

ANNOUNCEMENTS

GREENSBURG Y PARTNERS WITH TURKEY TROT RACE

The 31st Annual Greensburg Turkey Trot, scheduled for Thursday, Nov. 24, has a new main benefactor...our Greensburg YMCA.

The Greensburg Y will have a key role in the promoting and pre-race operation of the 2022 event, including hosting the pre-race packet pickup and other event planning activities. To register on-line for the race, go to www.gbgturkeytrot.com.

AQUATICS NEWS

GREENSBURG SALEM SWIM TEAMS:

- Pool will close at 4 p.m. during the month of September for Greensburg Salem home swim meets. The pool will re-open after the meet until closing. Tuesday, Sept. 27 is a home meet at 4 p.m. The team has away meets on 9/13 and 9/20, and there will be no GS Swim Team practice.
- There will be lanes open for Member lap swimming during these practice times.

FITNESS FACILITY HOURS

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

Friday: 5:30 am-6:30 pm

Sat. - Sun.: 8 am-Noon

OPEN SWIM (ALL MEMBERS)

Wednesday: 9 am-10 am

Friday: 5 pm-6 pm

Saturday: 10 am-11:30 am

Sunday: 10am-11:30 am

EVENTS & MORE

GYM CLOSED SEPT. 23

Beverly's Babies/Beverly's Birthdays in North Huntingdon will be utilizing the gymnasium on Friday, Sept. 23 from 10 a.m.-11:30 a.m. The gym will be closed until 2 p.m.

The organization is hosting a Community Baby Shower. Vendors will give baby supplies to young and expecting mother. There will also be organizations that help and support young and expecting mothers. The event is free to those who register with Beverly's Babies. For more information call (724) 590-5106.

Registration Deadline for Team Volleyball Approaching

The deadline to register for the Middle School Volleyball League is Sept. 23. There will be a minimum of six teams but could expand to eight.

Game are Mondays and Wednesdays, beginning at 6 p.m., from Oct. 10-Nov. 2. If you know of any teams that are interested, please have them sign up prior to Sept. 23.

+POOL (ADD-ON REQUIRED)

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

Tuesday: 3 pm-7:30 pm

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

Thursday: CLOSED

Friday: 5:30 am-11 am|3 pm-6 pm

Saturday: 8 am-11:30 am

Sunday: 8 am-11:30 am

WARM POOL

No open hours this week.

GROUP EX HAPPENINGS...

MONDAY, SEPTEMBER 19

11 am - Happy Hinges (+Pool Only)

11:30 am - Les Mills BODYFLOW

TUESDAY, SEPTEMBER 20

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, SEPTEMBER 21

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, SEPTEMBER 22

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, SEPTEMBER 23

9:15 am - Les Mills BODYPUMP

11 am - Happy Hinges (+Pool Only)

SATURDAY, SEPTEMBER 24

8:15 am - Les Mills BODYPUMP

SUNDAY, SEPTEMBER 25

9:15 am - Les Mills GRIT

9:55 am - Les Mills BODYFLOW

10:50 am - Les Mills BODYPUMP Express

THIS WEEK
@THEY

WEEKLY SCHEDULE
Sept. 19-Sept. 25

