



EXPLORE - ENGAGE - EXPERIENCE

ADULT/ACTIVE Older Adult Registration Information & Program Guide

Session 8 October 2-November 5, 2022 (5 weeks)

18+yrs | Session 8 FOR ALL PROGRAMMING Registration: Member: Sept. 9-19 | Non-Member: Sept. 12-19

The schedule is subject to change



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



FAMILY NIGHT Our FREE Family Night is a Bingo and Dive-in Movie Halloween-themed event! OCTOBER 28 | 5:00PM-10:00PM | FREE

TRUNK OR TREAT Join us for our annual Trunk or Treat event! OCTOBER 15 | 3:00PM-5:00PM | MEMBER FREE | NON-MEMBER \$10 | AGES 0-16

BOO BINGO Join us for our active older adult BOO BINGO NIGHT! Thursday, OCTOBER 20 | 12:00PM-3:00PM | FREE MEMBERS ONLY EVENT!

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)
Strong Seniors	1	2		Monday & Thursday	11:30AM-12:30PM	Kathy H./Nancy T.	\$80 / \$160 (\$12)
Tread & Shred	1	2	3	Monday	9:30AM-10:30AM	Erin N.	*\$40 / \$80 (\$12)
TRX Express	1	2	3	Monday	6:45PM-7:30PM	Bob P.	\$20 / \$40 (\$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	*\$80 / \$160 (\$12)
WOW - Women On Weights	1	2	3	Tuesday & Thursday	10:30AM-11:30AM	Kathy	*\$80 / \$160 (\$12)
Couples Dance (Begins 9/10)	1	2		Saturday	4:30PM-6:00PM	George and Linda S.	\$20/\$40 (\$5)

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
AOA Boo Bingo	Thursday 10/28	12:00PM-3:00PM	Free-Members only

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 (10/3-10/31)	5	11:00AM-1:00PM	\$40/\$60
Pickleball Drills for Skills Clinics	18+yrs	Friday (Sept 4, Oct 7, 14, 21, 28)	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
Women's Pick-Up Basketball		Mondays (10/3-12/12)	10	6:30PM-8:00PM	\$50/\$70
Women's Pick-Up Basketball Drop In		Mondays (10/3-12/12)	1	6:30PM-8:00PM	\$5/\$7
Competitive Adult Volleyball League	18+	Tuesday (10/4-1/3)	11	6:00PM-10:00pm	\$200/\$200
Intermediate Adult Volleyball League		Thursday (10/6-5/1)			
Recreational Adult Volleyball League		Friday (10/7-1/6)			