



EXPLORE - ENGAGE - EXPERIENCE

ADULT/ACTIVE Older Adult Registration Information & Program Guide

Session 9 November 6-December 17, 2022 (6 weeks)

18+yrs | Session 8 FOR ALL PROGRAMMING Registration: Member: Oct. 14-24 | Non-Member: Oct. 17-24

The schedule is subject to change



SCHOOL VACATION CARE 11/10 • 11/11 • 11/23 • 11/28 • | AGES 5-12 | 7:00AM-6:00PM | COST PER DAY: \$40/MEMBER | \$60/NON-MEMBER

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 Dive-in Movie Fire Birds Movie on November 11, The Star Movie on Dec. 16th | 6:00PM-9:00PM

BRUNCH WITH SANTA on Dec. 10 | Timeslots: 9AM-10AM | 10AM-11AM | 11AM-12AM | 12PM-1PM | MEMBER FREE | NON-MEMBER \$10 | AGES ALL

PARENTS NIGHT OUT 11/18 • 12/2 • 12/9 | 5:00PM-9:00PM | MEMBER \$15 | NON-MEMBER \$25 EACH DATE | AGES 3-12YRS

ACTIVE OLDER ADULT CHRISTMAS BINGO 12/21 • | 5:00PM-7:00PM | MEMBER \$5 | NON-MEMBER \$10 |

SWIM LESSONS

resyaquatics@bcfymca.org | x218

Session 9 Swim Lesson Registration: Member Oct. 14-24 | Non-Member: Oct. 17-24 Group Swim Lessons start Nov. 17 and meet twice a week for 4 weeks (8 lessons) unless otherwise noted

ADULT SWIM LESSONS	AGES	DAY	# Of Weeks	TIME	MEMBER/NON-MEMBER
Adult Swim Lessons	18+yrs	Thursday (Starts 11/17)	4	4:45PM-5:15PM	\$55 / \$70

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				
Butts and Guts	1	2	3	Tuesdays & Thursdays (No Class on 11/24)	10:30AM-11:15AM	Jamie R.	\$56/\$102 (\$10)
Couples Dance (Begins 9/10)	1	2		Saturday	4:30PM-6:00PM	George and Linda S.	\$20/\$40 (\$5)
Express Workout 8	1	2	3	Wednesday	8:30AM-9:00AM	Kathy H.	\$21 / \$42 (\$5)
FitFriday	1	2	3	Friday (No Class on 11/25)	5:15PM-6:15PM	Jamie R.	\$28/\$56 (\$12)
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)
Upper Body Burn Out	1	2	3	Monday & Wednesday	10:00AM-10:45AM	Jamie R.	\$60/\$120 (\$10)
WOW - Women On Weights	1	2	3	Tuesday & Thursday	6:00PM-7:00PM	Kathy H.	\$80 / \$160 (\$12)

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	Tuesday & Thursday (Nov. 8, 17, 22, Dec. 1)	1	TU: 11:00AM-12:30PM TH: 12:30PM-2:00PM	\$15/\$25
Pickleball Tournament Mixed Doubles	18+yrs	Sunday (12/18)	1	9:00AM-2:00PM	\$30 / \$40 Per Team
Men's Pick-Up Basketball (No reg/no fee)	18+yrs	Tuesday, Wednesday, Fridays	Weekly	5:30AM-7:00AM	Free-Members only