



EXPLORE - ENGAGE - EXPERIENCE

Adult/Active Older Adult Registration Information & Program Guide



18+ years old | Session 6: September 12-October 30, 2021 (7 weeks) Schedule is subject to change.

Registration: Member: Aug. 21-Sept. 3, 2021 | Non-Member: Aug. 23-Sept. 3, 2021 (unless otherwise noted.)

ON THE COURSE FOR A CAUSE

21ST ANNUAL FORE THE CHILDREN GOLF CLASSIC: Monday, September 20, 2021

Help strengthen our community by participating in this annual fundraiser that supports the Butler County Family YMCA's Annual Campaign. Learn more at bcfymca.org/qof



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 Youth Mentors to open our program up to more youth!

SAVE THE DATES! Trunk or Treat: Sat. 10/23 • Brunch with Santa: Sat. 12/11 • Dive in Movie: "The Grinch" Fri. 12/17

REGISTRATION OPEN NOW! CERTIFICATIONS & TRAININGS Karen Guise, Training Instructor: kguise@bcfymca.org

COURSE & INSTRUCTOR	DATE(S) & TIME(S)	LOCATION	MEMBER/NON-MEMBER
Lifeguard Course	Wed., 9/8 5PM-9PM, Fri., 9/10 5PM-9PM, Sat., 9/11 8AM-6PM & Sun., 9/12 8AM-3PM	Rose E. Schneider Family YMCA (All classes are mandatory.)	\$200 / \$225
Lifeguard Recertification Course	Sat., 9/11 8AM-6PM	Rose E. Schneider Family YMCA	\$75 / \$100
CPR/AED & First Aid Certifications	Sun., 10/3 9AM-3PM	Rose E. Schneider Family YMCA	\$95 / \$115
YMCA Swim Lesson Training	Sat., 10/9 8AM-4PM & Sun., 10/10 8AM-3PM	Rose E. Schneider Family YMCA (Both classes are mandatory.)	\$200 / \$225

ADULT GROUP SWIM LESSONS

Leigh Riemer, Swim Lesson Coordinator: x218 | resylearntoswim@bcfymca.org

PROGRAM	DAY	TIME	# OF WEEKS	MEMBER/NON-MEMBER
Adult Beginner	TU	6:10PM-6:55PM	4	\$65 / \$110
Adult Stroke Refinement	M	11:15AM-12:00PM	4	\$65 / \$110

ARTS & HUMANITIES

View our website for program details.

PROGRAM	DATE(S)	TIME	MEMBER/NON-MEMBER
Seniors For Safe Driving	Thurs., 10/14 Thurs., 12/9	9:00AM-1:00PM	Register online through SFSD
AOA Bingo: Boo Halloween	Thurs., 10/28	12:00PM-3:00PM	Free; Member only



SPORTS

Ashley Vranick, Youth & Family Director: x217 | avranick@bcfymca.org

KEYSTONE MARTIAL ARTS	(Tang Soo Do)	Teen/Adult class (13+ yrs)	See website for program details.
ADULT/FAMILY SPORTS	AGES	DATES & TIMES	MEMBER/NON-MEMBER
Adult Volleyball League	17+ yrs	Competitive or Intermediate: Tues.: 9/14-12/14; between 6:00PM-10:00PM Recreational: Thurs.: 9/16-12/16; between 6:00PM-10:00PM	Per team: \$200 / \$200 or Free Agent: \$35 / \$45
Beginner Pickle-ball Clinics	18+ yrs	Thurs. 11:00AM-12:30PM • 9/16 or • 9/30	Per clinic: \$10 / \$20
Men's Pick-Up Basketball	18+ yrs	Tues., Wed., & Fri. 5:30AM-7:00AM No registration/no fee	Free-Members only
Recreational Outdoor Soccer League	17+ yrs	Sun.: 9/12-10/24; between 12:00PM-3:00PM	Per Team: \$100 / \$100
Ultimate Frisbee	16+ yrs	Sun.: now-10/24; 3:00PM-5:00PM	Free / Free

SMALL GROUP TRAININGS

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

SESSION 6 PROGRAMS RUN FOR 7 WEEKS, UNLESS OTHERWISE NOTED.

(I: In-house O: Outside V: Virtual)

(1: Beginner 2: Intermediate 3: Advanced)

PROGRAM	INTENSITY	AREA	DAY	TIME	INSTRUCTOR	MEMBER/NON-MEMBER (DROP-IN)	
Choose To Lose		I	TU (10 weeks: 9/13-11/23)	6:30PM-8:00PM	Kelly	\$100 (members only)	
Couples Dance	1 2	I		SA 4:30PM-6:00PM	George & Linda Starosta	\$30 / \$60 (\$5)	
Express Workout 8	1 2 3	I	W	8:30AM-9:00AM	Kathy H.	\$30 / \$60 (\$8)	
Rowing	1 2 3	I	TH	8:45AM-9:30AM	Kelly R.	\$70 / \$140 (\$10)	
			TH	9:30AM-10:15AM	Kelly R.	\$70 / \$140 (\$10)	
SHIFT (Strength & High Intensity Functional Training)	2 3	I	M & F	11:00AM-11:45AM	Jess/Amy	\$90 / \$180 / (\$10)	
Strong Seniors	1 2	I	M & TH	11:30AM-12:30PM	Kathy H.	\$90 / \$180 / (\$12)	
Tread & Shred	1 2 3	I	M (*no class 9/12)	9:30AM-10:30AM	Erin N.	*\$60 / \$120 (\$12)	
TRX Express	1 2 3	I	M	6:45PM-7:30PM	Bob P.	\$30 / \$60 (\$5)	
				F	10:30AM-11:15AM	Rosa G.	\$30 / \$60 (\$5)
				SA	8:00AM-8:45AM	Bob P.	\$30 / \$60 (\$5)
WOW (Women On Weights)	1 2 3	I	TU & TH	6:00PM-7:00PM	Rachel M.	\$90 / \$180 (\$12)	