



EXPLORE - ENGAGE - EXPERIENCE

Adult/Active Older Adult Registration Information & Program Guide



18+ years old | **SESSION 6: July 10-August 27, 2022 (7 weeks)** Schedule is subject to change.)
Session 6 Registration FOR ALL PROGRAMMING: Member: June 24-July 4 | Non-Member: June 27-July 4

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!

FORE THE CHILDREN GOLF CLASSIC
Monday, August 1st
<https://bcfymca.org/Golf>

MOVIE IN THE FIELD
Friday, August 19th 5PM-10PM
Members only!

BUTLER ROAD RACE
Saturday, September 3rd
<https://bcfymca.org/Butler-Road-Race>

ADULT GROUP SWIM LESSONS

resyaquatics@bcfymca.org | x218
Class runs July 11-August 4

PROGRAM	DAY	TIME	# OF WEEKS	MEMBER/NON-MEMBER
Adult Beginner	TH	4:45PM-5:30PM	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!) Mahjongg	Mondays in the Lobby	1:00PM-4:00PM	Free-Members only
Seniors For Safe Driving	Saturday, 8/13	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

ADULT/FAMILY SPORTS	AGES	DATES & TIMES	MEMBER/NON-MEMBER
Pickleball Tournament: Competitive Mixed Doubles	18+ yrs	Sun. 8/7 9:00AM-2:00PM	Per person: \$20 / \$30
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 July 10-August 27 (7 weeks) unless otherwise noted.

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.	\$30 / \$60 (\$5)
Nutrition 101	1 2	W	6:30PM-7:30PM	Kelly B.	\$40 / \$80 (\$12)
Strong Seniors	1 2	M & TH	11:30AM-12:30PM	Kathy H./Nancy T.	\$90 / \$180 (\$12)
Tread & Shred	1 2 3	M (*6 wks; no class 8/1)	9:30AM-10:30AM	Erin N.	*\$40 / \$80 (\$12)
TRX Express	1 2 3	M	6:45PM-7:30PM	Bob P.	\$28 / \$56 (\$5)
		SA	8:00AM-8:45AM	Bob P.	\$28 / \$56 (\$5)
WOW (Women On Weights)	1 2 3	TU & TH (*6 wks, class begins 7/19)	6:00PM-7:00PM	(rotation)	*\$80 / \$160 (\$12)
Yoga for Bone Health	1 2	M	12:30PM-1:15PM	Nancy T.	\$32 / \$64 (\$5)