

Our mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.

BEST SUMMER EVER™

Teen Adventure Camp
Ages 11-15

YMCA/SPC Learning Academy Camp
Ages 15-18

Learn more & sign up at ymcasuncoast.org/summercamp

HEALTHY LIVING | PARENTS | NIGHT OUT | SPORTS | FITNESS | POOLSIDE FUN | WEIGHT LOSS PROGRAMS | SWIM LESSONS | GROUP EXERCISE | PERSONAL TRAINING | SWIMMING | LAP SWIMMING | SUMMER CAMP

SHARE THE EXPERIENCE

Get a FREE MONTH when you REFER A FRIEND from Apr. 27-May 11

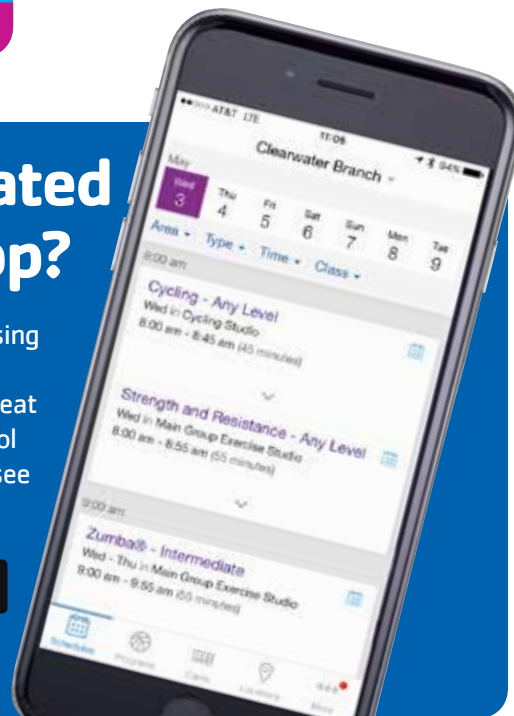
Learn more at ymcasuncoast.org/buddy-up

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"



Facility Operations

Monday-Friday: 8 a.m.-8 p.m.

Saturday: 10 a.m.-5 p.m.

Sunday: CLOSED

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 P 727 461 9622

HIGH POINT YMCA 5345 Laurel Place, Clearwater, FL 33760 ymcasuncoast.org/highpoint P 727 507 9622

GREATER PALM HARBOR YMCA 1600 16th St., Palm Harbor, FL 34683 ymcasuncoast.org/palmharbor P 727 787 9622

PINELLAS-PASCO SCHOOL AGE PROGRAMS 2469 Enterprise Road, Clearwater FL 33763 ymcasuncoast.org/pinellassap P 727 467 9622



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HELPING YOU LIVE BETTER

May-June 2019 Programs GREATER RIDGECREST YMCA

GET READY FOR
YMCA
SUMMER CAMP
REGISTER ONLINE!



YMCA OF THE SUNCOAST

YOUTH DEVELOPMENT

SWIM, SPORTS & PLAY

Swim Lessons & Pool Information

Monday/Wednesday Swim Lessons

Session 1: May 6-29 (No Class May 27)

Session 2: June 3-26

5-5:30 p.m. Preschool Stage 1-3

5:40-6:10 p.m. School Age Stage 1-3

Saturday Swim Lessons

Session 1: May 11-June 29

11-11:30 a.m. Parent/Child

11:40 a.m.-12:10 p.m. Preschool Stage 1-3

12:15-12:45 p.m. School Age Stage 1-3

Swim Team Tryouts

Date: Apr. 22

Time: 6-7 p.m.

The first day of practice is Apr. 29. A \$20 youth membership is required to participate.

*There are more sessions available, including private swim lessons. Call member services for more information at 727.559.0500

Lifeguard Training

Sign up to learn how to become a LIFEGUARD! Participation fees include certification, book, guard pack, lanyard and whistle. Are you ready to help keep lives safe?

Ages: 16 and up

Fee: \$256 for Full Members, \$356 for Basic Members (Financial Assistance Available)

Dates: May 4-5 & May 11-12

Pool Party Rentals -

Splash your Bash

Plan your pool party here at the Ridgecrest YMCA and have great fun in the sun. Call member services for package prices and details at 727.559.0500

T-Ball

Players will learn how to bat, throw and catch, all while having fun.

Season: June 15-July 20

Ages: 3-5

Fee: \$20 for Full Members,

\$30 for Basic Members (Registration is open)

Games: Saturdays at 10 a.m. at the Ridgecrest YMCA

* There are no practices

Friday Night Lights Soccer

Participants will improve their sportsmanship and character development while learning the basics of soccer.

Season: June 11-July 20

Ages: 8-12

Fee: \$20 for Full Members,

\$30 for Basic Members (Registration is open)

Games: Friday nights at the

Clearwater YMCA

Practices: Tuesdays, 6:30-7:30 p.m. at the

Ridgecrest YMCA

Pickleball Intro Sessions

Coming Soon!!!

New! SPORTS Summer Camp

Dates: June 17-August 9

When: Monday-Friday, 1-4 p.m.

Fee: Free for Summer Camp participants (Registration is open)



New! Karate

Karate is the power to heal, create and enlighten. It is a way of life that ultimately leads to peace by eliminating the fear within. The techniques learned are powerful, and will assist in strengthening the spirit, mind and body.

Ages: 6 and up

Practices: Wednesday-Saturday

Fee & Time: Contact member service for more details.

CHILD CARE

Fun Day Out: Jump Station

Parents, are you looking for free time to run errands? Bring your kids to the Y for a Fun Day Out, where they will have a day's outing full of spontaneous fun. Spots are limited, so don't delay- sign up today!

Ages: K-5th grade

Fee: \$18

Date: Saturday, May 4

Time: 10:30 a.m.-3 p.m.

Overnight Adventures: Mess Hall Extravaganza!

Parents, what a night you can enjoy for yourself. Bring your kids to Overnight Adventures, where they will have a night full of adventurous fun. Spots are limited so don't delay- sign up today!

Ages: K-5th grade

Fee: \$20

Date: Friday, June 7

Time: 8 p.m.-8 a.m.

Kids Night Out: Red, White & Blue-tastic!

At the Y, we know parents need a break from time to time. With Kids Night Out, parents enjoy the night out while kids have a night out of their own. Spots are limited, save yours now!

Ages: K-5th grade

Fee: FREE, must be a member

Date: Friday, July 5

Time: 6:30 p.m.-11:30 p.m.

TALENT & ARTS

2019 Miss Greater Ridgecrest YMCA Pageant ages 3-18

Come show off your inner beauty at the YMCA, with our 7th Annual Miss Greater Ridgecrest Pageant program. There is poise, confidence, talent and more. You don't want to miss out on this!

Registration: OPEN NOW!

Mandatory Parent Meeting: April 30 at 7:30 p.m.

First Practices: May 4 at noon

Contact branch for program fees.

HEALTHY LIVING

EDUCATION AND LEADERSHIP

Summer Learning Academy

Our Summer Learning Academy at SPC is an innovative program. We offer a variety of educational programs that consist of life lesson skills, resume writing, creative writing, grammatical skills, college courses and STEM robotics.

Ages: 15-18

When: Weekdays, June 10-July 19; all Fridays we have field trips. They will be at different times depending on the destination.

Time: 9 a.m.-2 p.m.

Fee: \$0; must meet eligibility requirements

More Information: Contact our Senior Program Director and Community Outreach Director, Caleb Mitchell at:

Office: 727.559.0500

Mobile: 813.785.2757

Email: cmitchell@suncoastymca.org

FITNESS

Silver Sneakers Classic

A variety of exercises designed to increase muscular strength, range of movement and activities of daily living. (Clase de aeróbico de bajo impacto para adultos mayores de edad.)

Ages: Active Older Adults

Fee: FREE for Full Members,

\$5 for Basic Members

Date: Tuesdays and Thursdays

Time: 10-10:45 a.m.

Strength Lite

Class focus is on overall health and designed for Active Older Adults. This class includes cardio, stretching, upper and lower body conditioning. Chair usage is available.

Ages: 10 and older

Fee: FREE for Full Members,

\$5 for Basic Members

Date: Mondays and Friday

Time: 10-10:45 a.m.

Stretch & Flex

Class is focused on stretching all the major muscles incorporated with relaxation.

Ages: 10 and older

Fee: FREE for Full Members,

\$5 for Basic Members

Date: Wednesdays

Time: 10-11 a.m.

Chair Yoga

This class is designed for older adults or those recovering from surgery or an injury. With liberal use of props and chairs for support, this class rebuilds strength and flexibility.

Ages: 10 and older

Fee: FREE for Full Members,

\$5 for Basic Members

Date: Tuesdays and Thursdays

Time: 10:45-11:45 a.m.

Silver Sneakers BOOM MOVE

Dance to the beat of hip hop and move to the rhythms of the mambo. Have fun and learn steps from every era in this great cardio workout. Easy to-follow moves set to energizing music.

Ages: 10 and older

Fee: FREE for Full Members,

\$5 for Basic Members

Date: Fridays

Time: 10-11 a.m.

Line Dancing

Learn line dancing choreography during this fun class. (Aprende lo clásico de baile en línea y mucho más, ajustado a música que te da energía.)

Ages: 10 and older

Fee: FREE for Full Members,

\$5 for Basic Members

Days and Times: 6:30-7:30 p.m. on

Mondays, 10-11 a.m. on Saturdays.

Kids Line Dancing

This class is a great way for kids to learn that they can exercise while having a blast.

Ages: 5 to 12

Fee: FREE for Full Members,

\$3 for Basic Members

Days: Wednesdays

Times: 5:30-6 p.m.

SOCIAL RESPONSIBILITY

HEALTH & WELL-BEING

Learn with Humana

Come and have light lunch with Humana while you learn more information that will benefit your goal for healthy living. Food and nutrition can be confusing, so join us to know more! RSVP required.

Date: Every 2nd Monday each month

Time: 11 a.m.

Fee: FREE, open to the public!

FAMILY TIME

Family Movie Night

We value family time at the YMCA. Come enjoy a movie and snacks. You can meet other families of your community. This is a FREE night sponsored by the Pinellas County Sheriff Office.

Age: Open to the public!

Date: Friday, May 10

Time: Starts at 7 p.m.

Fee: FREE

COMMUNITY EVENTS

Senior Summer Splash (Pool Party)

May 17 at 11:30 a.m.

Senior Pickle Ball

May 30 at 11:30 a.m.

Juneteenth

June 22 at 10 a.m.

7th Annual Pageant Showcase

July 13 at 6:30 p.m.