



# EXPLORE - ENGAGE - EXPERIENCE

## ADULT/ACTIVE Program Guide

SESSION 3 March 19-April 29, 2023



REGISTRATION: MEMBER: MAR. 3 – MAR. 10 | NON-MEMBER: MAR. 6 – MAR. 10 (Y Closed on 4/7 & 4/9 for Easter)

### SPECIAL EVENTS

SCHOOL VACATION CARE 3/20 • 4/5, 6, 10, 11, 12 | 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

EASTER EGG HUNT 4/1 | 9:30AM-1:30PM (3 TIME SLOTS) | MEMBER FREE | NON-MEMBER \$ 10 | AGES ALL

PARENTS NIGHT OUT 3/24 • 3/31 • 4/14 • 4/21 • 4/28 | 5:00PM-9:00PM | MEMBER \$ 15 | NON-MEMBER \$ 25 EACH DATE | AGES 3-12

### SWIM LESSONS

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

resyaquatics@bcfymca.org | x218

#### ADULT SWIM LESSONS

ADULT SWIM LESSONS	AGES	DAY	# Of Weeks	TIME	MEMBER/NON-MEMBER
Adult Swim Lessons	18+ yrs	Thursday	5	4:45PM-5:30PM	\$60 / \$80

### 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				
Beginner Strength	1			Mondays	10:15AM-11:30AM   5:30PM-6:15PM	Nancy T.	\$40/\$80 (\$10)
Beginner Strength	1			Tuesdays	1:30PM-2:15PM	Kristie V.	\$40/\$80 (\$10)
Beginner Strength	1			Thursday	8:00AM-8:45AM	Kristie V.	\$40/\$80 (\$10)
Butts and Guts	1	2	3	Tuesdays & Thursdays	10:30AM-11:15AM	Kelly R.	\$80/\$160 (\$10)
Choose to Lose Apr. 12-June 7	1	2	3	Wednesday	6:30PM-7:30PM	Kelly B.	\$80/\$160 (\$10)
Couples Dance	1	2		Saturday (3/25, 4/15, 22, 5/6)	4:30PM-6:00PM	George and Linda S.	\$10/\$20 (\$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.	\$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	8:30AM-9:30AM	Robert	\$46/\$92 (\$12)
Stride Strong	1	2	3	Wednesday	3:30PM-4:30PM	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	10:30AM-11:15AM	Kelly R.	\$80/\$160 (\$10)
WOW - Women On Weights	1	2	3	Tuesday & Thursday	6:00PM-7:00PM	Kathy H.	\$90/\$180 (\$12)

### 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	# Weeks	TIME	MEMBER/NON-MEMBER (Drop-In)	
Beginner Pickleball Clinics	18+ yrs	Wednesday & Saturday (3/29, 4/12, 4/22)	1	WED: 11:00AM-12:30PM SAT: 12:30PM-2:00PM	\$15/\$25	
Session Long Beginner Pickleball Clinic	16+ yrs	Fridays (3/24-4/28)	5	5:30PM-6:30PM	\$35/\$50	
Pickleball Ladder Leagues	Wednesday AM Singles	18+ yrs	Wednesdays (3/22-4/26)	5	9:00AM-11:00AM	\$20/\$30
	Friday PM Doubles	16+ yrs	Friday (3/24-4/28)	5	6:30PM-8:00PM	\$35/\$50
	Tuesday Round Robin	18+ yrs	Tuesday (3/21-4/25)	5	9:00AM-11:00AM	\$35/\$50
Pickleball Court Rentals	18+ yrs	Tuesday, Wednesday, Fridays	1	Tu: 11:00AM-1:00PM. W: 11:00AM-1:00PM F: 3:30pm-5:30pm	\$15 Members	
Pickleball Round Robin Tournament	Competitive	18+ yrs	Sunday (4/23)	1	Comp.: 9:00AM-11:30AM Rec.: 12:00PM-2:30PM	\$25/\$40
	Recreational					

### 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, 4/20	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://bcfymca.org