

## ANNOUNCEMENTS

### MEMBER APPRECIATION DAY

Member Appreciation Day is Tuesday, Aug. 16. Thank you for your continued support of our Y. Please stop at the Welcome Center desk for your free snack.

### 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!

## AQUATICS NEWS

### REGISTRATIONS:

- Registration for Fall I Swim Lessons opens Friday, Aug. 19.
- Registration for Fall/Winter GYST began Aug. 8. There still are limited openings.

### GYST STINGRAYS:

- The GYST Swim teams will open their seasons after Labor Day, Tuesday, Sept. 6.

## FITNESS FACILITY HOURS

Mon.-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

## EVENTS & MORE

### SCHOOL SUPPLIES NEEDED

Greensburg-Salem School District is collecting school supplies in August to distribute to those less fortunate in a Back to School event at Offutt Field. Please consider donating school supplies such as backpacks, notebooks, markers, crayons, and pencils to kids who may not be able to afford them. Please drop off any donations in box at the lobby.

### 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.

### GYMNASTICS REGISTRATIONS

- Registration for Fall II is open until Friday, Aug. 19.
- Lessons are available for Intermediate, Parent-Tot, Tumbling, Beginners and Preschool.

### +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

## GROUP EX HAPPENINGS...

### MONDAY, AUGUST 15

11 am - Happy Hinges (+Pool Only)

11:30 am - Les Mills BODYFLOW

### TUESDAY, AUGUST 16

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 17

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 18

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 19

9:15 am - Les Mills BODYPUMP

11 am - Happy Hinges (+Pool Only)

### SATURDAY, AUGUST 20

No Saturday Classes This Week

### SUNDAY, AUGUST 21

9:15 am - Les Mills GRIT

9:55 am - Les Mills BODYFLOW

10:50 am - Les Mills BODYPUMP Express