



# EXPLORE - ENGAGE - EXPERIENCE

## Adult/Active Older Adult Registration Information & Program Guide

18+ years old | Session 1: Feb. 14-Mar. 27, 2021 (6 weeks) Schedule is subject to change.

Registration: Member: Jan. 30-Feb. 8, 2021 | Non-Member: Feb. 1-8, 2021 (unless otherwise noted.)

LEARN MORE



### ADULT GROUP SWIM LESSONS

Leigh Riemer, Swim Lesson Coordinator: x218 | RESYLearnToSwim@bcfymca.org

PROGRAM	DAY	TIME	# OF WEEKS	MEMBER/NON-MEMBER
ADULT BEGINNER	M	6:00PM-6:45PM	4	\$65 / \$110
ADULT STROKE REFINEMENT	M	11:15AM-12:00PM	4	\$65 / \$110

### ARTS & HUMANITIES

View our website for program details.

PROGRAM	DATE	TIME	MEMBER/NON-MEMBER
SENIORS FOR SAFE DRIVING	Sat., Jan. 16   Thurs., Apr. 8	9:00AM-1:00PM	Register online through SFSD



### REGISTRATION OPEN NOW!

### CERTIFICATIONS & TRAININGS

Karen Guise, Training Instructor: kguise@bcfymca.org

COURSE	DATE(S) & TIME(S)	LOCATION	MEMBER/NON-MEMBER
LIFEGUARD CERTIFICATION COURSE	Fri., Jan. 22 4:00PM-9:00PM (*VIRTUAL); Sat., Jan. 23 8:00AM-6:00PM; & Sun., Jan. 24 10:00AM-3:00PM	Butler YMCA (*first class is virtual; remaining classes will be held on-site)	\$200 / \$225
LIFEGUARD RECERTIFICATION COURSE	Sat., Jan. 23 8:00AM-6:00PM	Butler YMCA	\$75 / \$100
SWIM LESSON INSTRUCTOR COURSE	Sat., Feb. 13 9:00AM-6:00PM & Sun., Feb. 14 8:00AM-3:00PM	Rose E. Schneider Family YMCA	\$200 / \$225
CPR/AED AND FIRST AID CERTIFICATION	Sat., Feb. 20 9:00AM-3:00PM	Rose E. Schneider Family YMCA	\$95 / \$115

### REGISTRATION OPEN NOW!

### SPORTS

Ashley Vranick, Youth & Family Director: x217 | avranick@bcfymca.org

PROGRAM	DAY	TIME	# OF WEEKS	MEMBER/NON-MEMBER	
ADULT VOLLEYBALL	Competitive/ Intermediate	TU	6:00PM-10:00PM	8 weeks (Feb. 16-Apr. 20)	Free Agent: \$25/\$35 or \$200 per team
	Recreational	TH	6:00PM-10:00PM	8 weeks (Feb. 18-Apr. 22)	Free Agent: \$25/\$35 or \$200 per team
BEGINNER PICKLEBALL CLINIC	TH	12:00PM-2:00PM	Jan. 21 • Feb. 11	\$5 / \$10 per day	
KEYSTONE MARTIAL ARTS (Tang Soo Do)	Teen/Adult class (13+ yrs)			See pamphlet or website for program details.	



### SMALL GROUP TRAININGS

Kathy Hensler, Healthy Living Director: x226 | khensler@bcfymca.org

RUN FOR 6 WEEKS, UNLESS OTHERWISE NOTED.

(I: In-house O: Outside V: Virtual)

(1: Beginner 2: Intermediate 3: Advanced)

PROGRAM	INTENSITY	DAY	TIME	INSTRUCTOR	MEMBER/NON-MEMBER (DROP-IN)
DIABETES PREVENTION	n/a	(Begins 2/3) W	12:00PM-1:30PM	Kathy/Mary Lee	\$120 (members only)
		(Begins 2/6) SA	8:00AM-9:30AM	Kristie/Mary Lee	\$120 (members only)
COUCH TO 5K (Class will be held outside; will move inside if inclement weather)	1 2 3	TU	4:00PM-5:00PM	Jamie Kemper	\$50 / \$100 / \$12
		TH	4:00PM-5:00PM	Jamie Kemper	\$50 / \$100 / \$12
COUPLES DANCE	1 2	SA	4:30PM-6:00PM	George & Linda Starosta	\$20 / \$40 / \$5 (per person)
EXPRESS WORKOUT 8	1 2 3	W	8:30AM-9:00AM	Kathy	\$21 / \$42 / \$5
STRONG SENIORS	1 2	M & TH	11:30AM-12:30PM	Kathy	\$75 / \$150 / \$8
TREAD & SHRED	1 2 3	TU	10:00AM-11:00AM	Erin	\$50 / \$100 / \$12
		(VIRTUAL-no scheduled day/time; at participant's schedule)		Erin	\$20 / \$40 (no drop-in)
TRX EXPRESS	1 2 3	M	6:45PM-7:30PM	Bob P.	\$20 / \$40 / \$5
		F	11:00AM-11:45AM	Jess C.	\$20 / \$40 / \$5
		(VIRTUAL) F	11:00AM-11:45AM	Jess C.	\$10 / \$20 / \$5
		SA	8:00AM-8:45AM	Bob P.	\$30 / \$60 / \$5
WOW (WOMEN ON WEIGHTS)	1 2 3	TU & TH	6:00PM-7:00PM	Rachel M.	\$75 / \$150 / \$8

### SUREFIT

Our self-directed SureFit Training Program provides the tools you need to reach your fitness goals with YOU in the driver's seat!

Meet with a certified personal trainer in-person or over the phone. • Receive a 4-6 week training program and walk through it with your trainer. • Your trainer will be available during your 4-6 week training period via phone, text, or email to answer any questions and provide support. • Additional weeks are available for purchase!

ROSE E. SCHNEIDER FAMILY YMCA • 2001 Ehrman Rd. Cranberry Twp., PA 16066 • 724.452.9122 • http://rose.bcfymca.org