



EXPLORE - ENGAGE - EXPERIENCE

Adult/Active Older Adult Registration Information & Program Guide



18+ years old | **SESSION 5: June 5-July 9, 2022 (5 weeks)** Schedule is subject to change. (revised: 5/17/2022)

The Y will be closed Monday, July 4th for Independence Day

Session 5 Registration FOR ALL PROGRAMMING: Member: May 20-30 | Non-Member: May 23-30

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! Movie in the Field (Family Event!) Fri., July 1st 5:00PM-10:00PM

ARTS & HUMANITIES

View our website for program details.

| PROGRAM | DATE(S) | TIME | MEMBER/NON-MEMBER | |
|--|---------------------|--|--------------------------------|--|
| Card Clubs (No registration, just show up!) | 500 Bid Mahjongg | Wednesdays in the Community Room Mondays in the Lobby | 1:00PM-4:00PM 1:00PM-4:00PM | Free-Members only Free-Members only |
| Seniors For Safe Driving | 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 |
|-----------------------|---------|---|-----------------------|
| Teen & Adult | 14+ yrs | Meets 3x per week: TU & TH: 7:45PM-9:00PM / SA: 10:30AM-12:00PM | Monthly: \$65 / \$110 |

Classes run June 5-July 9 (5weeks)

| ADULT/FAMILY SPORTS | AGES | DATES & TIMES | MEMBER/NON-MEMBER |
|--------------------------|---------|--|-------------------|
| Adult Volleyball Clinic | 18+ yrs | Thurs., 6:30PM-9:30PM; 6/9-8/11 (10 weeks) | \$50 / \$70 |
| 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

Classes run June 5-July 9 (5weeks)

| PROGRAM | INTENSITY (1: Beginner 2: Intermediate 3: Advanced) | DAY | TIME | INSTRUCTOR | MEMBER/NON-MEMBER (DROP-IN) |
|-------------------------------------|--|---------|----------------------------------|-------------------|--------------------------------|
| Express Workout 8 | 1 2 3 | W | 8:30AM-9:00AM | Kathy H. | \$21 / \$42 (\$5) |
| Nutrition 101 | 1 2 | W | 6:30PM-7:30PM | Kelly B. | \$30 / \$60 (\$12) |
| Row | 1 2 3 | TH | 9:00AM-9:30AM | Kelly B. | \$25 / \$50 (\$8) |
| Strong Seniors | 1 2 | M & TH | *No class 7/4 11:30AM-12:30PM | Kathy H./Nancy T. | *\$70 / \$140 (\$12) |
| Tread & Shred | 1 2 3 | M | *No class 7/4 9:30AM-10:30AM | Erin N. | *\$30 / \$60 (\$12) |
| TRX Express | 1 2 3 | M | *No class 7/4 6:45PM-7:30PM | Bob P. | *\$16 / \$32 (\$5) |
| | | SA | 8:00AM-8:45AM | Bob P. | \$20 / \$40 (\$5) |
| WOW (Women On Weights) | 1 2 3 | TU & TH | 6:00PM-7:00PM | Rachel M. | \$75 / \$150 (\$12) |
| Yoga for Bone Health **NEW** | 1 2 | M | *No class 7/4 12:30PM-1:15PM | Nancy T. | *\$24 / \$48 (\$5) |