



EXPLORE - ENGAGE - EXPERIENCE

Adult/Active Older Adult Registration Information & Program Guide

Session 7 August 28-October 1, 2022 (5 weeks)

18+yrs | Session 7 FOR ALL PROGRAMMING Registration: Member: Aug 12-22 | Non-Member: Aug 15- Aug 22

The schedule is subject to change

The Y will be **closed on September 5th** for Labor Day



SAVE THE DATE!

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

REACH & RISE® WE NEED MORE VOLUNTEER MENTORS TO OPEN OUR PROGRAM UP TO MORE YOUTH!

Our youth group-mentoring program helps empower youth ages 6-17 in overcoming challenges that are prevalent today.

Jessica Burr, Reach & Rise® Clinical Director: jburr@bcfymca.org



ADULT GROUP SWIM LESSONS

resyaquatics@bcfymca.org | x218

PROGRAM	DAY	# OF WEEKS	TIME	MEMBER/NON-MEMBER
Adult Beginner	Thursday	5	4:30PM-5:15PM	\$65 / \$110

SPORTS

resysports@bcfymca.org | Makali Carson, Sports Coordinator: x219

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	# Of Weeks	TIME	MEMBER/NON-MEMBER
Beginner Pickleball Clinics	18+yrs	Mondays (off 9/5)	4	11:00AM-1:00PM	\$40/\$60
Pickleball Drills for Skills Clinics	18+yrs	Friday (Sept 2, 9, 16, 23, 30)	1	11:00AM -1:00PM	\$15 / \$30 Per Session
Men's Pick-Up Basketball (No reg/no fee)	18+yrs	Tuesday, Wednesday, Fridays	Weekly	5:30AM-7:00AM	Free-Members only

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, 12/01	9:00AM-1:00PM	Register online @ SFSD

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				
Express Workout 8	1	2	3	Wednesday	8:30AM-9:00AM	Kathy H.	\$21 / \$42 (\$5)
Nutrition 101 (8 Weeks)	1	2		Wednesday	6:30PM-7:30PM	Kelly B.	\$60 / \$120 (\$12)
Strong Seniors	1	2		Monday & Thursday	11:30AM-12:30PM	Kathy H./Nancy T.	\$70 / \$140 (\$12)
Tread & Shred	1	2	3	Monday	9:30AM-10:30AM	Erin N.	*\$40 / \$80 (\$12)
TRX Express	1	2	3	Monday (off Sept 5 th)	6:45PM-7:30PM	Bob P.	\$15 / \$30 (\$5)
TRX Express	1	2	3	Saturday	8:00AM-8:45AM	Bob P.	\$20 / \$40 (\$5)
WOW - Women On Weights	1	2	3	Tuesday & Thursday	6:00PM-7:00PM	Heather	*\$70 / \$140 (\$12)
WOW - Women On Weights	1	2	3	Tuesday & Thursday	10:30AM-11:30AM	Kathy	*\$70 / \$140 (\$12)
Choose to Lose (8 Weeks)	1	2	3	Thursday	6:30PM-8:00PM	Kelly B.	\$80 / \$160 (\$5)
Couples Dance (Begins 9/10)	1	2		Saturday	4:30PM-6:00PM	George and Linda S.	\$20/\$40 (\$5)