](http://www.ymcasuncoast.org/personal-training)

### mY Jump Start

Get the most out of your workout! This assessment can help you target workouts to maximize results.

**Ages:** 10 and older

**Fees:** Full Members: \$25

Basic Members: \$50

### One-on-One Yoga and Pilates Training

**Ages:** All ages

**Date & Time:** Scheduled with trainer

**Fees (one-hour session):**

Full Members: \$40

Basic Members: \$80



### USA Masters Swim Team

Supports an active lifestyle through coached workouts with an emphasis on stroke technique so you can reach your fitness and swimming goals.

See: [ymcasuncoast.org/masters-swim](http://ymcasuncoast.org/masters-swim)



### Massage

Alleviate pain, enhance immunity, improve overall condition.

See: [www.ymcasuncoast.org/massage](http://www.ymcasuncoast.org/massage)

### YMCA's Diabetes Prevention Program

Sixteen one-hour classroom sessions are followed by monthly sessions to maintain progress. Find out if you qualify. Visit [ymcasuncoast.org/](http://ymcasuncoast.org/)

### Mobility Assessment Program

A comprehensive, 1 hour mobility evaluation will give you precise measurements of 36 muscles to optimize your movement through flexibility, stability and strength training.

**Assessment Fees:** Full Members: \$99,

Basic Members: \$198

**Assessment with Three Training Sessions Fees:** Full Members: \$199, Basic Members: \$398

### Safety Around Water Week

FREE 4-day water safety program

**Session 2:** May 3, 10, 17 & 24 (Fridays)

**Session 3:** June 24-27 (Monday-Thursday)

**Time:** Varies

**Age:** 3-12 years

**Fee:** FREE