



EXPLORE - ENGAGE - EXPERIENCE

ADULT/ACTIVE Program Guide

SESSION 4 April 30 - June 10, 2023



REGISTRATION: MEMBER: APR. 14 - 21 | NON-MEMBER: APR. 17 - 21 (Y Closed on 5/29 for Memorial Day)

SPECIAL EVENTS

SCHOOL VACATION CARE 5/12 | 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! Jessica Burr, Reach & Rise® Clinical Director: jburr@bcfymca.org

PARENTS NIGHT OUT | 5/19, 5/26, 6/2 | 5:00PM-9:00PM | MEMBER \$ 15 | NON-MEMBER \$25 EACH DATE | AGES 3-12

Healthy Kids Day | SATURDAY 5/6 | 11:00AM-2:00PM | FREE COMMUNITY EVENT

Family Gardening Night | FRIDAY 5/12 | MEMBER ONLY | FREE EVENT

Memorial Day | 5/29 | CLOSED

SWIM LESSONS

Group Swim Lessons meet twice a week for 4 weeks (8 lessons) unless otherwise noted.

resyaquatics@bcfymca.org | x218

ADULT SWIM LESSONS	AGES	DAY	# Of Weeks	TIME	MEMBER/NON-MEMBER
Adult Swim Lessons	18+yrs	Thursday	5	4:45PM-5:30PM	\$60 / \$80
Private Swim Lessons (Any Level)	3+	Saturday	5	12:30PM-1:00PM OR 1:00PM-1:30PM	\$140 / \$200

SMALL GROUP TRAINING

resyhealthyliving@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	10:15AM-11:30AM 5:30PM-6:15PM	Nancy T.	\$35/\$70* (\$10) *modified for Memorial Day
Beginner Strength	1			Tuesdays	1:30PM-2:15PM	Kristie V.	\$40/\$80 (\$10)
Beginner Strength	1			Thursday	8:00AM-8:45AM	Kristie V.	\$40/\$80 (\$10)
Butts and Guts	1	2	3	Tuesdays & Thursdays	10:30AM-11:15AM	Kelly R.	\$80/\$160 (\$10)
Defined Intervention	1	3	3	Thursday	9:30AM-10:30AM	Amy G.	\$46/\$92 (\$8)
Strong Seniors	1	2		Monday	11:30AM-12:30PM	Nancy T.	\$40/\$80* (\$12) *modified for Memorial Day
Strong Seniors	1	2		Thursday	11:30AM-12:30PM	Jamie R.	\$45/\$90 (\$12)
Tread & Shred	1	2	3	Monday	9:30AM-10:30AM	Erin N.	\$40/\$80* (\$12) *modified for Memorial Day
TRX Express	1	2	3	Monday	6:45PM-7:30PM	Bob P.	\$20/\$40 (\$5) *modified for Memorial Day
TRX Express	1	2	3	Saturday	8:00AM-8:45AM	Bob P.	\$24/\$48 (\$5)
WOW - Women on Weights	1	2	3	Tuesday & Thursday	6:00PM-7:00PM	Kathy H.	\$90/\$180 (\$12)

SPORTS

resyyouth@bcfymca.org | Barbara Palmer, Youth & Family Director: x217

KEYSTONE MARTIAL ARTS	AGES	DAY	TIME	MEMBER/NON-MEMBER		
Teen & Adult Martial Arts	14+yrs	Meets 3x/week: Tuesday, Thursday, Saturday	TU, TH: 7:45PM-9:00PM SAT: 10:30AM-12:00PM	Monthly: \$65 / \$110		
SPORTS	AGES	DAY	# Weeks	TIME	MEMBER/NON-MEMBER (Drop-In)	
Single Day Beginner Pickleball Clinic	18+yrs	Wednesday (5/17, 5/31)	1	WED: 11:00AM-12:30PM	\$15/\$25	
Session Long Beginner Pickleball Clinic	16+yrs	Friday (5/5-6/2)	5	5:30PM-6:30PM	\$35/\$50	
Pickleball Ladder Leagues	Wednesday AM	18+yrs	Wednesday (5/3-5/31)	5	9:00AM-11:00AM	\$20/\$30
	Friday PM	16+yrs	Friday (5/5-6/2)	5	6:30PM-8:30PM	\$20/\$30
Pickleball Court Rentals	18+yrs	Tuesday, Wednesday, Friday	1	TU: 11:00AM-1:00PM. W: 11:00AM-1:00PM F: 3:30pm-5:30pm	\$15 Members	
Private Sports Instruction	16+yrs	Thursday (5/4, 5/11, 5/18, 5/25, 6/1)	1	5:00PM-6:00PM	\$25/\$40	
Pickleball Round Robin Tournament	Competitive	18+yrs	Sunday (4/23)	1	COMP: 9:00AM-11:30AM REC: 12:00PM-2:30PM	\$25/\$40
	Recreational					
Adult Kickball League (Individual)	17+yrs	Saturday (5/13-7/15)	6	2:00PM-3:30PM	\$35/\$50	
Adult Kickball League (Team)	17+yrs	Saturday (5/13-7/15)	6	2:00PM-3:30PM	\$75/\$100	

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.

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