



EXPLORE - ENGAGE - EXPERIENCE

ADULT/ACTIVE Older Adult Registration Information & Program Guide

Session 1 January 1-February 11, 2023 (6 weeks)

18+yrs | Session 1 FOR ALL PROGRAMMING Registration: Member: Nov. 25-Dec. 23 | Non-Member: Nov. 28-Dec. 23

The schedule is subject to change



SCHOOL VACATION CARE 1/2 • 1/13 • 1/16 • 1/17 • AGES 5-12 7:00AM-6:00PM COST PER DAY: \$40/MEMBER \$60/NON-MEMBER
REACH & RISE® WE NEED MORE VOLUNTEER MENTORS TO OPEN OUR PROGRAM UP TO MORE YOUTH! Our youth group-mentoring program helps empower youth ages 6-17 in overcoming challenges that are prevalent today. Jessica Burr, Reach & Rise® Clinical Director: jburr@bcfymca.org
FAMILY NIGHT Our FREE Family Night is a Family PJ Party on January 13, screening DC League of Super Pets 6:00PM-9:00PM
VALENTINES DAY BINGO on Family Night 2/10 6:00PM-8:00PM MEMBER FREE NON-MEMBER \$ 10 AGES ALL
PARENTS NIGHT OUT 1/6 • 1/20 • 1/27 • 2/3 5:00PM-9:00PM MEMBER \$15 NON-MEMBER \$25 EACH DATE AGES 3-12YRS
ACTIVE OLDER ADULT VALENTINES DAY BINGO 2/10 • 12:00PM-3:00PM MEMBER \$0 NON-MEMBER \$0
ROUND ROBIN PICKLEBALL TOURNAMENT 2/5 9:00AM-2:00PM MEMBER \$20/ NON-MEMBER \$30



SWIM LESSONS Session 1 Swim Lesson Reg: Member: Nov. 25-Dec. 26 | Non-Member: Nov. 28-Dec. 26 resyaquatics@bcfymca.org | x218

ADULT SWIM LESSONS	AGES	DAY	# Of Weeks	TIME	MEMBER/NON-MEMBER
Adult Swim Lessons	18+yrs	Thursday	4	4:45PM-5:30PM	\$55 / \$70

SMALL GROUP TRAINING resyhealthyliving@bcfymca.org | Kathy Hensler, Healthy Living Director: x226

PROGRAM	INTENSITY			DAY	TIME	INSTRUCTOR	MEMBER/NON-MEMBER (DROP-IN)
	1: Beginner	2: Intermediate	3: Advanced				
Butts and Guts	1	2	3	Tuesdays & Thursdays	10:30AM-11:15AM	Kelly R.	\$80/\$160 (\$10)
Choose to Lose (Jan 25-Mar 29)	1	2	3	Wednesday	6:30PM-7:30PM	Kelly B.	\$80 / \$160 (\$10)
Couples Dance	1	2		Saturday	4:30PM-6:00PM	George and Linda S.	\$24/\$48 (\$5)
Diabetes Prevention Program	1	2	3	Tuesday	6:00PM-7:00PM	Kathy H.	\$249/\$349
Diabetes Prevention Program	1	2	3	Wednesday	7:00PM-8:00PM	Kelly B.	\$249/\$349
Diabetes Prevention Program	1	2	3	Thursday	12:00PM-1:00PM	Kristie V.	\$249/\$349
Defined Intervention	1	3	3	Thursday	9:30AM-10:30AM	Amy G.	\$46/\$92 (\$8)
Express Workout 8	1	2	3	Wednesday	8:30AM-9:00AM	Kathy H.	\$25 / \$50 (\$5)
Stride Strong	1	2	3	Tuesday	5:00PM-6:00PM	Robert	\$46 / \$92 (\$12)
Stride Strong	1	2	3	Wednesday	9:00AM-10:00AM	Robert	\$46 / \$92 (\$12)
Strong Seniors	1	2		Monday & Thursday	11:30AM-12:30PM	Kathy H./Nancy T.	\$90 / \$180 (\$12)
Tread & Shred	1	2	3	Monday	9:30AM-10:30AM	Erin N.	\$46 / \$92 (\$12)
TRX Express	1	2	3	Monday	6:45PM-7:30PM	Bob P.	\$24 / \$48 (\$5)
TRX Express	1	2	3	Saturday	8:00AM-8:45AM	Bob P.	\$24 / \$48 (\$5)
Upper Body Burn Out	1	2	3	Monday & Wednesday	10:00AM-10:45AM	Kelly R.	\$80 / \$160 (\$10)
WOW - Women On Weights	1	2	3	Tuesday & Thursday	6:00PM-7:00PM	Kathy H.	\$90 / \$180 (\$12)

ARTS & HUMANITIES [View our website for program details.](#)

PROGRAM	DAY	TIME	MEMBER/NON-MEMBER
500 Card Bid - Card Club	Wednesdays in Community Room	1:00PM-4:00PM	Free-Members only
Mahjongg	Mondays in the Lobby (No registration)	1:00PM-4:00PM	Free-Members only
Seniors For Safe Driving	Saturday, 12/01	9:00AM-1:00PM	Register online @ SFSD

SPORTS resyyouth@bcfymca.org | Barbara Palmer, Youth & Family Director: x217

KEYSTONE MARTIAL ARTS	AGES	DAY	TIME	MEMBER/NON-MEMBER
Teen & Adult Martial Arts	14+yrs	Meets 3x per week: Tuesday, Thursday, Saturday	TU, TH: 7:45PM-9:00PM SAT: 10:30AM-12:00PM	Monthly: \$65 / \$110

SPORTS	AGES	DAY	# Of Weeks	TIME	MEMBER/NON-MEMBER (Drop-In)
Beginner Pickleball Clinics	18+yrs	Tuesday, Wednesday, & Thursday (1/3, 2/1)	1	TU: 11:00AM-12:30PM (1/3) WED: 11:00AM-12:30PM (2/1)	\$15/\$25
Pickleball Drills For Skills	18+yrs	Friday (1/6, 2/3, 3/3)	1	11:00AM - 1:00PM	\$15 / \$30 Per Person
Pickleball Ladder Leagues	Beginner	Tuesday OR Thursday (AM: 1/3-2/9) (PM: 1/12-2/9)	5	TU: 11:00AM-12:30PM TH: 5:30PM-7:00PM	\$25 Members Only
	Recreational	Tuesday OR Thursday AM: (1/3-2/9) (PM: 1/12-2/9)	5	TU: 9:30AM-11:00AM TH: 5:30PM-7:00PM	\$25 Members Only
	Competitive	Tuesday OR Thursday AM: (1/3-2/9) (PM: 1/12-2/9)	5	TU 8:00AM-9:30AM TH: 4:00PM-5:30PM	\$25 Members Only
Men's Pick-Up Basketball (No reg/no fee)	18+yrs	Tuesday, Wednesday, Fridays	Weekly	5:30AM-7:00AM	Free-Members only
Women's Adult Pick-Up Basketball	18+yrs	Monday (1/2-3/13)	11	6:30PM-8:00PM	\$50/\$70 (\$5/\$10)