

SOCIAL RESPONSIBILITY

VOLUNTEERISM & GIVING

Togetherhood®

Togetherhood gives Y members 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.

Learn more: Contact Joanie Scarangella at jscarangella@ymcasuncoast.org

SIGN UP FOR SUMMER CAMP 2019!

At the Y, we strive to make the summer a fun, learning experience for kids. We teach character development and use group activities and games to teach the YMCA core values of caring, respect, responsibility and honesty. Kids also have the chance to play sports, make arts and crafts, swim and so much more!



Register your child for the Best Summer Ever now! Sign ups for Full Members began Feb. 4, and will become available to Basic Members starting Mar. 4.

Visit ymcasuncoast.org/summercamp.

FREE Foster Care Access

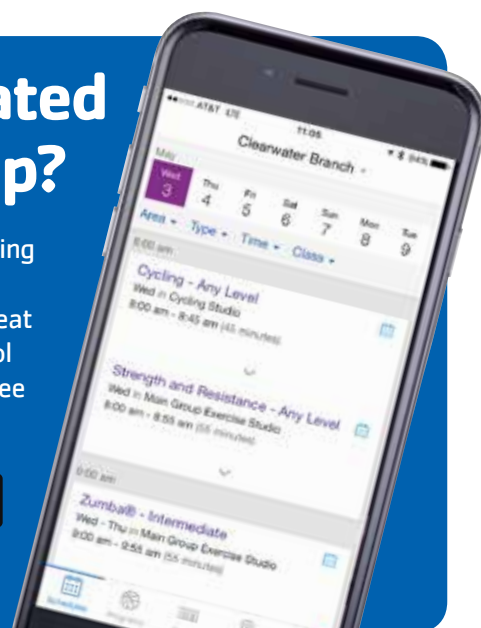
All foster youths/teens age 21 and younger may gain free access into any YMCA of the Suncoast location. We are excited about our new partnership with Eckerd Kids, Directions for Living, Youth and Family Alternatives, Kid Central Inc. and Lutheran Family Services! Call us to learn more!

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.

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

JAMES P. GILLS FAMILY YMCA 8411 Photonics Drive, New Port Richey, FL 34655 ymcasuncoast.org/gills P 727 375 YMCA

HERNANDO SCHOOL AGE PROGRAMS 1236 Mariner Blvd., Spring Hill, FL 34609 ymcasuncoast.org/hernando P 352 686 YMCA



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HELPING YOU LIVE BETTER

May-June 2019 Programs HERNANDO COUNTY YMCA



YMCA OF THE SUNCOAST

YOUTH DEVELOPMENT

SWIM, SPORTS & PLAY

Piranhas Swim Teams

Year-round, competitive; call to try out.

Times: Weekdays.

For High School: 4-5:30 p.m.

Ages 7-13: 5:30-7 p.m.

Fee: \$60/month for Full Members,

\$90/month for Basic Members

Swim Lessons

Year-round swim lessons focus on stroke development, rescue, personal growth/safety and water sports.

Age Ranges

Parent/Child (ages 6-36 months)

Preschool (ages 3-5)

Youth (ages 6-12)

Teen/Adult (ages 13 and older)

Private Lessons

Available year-round. Ask at Member Services. Days and times vary, as well as packages.

Weekday Sessions

(Meet four times a week for two weeks)

Session 5: June 3-June 13

Session 6: June 24-July 5 (No class July 4)

Weekend Sessions (Meets on Saturday mornings for 8 weeks)

Session 3: May 18-July 6

SCUBA Certification

Sign up to get the NAUI SCUBA certification.

Age: 10 and older (Ages 10-14 must have adult attend first class)

Time: 6-9 p.m. Tuesdays/Thursdays

Dives: A skin dive and four SCUBA

Fee: \$195/month for Full Members,

\$245/month for Basic Members

Offsite dives are an additional cost.

Tae Kwon Do

Mind and body conditioning while increasing confidence and self-discipline.

Ages: 5 and older

Date: Tuesdays and Thursdays

Times: 5-7 yrs. 6:45-7:30 p.m.;

8-15 yrs. 7:30-8:30 p.m.

Fee: \$42/month for Full Members,

\$72/month for Basic Members

ENRICHMENT

Parents' Night Out

Enjoy a night out while your child enjoys activities, dinner and snack.

Ages: 3-12 (Must be potty trained.)

Time: 6-10 p.m. Fridays, and 5-9 p.m.

the first Saturday of the month.

May 3: Outside Games

May 10: Mother's Day Craft

May 11: Relay Races

May 17: KIDS CHOICE

May 24: Tumbling

May 31: Pool Party

June 1: Dance Party

June 7: Pool Party

June 14: Father's Day Crafts

June 21: KIDS CHOICE

June 28: Pool Party

Fee: \$10 for Full Members,

\$25 for Basic Members

Saturday PNO

Saturday PNO is FREE for Full

Members, and kids get FREE

swim lessons during the POOL

Party PNO nights!!

Learning & Growing: Toddler Time for ages 1-5

Explore creativity and curiosity.

Ages: 18 months-5 years

Dates: June 3-July 1

Theme: Animal Adventures

Time: 10-11 a.m. Mondays

and Wednesdays for ages 3-5 and

10-11 a.m. Tuesdays and Thursday for

18 months-2 years.

Fee: \$35 for full members,

\$70 for basic members

Friday Night Done Right

Ages: Grades 6-12

Time: 7-9 p.m.

Date: May 3

Activity: Volleyball

Fee: FREE to all Middle &

High School Students

HEALTHY LIVING

HEALTH, WELL-BEING & FITNESS

Annual Spring Health Fair

Join us as we open our Y to various healthcare professionals to share the resources in Hernando County keeping our community healthy.

Date: May 15

Time: 9 a.m.

FREE and OPEN to the community!

Senior Health and Fitness Day

Join us for activities, demos & goodies to keep our Seniors active and healthy.

Date: May 26

Time: 10 a.m.-2 p.m.

FREE and OPEN to the community!

Stay Tuned

for the Summer Wellness Challenge in June!

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.



Fitness Challenges

Are you up to the challenge? No cost to join in. See a wellness coach to learn more. Prizes will be awarded!

May: Mountain Climbers

June: Jump Squats

Pickleball

All skill levels welcome! Open play! Learn about it, see it and try it!

Where: Basketball courts

Date: 2-4 p.m. Sundays and

7:30-9:30 p.m. Thursdays

Fee: Free

Personal Training

One-on-one, personalized to your goals. Ask our wellness director for more information — and to start your journey!

Days/Times: Various

Fee: As little as \$35 per session!

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

Ages: 18 and older

Date: Session TBD every six weeks

Fee: Free to the community



GROUP INTERESTS

Mother's Day Trip

Join us for our special Orlando Pirate Adventure!

Date: May 11

Time: 1:30-9:30 p.m.

Fee: \$60

OPEN to the community!

Growing For a Cause

Join us as we celebrate the Y's 175 years of service with a service project in our garden!

Date: June 8

Time: 8 a.m.

Sign up at member services.



Flag Day Fiesta

Join us for a little celebration for Flag Day!

Date: June 14

Time: 11 a.m.

Guitar Lessons

Times: Ages 6-10: Saturdays, 9-10 a.m.

Ages 11-17: Saturdays, 10-11 a.m.

Age 18+: Saturdays, 11 a.m.-Noon

Fee: \$42/per month for Full Members,

\$75/per month for Basic Members

Online: Group exercise and active adult schedules: ymcasuncoast.org

Movie Matinee

Join us for a great blockbuster.

Date: Third Monday of each month

Time: 2 p.m.

Veteran's Luncheon BBQ

Join us as we enjoy fellowship amongst friends.

Date: May 26

Time: 11:30 a.m.

Fee: FREE for Veterans

Painting Party

Join Michelle from Artful Possibilities as she guides us through creating a great masterpiece.

Date: May 19

Time: 1 p.m.

Fee: \$30 for Full Members,

\$35 for Basic Members

FAMILY TIME

Healthy Kids Day

Are the kids in your life already dreaming of summer? When kids are inspired, they can do anything. Let's awaken their imagination so they can explore new activities and healthy habits.

Date: May 4

Time: 9 a.m.-Noon

FREE and OPEN to the community!

Annual Car Craze and Bike Show

Date: May 4

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

Fee: Cars/Bikes \$10 entry fee in

advance/\$15 day of event

OPEN to the community!

Family Fun Day - Garden Party with Mom

Date: May 11

Time: 9:30-11 a.m.

Fee: FREE for Full Members,

\$3 for Basic Members

Family Fun Day - Kickball with Dad

Date: June 15

Time: 9:30-11 a.m.

Fee: FREE for Full Members,

\$3 for Basic Members