



EXPLORE - ENGAGE - EXPERIENCE

Adult/Active Older Adult Registration Information & Program Guide

18+ years old | **SESSION 4: April 17-June 4, 2022** Schedule is subject to change.

The Y will be closed Monday, May 30 for Memorial Day



REACH & RISE® Melanie Holzwarth, Reach & Rise® Administrative Assistant: mholzwarth@bcfymca.org

Our youth group-mentoring program helps empower youth ages 6-17 in overcoming challenges that are prevalent in today's society. **WE NEED MORE VOLUNTEER MENTORS TO OPEN OUR PROGRAM UP TO MORE YOUTH!**



SAVE THE DATES! Healthy Kids Day Sat., April 30th; 11:00AM-2:00PM | Summer Kick Off Family Night Fri., May 20th; 6:00PM-9:00PM

ADULT GROUP SWIM LESSONS

resyaquatics@bcfymca.org | x218

Session 4 Swim Lesson Registration: Member: Apr. 1-11 | Non-Member: Apr. 4-11

Classes run Apr. 18-May 10 (4 weeks)

PROGRAM	DAY	TIME	# OF WEEKS	MEMBER/NON-MEMBER
Adult Beginner	M	6:25PM-7:10PM	4	\$65 / \$110

ARTS & HUMANITIES

View our website for program details.

PROGRAM	DATE(S)	TIME	MEMBER/NON-MEMBER
Card Clubs (No registration, just show up!)	Bridge	Mondays in the Community Room	1:00PM-3:00PM
	500 Bid	Wednesdays in the Community Room	1:00PM-4:00PM
	Mahjongg	Mondays in the Lobby	1:00PM-3:00PM
Seniors For Safe Driving	Thurs., 4/7 Sat., 6/11	9:00AM-1:00PM	Register online through SFSD



SPORTS

resysports@bcfymca.org | Makali Carson, Sports Coordinator

KEYSTONE MARTIAL ARTS	AGES	DAY & TIMES	MEMBER/NON-MEMBER
Advanced Youth, Teen & Adult	13+ yrs	Meets 3x per week: Tues. & Thurs.: 7:45PM-9:00PM; Sat.: 10:30AM-12:00PM	Monthly: \$65 / \$110

Session 4 Sports Program Registration: Member: Feb. 25-Apr. 11 | Non-Member: Feb. 28-Apr. 11

Classes run Apr. 17-May 18 (5 weeks)

ADULT/FAMILY SPORTS	AGES	DATES & TIMES	MEMBER/NON-MEMBER
Beginner Pickleball Clinics	18+ yrs	Tues., 4/19 11:00AM-12:30PM Sat., 4/23 12:30PM-2:00PM	Per clinic: \$10 / \$20
		Sat., 5/14 11:00AM-12:30PM Thurs., 5/19 11:00AM-12:30PM	
Men's Pick-Up Basketball	18+ yrs	Tues., Wed., & Fri. 5:30AM-7:00AM No registration/no fee	Free-Members only

SMALL GROUP TRAININGS

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

Session 4 Health & Fitness Program Registration: Member: Feb. 25-Apr. 11, 2022 | Non-Member: Feb. 28-Apr. 11, 2022 Classes run Apr. 17-June 4 (7 weeks)

PROGRAM	INTENSITY (1: Beginner 2: Intermediate 3: Advanced)	DAY	TIME	INSTRUCTOR	MEMBER/NON-MEMBER (DROP-IN)
Choose To Lose	1 2 3	TU 10 weeks (3/22-5/24)	6:30PM-7:30PM	Kathy H	\$100 / \$200
Express Workout 8	1 2 3	W	8:30AM-9:00AM	Kathy H.	\$31 / \$62 (\$5)
Strong Seniors	1 2	M & TH *No class 5/30	11:30AM-12:30PM	Kathy H.	*\$90 / \$180 (\$12)
Tread & Shred	1 2 3	M *No class 5/30	9:30AM-10:30AM	Erin N.	*\$50 / \$100 (\$12)
TRX Express	1 2 3	M *No class 5/30	6:45PM-7:30PM	Bob P.	*\$25 / \$50 (\$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.	\$100 / \$200 (\$12)