

ANNOUNCEMENTS

HELP OUR Y HELP OUR COMMUNITY

We need our community's help in finding great staff for our Y.

- Child care positions (ECLC & BASE) for fall
- Adult Care Community Participation Support
- Lifeguards

Please consider joining our team or referring a friend!

STINGRAY STRONG

Congratulations to our GYST Stingrays on an outstanding 2022 Summer Season. Patton Graziano competed in the 100-yard backstroke finals at this year's National Championships held July 19-23 at the Greensboro Aquatics Center in Greensboro, NC!!!! Several members of the team qualified for the YMCA Summer Championship, including: Jovie Anderson, Lyla Anderson, Piper Anderson, Tess Anderson, Allie Born, Annie Born, Addi Busch, Owen Busch, Sara Corazzi, Sophia Dubich, Maddi Hutchins, Preston Montag, Jacob Perne-Taylor, Olivia Schrock, Kaitlyn Stenchock and Jonathan Stenchock.

EVENTS & MORE

PICK-UP VOLLEYBALL

ADULT AND YOUNG ADULTS

Mondays, 6:30 p.m. - 8:30 pm. Free for members/\$5 for non-members.

ELEMENTARY-AGED

Boys and Girls - Saturdays, 11 a.m.- 1 p.m. Free for members and \$5 for non-members.

TOTS SPORTS REGISTRATION

Registration for the Tots Variety Sports program is underway now through Aug. 5. The 4-week program is for children ages 2-4 to learn the sports of kickball, volleyball, basketball and The Classics in a fun, friendly environment. When registering, parent must pick one night—Monday or Wednesday—for their child to attend. The program runs Aug. 8-Aug. 31. Register online at www.greensburgymca.org. For more information, contact: Scott Brown at 724.834.0150, ext. 113 or s.brown@gbgymca.org.

GROUP EX HAPPENINGS...

MONDAY, AUGUST 1

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

TUESDAY, AUGUST 2

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

WEDNESDAY, AUGUST 3

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

THURSDAY, AUGUST 4

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

FRIDAY, AUGUST 5

9:15 am - Les Mills BODYPUMP
 11 am - Happy Hinges (+Pool Only)

SATURDAY, AUGUST 6

8:15 am - Les Mills BODYPUMP

SUNDAY, AUGUST 7

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

FITNESS FACILITY HOURS

Mon: 5:30 am-8pm
 Tues-Thurs: 5:30 am -8pm
 Friday: 5:30 am-6:30 pm
 Sat - Sun: 8 am-Noon

OPEN SWIM (ALL MEMBERS)

Tuesday: CLOSED
 Wednesday: 10 am-11am
 Friday: 4 pm-5:30 pm (Warm Pool Open)
 Saturday: 10 am-11 am

+POOL (ADD-ON REQUIRED)

Monday: 5:30 am-11 am | 3 pm-7:30 pm
 Tuesday: CLOSED
 Wednesday: 5:30-11 am | 3-7:30pm
 Thursday: CLOSED
 Friday: 5:30-11 am | 3-6 pm
 Saturday: 8 am-11 am
 Sunday: 8 am-11 am