



# EXPLORE – ENGAGE – EXPERIENCE

## ADULT/ACTIVE Program Guide

**SESSION 9: November 19 – December 30, 2023 (6 WEEKS)**

REGISTRATION: MEMBER: NOV 3-10 | NON-MEMBER: NOV 6-10



### SPECIAL EVENTS

PARENTS NIGHT OUT | 12/01, 12/15 | 5:00PM-9:00PM | AGES 4-12 | \$15 MEMBERS | \$25 NON-MEMBERS

SCHOOL VACATION CARE | 11/22, 11/27, 12/22, 12/26, 12/27, 12/28, 12/29 | AGES 5-12 | 7:00AM-6:00PM | MEMBERS \$40 | \$60 NON-MEMBERS

GIVING TUESDAY | NOVEMBER 28<sup>TH</sup> | 7:00AM-7:00PM | HELP US HELP OTHERS – DONATE TO OUR ASC CAMPAIGN ON GIVING TUESDAY @ ROSE!

BRUNCH WITH SANTA | DECEMBER 9<sup>TH</sup> @ 9:00AM, 10:00AM, 11:00AM OR 12:00PM | ALL AGES WELCOME | \$0 MEMBERS | \$15 NON | REGISTRATION REQUIRED

HIRING EVENT | THURSDAY, NOVEMBER 16<sup>TH</sup> | 4:00PM-7:00PM | CONTACT BMASER@BCFYMCA.ORG WITH QUESTIONS

### SWIM LESSONS

resyaquatics@bcfymca.org | x218

ADULT SWIM LESSONS	AGES	DAY	# Of Weeks	TIME	MEMBER/NON-MEMBER
Private Swim Lessons (Any Level)	3+yrs	Saturday	5	11:00AM-11:30AM, 11:30AM-12:00PM, 12:00PM-12:30PM, OR 12:30PM-1:00PM	\$140/\$200

### SMALL GROUP TRAINING

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

PROGRAM	INTENSITY 1: Beginner 2: Intermediate 3: Advanced			DAY	TIME	INSTRUCTOR	MEMBER/NON-MEMBER (DROP-IN)
Beginner Strength	1			Mondays *no class 12/25	10:35AM-11:15AM	Nancy T.	\$35/\$70 (\$8)
Beginner Strength Express	1			Tuesday *no class 12/26	1:00PM-1:30PM	Joey K.	\$20/\$40 (\$5)
Butts and Guts	1	2	3	Tuesday & Thursday *no class 11/23, 12/19, 12/21	10:30AM-11:15AM	Kelly R.	\$55/\$110 (\$10)
Defined Intervention	1	2	3	Thursday *no class 11/28, 12/28	9:30AM-10:30AM	Amy G.	\$35/\$70 (\$12)
Defined Intervention	1	2	3	Monday *no class 11/20, 12/25	10:30AM-11:30AM	Amy G.	\$35/\$70 (\$12)
Strong Seniors	1	2		Monday *no class 12/25	11:30AM-12:30PM	Nancy T.	\$47/\$94 (\$12)
Strong Seniors	1	2		Thursday *no class 11/23	11:30AM-12:30PM	Kristie V.	\$47/\$94 (\$12)
Tread & Shred	1	2	3	Monday *no class 12/25	9:30AM-10:30AM	Erin N.	\$40/\$80 (\$12)
TRX Express	1	2	3	Monday *no class 12/25	6:45PM-7:30PM	Bob P.	\$24/\$48 (\$5)
TRX Express	1	2	3	Saturday	8:00AM-8:45AM	Bob P.	\$24/\$48 (\$5)
WOW – Women on Weights	1	2	3	Tuesday & Thursday *no class 11/23 & 12/26	Tues: 6:30PM-7:30PM Thurs: 6:00PM-7:00PM	Kathy H. & Nancy T.	\$60/\$120 (\$12)
WOW – Women on Weights	1	2	3	Tuesday & Friday *no class 11/24 & 12/26	Tues: 11:00AM-12:00PM Fri: 10:45AM-11:45AM	Kristie V.	\$60/\$120 (\$12)
Upper Body Burnout	1	2	3	Monday & Wednesday *no class 12/18, 12/20, 12/25	9:00AM-9:45AM	Kelly R.	\$55/\$110
Aqua Arthritis SMILE	1	2		Monday & Wednesday *no class 12/4 & 12/25	11:30AM-12:30PM	Karin S.	\$70/\$140

### SPORTS

byacobucci@bcfymca.org | Barbara Yacobucci, Youth & Family Director: x217

KEYSTONE MARTIAL ARTS	AGES	DAY		TIME	MEMBER/NON-MEMBER	
Teen & Adult Martial Arts	13+yrs	Meets 3x/week: Monday, Tuesday, Thursday		7:45PM-9:00PM	Monthly: \$75 / \$120	
SPORTS	AGES	DAY		# Weeks	TIME	MEMBER/NON-MEMBER
Sports Coaching/Private Instruction	8+yrs	Thursday (11/30, 12/07, 12/14, 12/21)	1	5:00PM-6:00PM	\$25/\$40	
				6:00PM-7:00PM		
Basketball Coaching/Private Instruction	8+yrs	Thursday (11/30, 12/07, 12/14, 12/21)	1	5:00PM-6:00PM	\$25/\$40	
				6:00PM-7:00PM		
Pickleball - Ladder League	17+yrs	Friday (12/01-12/29)	5	7:00PM-9:00PM	\$20/\$30	
Pickleball – Beginner Clinic	15+yrs	Friday (11/28, 12/12)	1	11:00AM-12:00PM	\$15/\$25	
Pickleball - Session-Long Beginner Clinic	15+yrs	Friday (12/01-12/29)	5	6:00PM-7:00PM	\$25/\$40	
Pickleball – Court Rentals	18+yrs	Friday (12/01, 12/08, 12/15, 12/22, 12/29)	1	3:00PM-5:00PM	\$15/\$30	

The schedule is subject to change Youth Program Policy: Youth 7 years and younger must have an adult 18+ remain in the facility during programs. | UPDATED 10/25/23

ROSE E. SCHNEIDER FAMILY YMCA • 2001 Ehrman Rd. Cranberry Twp., PA 16066 • 724.452.9122 • http://bcfymca.org