



GYM SCHEDULE—Fall 2

FOR YOUTH DEVELOPMENT®

FAMILY NIGHTS

Every Friday Night from 5:30 – 7:30PM

Every Friday evening is dedicated to Families here at the Y. Family Fun Nights are FREE for Y members and Family day passes are half off for general public. Each Family Fun Night features open swim with the mushroom and water slide and open family gym time. Each month there is a Bounce House Fun Friday!

SPECIAL EVENTS:

NOT SO SCARY HALLOWEEN TRAIL

Friday, October 26th

5:00-7:00PM

FREE to the Community

The Kiwanis Stoney Pines Trail comes alive with 25 plus trick or treat sites. Participants vote for their favorite site and the winner receives a Y pool party. Refreshments and snacks will be served. It is a FREE and FUN evening for everyone!

PUMPKIN SPLASH

Friday, November 2nd

5:00-6:00PM, 6:00-7:00PM, 7:00PM-8:00PM

FREE to the Community-Courtesy of Heck Capital Advisors

The Great Pumpkin Splash is back! Have a great time with family swimming and picking your pumpkin in the pool. After picking the pumpkin of your choice, your next activity is to decorate your pumpkin so you can take it home and put it on display. Children 5 and under must have a parent within arm's reach in the water. Children ages 6-7 require a parent in the pool.

ADULT ARCHERY

This adult indoor Target Archery class consists of shooting at stationary bulls-eye targets. It is a great way to learn and practice the skill of archery. All equipment is provided. The bows are adjustable for all to be successful no matter their size or ability. *\$15 Member per 7 Week Session - \$35 General Public per 7 Week Session.*

CO-ED OPEN BASKETBALL

Hit the hardwoods with the people who invented the game—the YMCA! Stay in shape through the season by playing YMCA basketball. These classes are for recreation, but Y players can get competitive. Bring a group of players or come individually. Play is on Tuesdays and Fridays from 8:00-9:30AM, Wednesdays 6:00-7:00AM, and Thursdays 6:45-9:00PM. *Free for members. Day Pass for general public.*

CO-ED VOLLEYBALL LEAGUE

Co-ed Volleyball is a "call your own league" that consists of an A and B League. The A League is designed for the more advanced player, hard hitting is expected, and jump serving is allowed. The B League is designed for the intermediate player and those looking to simply enjoy a night of volleyball. Both leagues will feature round robin play and a double elimination tournament with the champions bringing home coveted Y t-shirts. The league will have an entry fee of \$150 per team. 60 minutes slotted per game. Please contact the Y for season information.

GLUTES AND GUTS

This is an 'express class' that will focus on the glutes, abs and inner thighs using various equipment and exercises, other than squats and crunches.

INDOOR GOLF NET

Practice your golf swing year round with our indoor golf net.

OPEN PICKLEBALL

Pickleball is a fun sport that combines elements of tennis, badminton and ping-pong while contributing to an active, healthy lifestyle. Perfect for all ages and skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Come out and enjoy the social and physical benefits of playing one of the fastest growing recreational sports in the country. *Free for members. Day Pass for the general public.*

TABATA TRIPLE THREAT

Tabata is a high intensity interval training workout featuring exercises that last 4 minutes. You will get more impact on both the aerobic and anaerobic systems while using all available equipment. Tabata Triple Threat is a combination of cardio, strength and core exercises. Designed to work up a sweat, challenging yourself to your limits and beyond!

ZUMBA® FITNESS

Zumba® is an exhilarating, effective, easy to follow, Latin-inspired, calorie-burning dance fitness party. It blends red-hot international music and contagious steps to form a "fitness party" that is downright addictive. Fun and challenging for any fitness level!

PLEASE SEE THE YOUTH SCHEDULE FOR GYMNASTICS & YOUTH CLASS DESCRIPTIONS.