



EXPLORE - ENGAGE - EXPERIENCE

ADULT/ACTIVE Program Guide

SESSION 2 February 12-March 18, 2023 (5 weeks)

REGISTRATION: MEMBER: JAN. 27-FEB. 3 | NON-MEMBER: JAN. 30-FEB. 3



SPECIAL EVENTS

SCHOOL VACATION CARE 2/20 • 3/17 | 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! Jessica Burr, Reach & Rise® Clinical Director: jburr@bcfymca.org

SPRING FLING FAMILY DANCE 3/17 | 6:00PM-8:00PM | MEMBER \$10 | NON-MEMBER \$25 | AGES ALL

PARENTS NIGHT OUT 2/17 • 2/24 • 3/3 • 3/10 | 5:00PM-9:00PM | MEMBER \$15 | NON-MEMBER \$25 EACH DATE | AGES 3-12YRS

ROUND ROBIN PICKLEBALL TOURNAMENT 3/5 | 9:00AM-2:00PM | MEMBER \$20/ NON-MEMBER \$30

SWIM LESSONS

Group Swim Lessons meet twice a week for 4 weeks (8 lessons) unless otherwise noted.

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
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SMALL GROUP TRAINING

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

INTENSITY

1: Beginner
2: Intermediate
3: Advanced

PROGRAM

DAY

TIME

INSTRUCTOR

MEMBER/NON-MEMBER
(DROP-IN)

PROGRAM	INTENSITY	DAY	TIME	INSTRUCTOR	MEMBER/NON-MEMBER (DROP-IN)
Beginner Strength	1	Mondays	10:15AM-11:30AM 5:30PM-6:15PM	Nancy T.	\$35/\$70 (\$10)
Butts and Guts	1 2 3	Tuesdays & Thursdays	10:30AM-11:15AM	Kelly R.	\$67/\$133 (\$10)
Couples Dance	1 2	Saturday	4:30PM-6:00PM	George and Linda S.	\$20/\$40 (\$5)
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.	\$40/\$80 (\$8)
Express Workout 8	1 2 3	Wednesday	8:30AM-9:00AM	Kathy H.	\$25 / \$50 (\$5)
Stride Strong	1 2 3	Tuesday	8:30AM-9:30AM	Robert	\$40 / \$80 (\$12)
Stride Strong	1 2 3	Wednesday	3:30PM-4:30PM	Robert	\$40 / \$80 (\$12)
Strong Seniors	1 2	Monday & Thursday	11:30AM-12:30PM	Kathy H./Nancy T.	\$67 / \$133 (\$12)
Tread & Shred	1 2 3	Monday	9:30AM-10:30AM	Erin N.	\$40 / \$80 (\$12)
TRX Express	1 2 3	Monday	6:45PM-7:30PM	Bob P.	\$20 / \$40 (\$5)
TRX Express	1 2 3	Saturday	8:00AM-8:45AM	Bob P.	\$20 / \$40 (\$5)
Upper Body Burn Out	1 2 3	Monday & Wednesday	10:30AM-11:15AM	Kelly R.	\$67 / \$133 (\$10)
WOW - Women On Weights	1 2 3	Tuesday & Thursday	6:00PM-7:00PM	Kathy H.	\$90 / \$180 (\$12)

SPORTS

resyouth@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
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SPORTS

AGES

DAY

Weeks

TIME

MEMBER/NON-MEMBER (Drop-In)

Beginner Pickleball Clinics	18+yrs	Tuesday & Wednesday (2/22 & 3/8)	1	TU: 11:00AM-12:30PM (2/22) WED: 11:00AM-12:30PM (3/8)	\$15/\$25	
Session Long Beginner Pickleball Clinic	16+yrs	Fridays (2/17-3/17)	5	5:30PM-6:30PM	\$25/\$40	
Pickleball Drills For Skills	18+yrs	Friday (3/3)	1	11:00AM - 1:00PM	\$15 / \$30 Per Person	
Pickleball Ladder Leagues	Wednesday AM Singles	18+yrs	Wednesdays (2/15-3/15)	5	9:00AM-11:00AM	\$20/\$30
	Friday PM Doubles	16+yrs	Friday (2/17-3/17)	5	6:30PM-8:00PM	\$20/\$30
	Tuesday Round Robin	18+yrs	Tuesday (2/14-3/14)	5	11:00AM-1:00PM	\$20/\$30
Pickleball Court Rentals	18+yrs	Tuesday, Wednesday, Fridays	5	Tu: 39:00AM-1:00PM. W: 11:00AM-1:00PM F: 3:30pm-5:30pm	\$15 Members	
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 (2/13-3/13)	5	6:30PM-8:00PM	Free-Members only	
Adult Volleyball League M: Recreational T: Competitive TH: Intermediate	18+yrs	Monday, Tuesday, Thursday	9	6:00PM-10:00PM	\$200/\$200	

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, 2/16	9:00AM-1:00PM	Register online @ SFSD

The schedule is subject to change *Youth Program Policy: Youth 7 years and younger must have an adult 18+ remain in the facility during programs.*

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