

ANNOUNCEMENTS

POOL UPDATE

Our pools will be closed Friday the 13th from 8:30 am on, so that we may host the Westmoreland Senior Games and a Drowning Prevention Clinic.

HELP OUR Y HELP OUR COMMUNITY

We need our community's help in finding great staff for our summer camp counselors, lifeguards and other positions at our Y. Please consider joining our team or referring a friend!

NEIGHBORS HELPING NEIGHBORS

Join us on Wednesday, June 1 at J. Corks for our annual Neighbors Helping Neighbors from 5:00 - 7:00 pm. Visit our website for details.

MAY PAY THE DAY

Join fee promotion! Fee coincides with the "date" of the month, May 1st: \$1, May 2: \$2 and so on!

HIGH SCHOOL HOOPS

The action will be fast and furious when boys' and girls' basketball leagues start the fourth week of the month!

EVENTS & MORE

ADULT PICK-UP SPORTS

Pick-up sports is back at our Y! Join us every Tuesday for Pickleball, Thursday for pick-up basketball and Fridays for adult pick-up volleyball. Details on our website.

TOTS BASKETBALL STARTS MAY 3

Tots ages 2 - 4 will learn the sport of basketball in a fun, friendly environment. This 4 week session will allow children to participate in a series of stations each week focusing on the fundamental skills of basketball. Mondays OR Wednesday starting 5/3 from 5:45 - 6:30 pm. Register online!

BASKETBALL CAMP

Join us for Camp Knizner! Matt and daughter Leah Knizner, both former D1 college athletes and Hempfield High school basketball stars will teach the finer points of shooting and scoring mentalty every Sunday until Memorial Day.

Contact Scott Brown at 724-834-0150 x 113.

GYMNASTIC LESSONS

Register today for gymnastic lessons at our 308 North Pennsylvania location. Visit www.greensburgymca.org for information.

HOURS OF OPERATION
UPDATED!

MONDAY, MAY 9

11 am - Happy Hinges (+Pool Only)
11:30am - Les Mills BODYFLOW

TUESDAY, MAY 10

9:15am - Les Mills BODYPUMP
10:15am - Les Mills BODYFLOW
10:30 - Silver and Fit Experience
11:25 - Silver and Fit Yoga
5:20pm - Les Mills GRIT SERIES
6:00pm - Les Mills BODYPUMP

WEDNESDAY, MAY 11

9:30am - Les Mills BODYFLOW
10am - Aqua Ex (+Pool Only)
5:00pm - Les Mills GRIT SERIES
5:40pm - Les Mills BODYFLOW
6:35pm - Zumba

THURSDAY, MAY 12

9:15am - Les Mills BODYPUMP
10:15am - Les Mills BODYFLOW
10:30 - Silver and Fit Experience
11:25 - Silver and Fit Yoga

FRIDAY, MAY 13

9:15am - Les Mills BODYPUMP

SATURDAY, MAY 14

8:15am - Les Mills BODYPUMP

SUNDAY, MAY 15

9:15am - Les Mills GRIT
9:55am - Les Mills BODYFLOW
10:50am - Les Mills BODYPUMP Express

This Week's Hours

FITNESS FACILITY HOURS UPDATED!

Mon-Thurs: 5:30am - 8:00pm

Friday: 5:30 am - 6:30 pm

Sat - Sun: 8:00 am - Noon

OPEN SWIM (ALL MEMBERS)

Tuesday: 3:30 - 5:30pm

Wednesday: 10 - 11am

Friday: CLOSED

Saturday: 10 - 11am

+POOL (ADD-ON REQUIRED)

Monday: 5:30-11am | 3:30-7:30pm

Tuesday: 3:30 - 7:30pm

Wednesday: 5:30-11am | 3:30-7:30pm

Thursday: CLOSED

Friday: 5:30-8:30am

Saturday: 8 - 11 am

Sunday: 8am - 11:30pm