

## PLAN YOUR SUMMER STAYCATION

### Adjusted Holiday Hours

**Memorial Day, May 27:** 7am to 6pm  
**Independence Day, July 4:** 7am to 6pm  
**Labor Day, Sept 2:** 7am to 6pm  
Our group exercise and other program areas will have adjusted schedules; the full details will be on Facebook and our website at [ymcasuncoast.org/gills](http://ymcasuncoast.org/gills)

### Pool Hours

Our two pools at the Y are the perfect way for your family to stay cool and active on the hot summer days!  
**Monday to Friday:** 5:30am to 9:30pm  
**Saturday:** 7:30am to 5:30pm  
**Sunday:** 11:30am to 5:30pm  
**Diving Board Hours:** 12pm to 5pm  
**Water Slide Hours:** 12pm to 5pm

### Dive-In Movie Nights

**Select Fridays at 7:30pm**  
Come join us on the pool deck for "Movie Night by the Pool!" Bring your own beach chairs, towels, blankets and snacks.  
**May 24:** Moana  
**June 14:** The Little Mermaid  
**July 12:** Lilo and Stitch  
**Aug 16:** Finding Nemo

### Safety Around Water Week

**June 3 to 6 July 1-3 & 5 Aug 19 to 22**  
We believe the ability to swim is a critical life skill for every child, teen and adult. **The Y offers free water safety lessons** to help youth overcome fears, build confidence in the water and develop skills that last a lifetime. Register at the Y Front Desk for one of the sessions!

### Family Pool Parties

**Select Saturdays at 12pm**  
**May 25, June 29, July 27, and Aug 31**  
Come join us by the pool and enjoy some music, games, snow cones, popcorn and being a part of the Y community!

### LesMills Release Launch

**July 21 to 27, 2019**  
We are getting pumped to change up your workouts and challenge you with new routines and stay motivated to fresh music! Join us in our BodyPump, BodyFlow, and BodyCombat classes to experience the new choreography. **Find a class online at [ymcasuncoast.org/schedules](http://ymcasuncoast.org/schedules)**

### Middle School Madness

**Friday, June 28 and July 19 at 6:30pm**  
This is a great opportunity for rising 6th to 8th graders to hang out with and make new friends or keep up with their old ones over the summer. We will have food, games, and a pool party! Advanced registration is required.

### Lifeguard Training Class

**June 3 to 6 or July 22 to 25, 2019**  
The course presents information on the skills and knowledge lifeguards need in pool, lake, river, surf and water park environments. Participants are required to register in advanced and pass a swim test.

## SOCIAL RESPONSIBILITY

### Togetherhood®

Togetherhood provides community members with fun, convenient and rewarding ways to give back and support their communities. It is the YMCA's member-led service program. This program invites you to lead and participate in volunteer service projects that benefit the West Pasco community. For more information, email Yukiko at [yschlotter@suncoastymca.org](mailto:yschlotter@suncoastymca.org).

### Volunteer at the Y

When you volunteer at the Y, you take an active role in bringing about meaningful, enduring change in our own community. If you'd like to share a passion, consider volunteering either at our special events or in an ongoing role to support participants in our programs. Email Kari at [khoppes@suncoastymca.org](mailto:khoppes@suncoastymca.org) to get involved.

### 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, and Lutheran Family Services! Call us to learn more!

## 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.

**JAMES P. GILLS FAMILY YMCA** 8411 Photonics Drive, New Port Richey, FL 34655 [ymcasuncoast.org/gills](http://ymcasuncoast.org/gills) P 727 375 9622 (YMCA)  
**GREATER PALM HARBOR YMCA** 1600 16th St., Palm Harbor, FL 34683 [ymcasuncoast.org/palmharbor](http://ymcasuncoast.org/palmharbor) P 727 787 9622 (YMCA)  
**NORTH PINELLAS YMCA** 4550 Village Center Drive, Palm Harbor, FL 34685 [ymcasuncoast.org/northpinellas](http://ymcasuncoast.org/northpinellas) P 727 772 9622 (YMCA)  
**PINELLAS-PASCO SCHOOL AGE PROGRAMS** 2469 Enterprise Road, Clearwater FL 33763 [ymcasuncoast.org/pinellassap](http://ymcasuncoast.org/pinellassap) P 727 467 9622



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# A SUMMER FULL OF SMILES

Summer 2019 Programs and Activities  
JAMES P. GILLS FAMILY YMCA



YMCA OF THE SUNCOAST

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

## YOUTH DEVELOPMENT

### SWIM, SPORTS & PLAY

#### Swim Lessons

Our progressive model of swimming instruction allows any individual to learn swimming fundamentals and build skills gradually.

**Ages:** Parent & Child (6-36 months); Preschool (3-5 years); Youth (6-12 years); Adult (13 and older)

#### Weekday Group Lessons

Our weekday sessions meet Mon-Thur for two consecutive weeks and include eight classes. Times are available for a variety of skill levels and ages in both the morning and evening.

**Session Dates:** May 20 to 30, June 10 to 20, July 8 to 18, July 29 to Aug 8

**Full Members:** \$61 **Basic Members:** \$91

#### Saturday Group Lessons

There are six classes included in the Saturday morning sessions and a variety of age group and skill levels are offered.

**Session Dates:** May 4 to June 8, June 15 to July 20, and July 27 to August 31

**Full Members:** \$46 **Basic Members:** \$61

#### Private Lessons

Instruction with a certified instructor.

**Ages:** 3 and older

**Times:** Scheduled with instructor

**Full Members:** \$24 per half-hour

**Basic Members:** \$48 per half-hour

#### Martial Arts

This program offers an accelerated path to learn practical self-defense skills along with traditional techniques.

**Ages:** 10 and older

**Times:** Mon & Wed 7:30 to 8:45pm

\*not meeting in June

**Full Members:** \$45 **Basic Members:** \$70

#### Karate

The Karate class uses carefully designed techniques to help develop hand-eye coordination, motor skills and martial arts fitness.

**Dates:** Meets Tues and Fri

**Times:** Beginner and Intermediate at 6:30pm and Advanced at 7:30pm

**Full Members:** \$45 **Basic Members:** \$70

#### Youth Basketball

Our basketball program teaches essential skills to new players and challenges season athletes to improve their abilities as they enjoy practices and recreational games.

**Ages:** League options for ages 4-16

**Dates & Times:** This league begins on June 10, you can find details for each age group online; most players will have practice during a weeknight evening and play a game on Saturday.

Register online or at the Member Services Desk before June 5.

**Full Members:** \$75 **Basic Members:** \$100

#### Youth Indoor Soccer

Players are introduced to the fundamentals of the sport through drills and games that teach the basic offensive and defensive skills and positions of soccer.

**Ages:** 6 to 7 and 8 to 10

**Dates & Times:** This program begins on June 13. Participants will meet on Thursday evenings and Saturday afternoons.

**Full Members:** \$75 **Basic Members:** \$100

#### Preschool T-Ball

Participants will learn how to catch, throw, and hit the ball off of a tee in a fun team environment. The focus of our youth T-ball program is to have fun, meet new friends, and play in a non-competitive environment.

**Ages:** Preschool (ages 3 to 4)

**Dates & Times:** Saturdays at 9am

**Full Members:** \$75 **Basic Members:** \$100

#### Upcoming Fall Sports

Our fall sports programs will begin in August and include Basketball, Gymnastics, Pre-School All Star Sports, Youth Dance, Karate, Martial Arts, Volleyball, and more! [Session details and important dates for our fall programs and sports leagues will be available online at \[ymcasuncoast.org/gills\]\(http://ymcasuncoast.org/gills\) beginning on July 1.](#)

### CHILD CARE

#### Kids Zone

Drop off your children to enjoy healthy activities, games, arts and crafts while you exercise at the YMCA. Kids Zone service is included in Y family memberships.

**Ages:** 6 weeks to 12 years

**Times:** Sun 11am to 2pm Sat 8am to 1pm

**Mon to Fri:** 8:30am to 8:30pm

#### Parent's Night Out

Kids enjoy a supervised night of themed activities including dinner, snack and a movie. Register online or at the Front Desk. Children must be signed up by 3pm the day of the event. No outside food or toys are permitted.

**Ages:** 3-12 (must be potty trained)

**Times:** Fri 6-10pm or Sat 5-9pm

**Full Members:** \$8 **Basic Members:** \$20

### SUMMER CAMP

At Camp Lynx, kids have fun while making friends, developing new skills, building self-confidence, appreciating teamwork and growing in self-reliance. For kids, Y camp is a fun and happy place to enjoy the summer. Our camp includes: opening and closing assemblies, camp songs, fun games, specialty activities, free time, swimming, braving the climbing wall, a variety of sports, teambuilding, making arts & crafts, and much more!

#### Camp Lynx Specialty Themes

**May 28 to 31:** Under the Big Top

**June 3 to 7:** Outdoor Adventure

**June 10 to 14:** Fact or Fiction

**June 17 to 21:** Space is the Place

**June 24 to 28:** Dino Dig

**July 1 to 5:** Fantasy World Adventure

**July 8 to 12:** Super Sloppy Science

**July 15 to 19:** Exciting Engineering

**July 22 to 26:** Lights. Camera, Action!

**July 29 to Aug 2:** Awesome Art

**August 5 to 9:** Summer Highlights

Visit [ymcasuncoast.org/summercamp](http://ymcasuncoast.org/summercamp) for descriptions of our specialty themes, prices, and more information about camp!

## HEALTHY LIVING

### HEALTH, WELL-BEING & FITNESS

#### Smart Start

Your membership includes complimentary appointments where you can work directly with a coach to discuss and define goals, interests and concerns and establish a custom roadmap towards success. Our trained staff and coaches will help you make sure you're heading in the right direction; register for your free coaching session by calling us or visiting the front desk.

#### Group Exercise

Group Exercise Classes improve health, encourage social interaction, and are regarded as one of the most enjoyable ways to move and feel great. Visit as many classes as you would like because **all 90+ hours of our classes each week are included with your Y membership.** Each style has been professionally designed and tested through a comprehensive program development process, and all are continually refreshed so the programs evolve with the latest trends in group exercise and to keep you motivated and moving. [You can see our schedule online at \[ymcasuncoast.org/schedules\]\(http://ymcasuncoast.org/schedules\)](#)

**Les Mills classes:** We are proud to offer BodyPump, BodyCombat and BodyFlow! We have one-hour and 45-minute classes to fit your schedule. Space is limited so please get your pass from the front desk.

**Express Classes:** Short on time or getting back to exercise? You can come to any of our classes and workout at a level and pace that comfortably challenges you.

#### TRX Training

Join us for a free half-hour session with a certified TRX trainer — register online or at the front desk. Two session times are available—10:30am or 11am  
**Dates:** May 25, June 22, July 27  
**Full Members (only):** FREE

#### Healthy Eating 101

Registered dietitian Ashley Morgan will discuss a review of mainstream diets, the pros and cons of specific diets, long-term versus short-term success, and diet safety. An open forum will follow.

**Times:** May 25 at 12pm, May 28 at 6:30pm, June 25 at 6:30pm, June 29 at 12pm, July 27 at 12pm, July 30 at 6:30pm, August 27 at 6:30pm, August 24 at 12pm, and August 31 at 6:30pm

**Full Members (only):** FREE

#### Personal Training

Get one-on-one attention working with one of our nationally certified trainers. We offer 30-minute and hour-long training times. Want to work on improving flexibility, balance, strength or improving your performance in a sport? We will match you with a trainer who can meet your needs.

**Ages:** 10 & older

**Full Members (only):** \$25/half hour

& \$45/hour

#### Group Personal Training

You get the benefits of personal training with the camaraderie and "push" of working on a team. Includes TRX, free weights, HIIT, flexibility training, cardio and more!  
Groups meet twice per week for four weeks. Pricing based on group size.

#### Adult Pick-Up Sports

**Basketball:** Wednesdays at 8pm (Members only, ages 30+) & Saturdays at 8am (Members Only, ages 18+)

**Volleyball:** Thursdays, 8-9:45pm (Members Only)

#### Master/Adult Stroke Development

This program provides coached workouts for adults, with an emphasis on stroke development so that you can reach fitness and swimming goals.  
**Times:** Tues & Thurs at 6:30pm  
**Full Members (only):** FREE

#### Sports Performance Training

Personal Training that is designed to improve speed, agility, and conditioning for sport specific play from a certified trainer.  
**Ages:** 11 to 17  
**Times:** Weekdays from 3:30pm to 4:30pm beginning on May 1  
**Dates:** Conditioning training will be on Mon, Wed, and Fri. Sports Specific trainings will be on Tue and Thur.  
**Fee:** A variety of packages are available to help select the best option for your young athlete. Visit the Member Services Desk or [ymcasuncoast.org/gills](http://ymcasuncoast.org/gills) for full details.

#### BayCare Health Hub

It's a doctor's office with no waiting room, a health-care facility which incorporates technology to make your life better, a state-of-the-art wellness destination to fit your lifestyle and your needs!

**Hours:** Weekdays 8am-7pm,

Sat 8am-5pm & Sun 11am-5pm

### ACTIVE OLDER ADULTS

#### Enhance®Fitness

You can recognize an EnhanceFitness class by the relaxed atmosphere and the laughter in the room. A full hour of fun, EnhanceFitness focuses on dynamic cardiovascular exercise, strength training, balance, and flexibility — everything older adults need to maintain health and function as they age.  
**Times:** Mon, Wed, & Fri from 3-4pm

#### Potluck Lunches

Bring a dish and enjoy fellowship and good food. Register at the Front Desk  
**Time:** 11:45am to 1pm on May 3  
**Full Members (only):** FREE

#### Lunch and Learns

Join us for a free seminar. A complimentary lunch will be served to participants. Reserve your spot at the front desk!  
**Dates:** May 8, May 15, and May 22  
**Time:** 11:30am-1pm  
**Full Members (only):** FREE