



WEEKLY SCHEDULE SEPT. 18-SEPT. 24

THIS WEEK @ THE Y

ANNOUNCEMENTS

REMODELING UNDERWAY...YOUR PATIENCE PLEASE!!!

We are excited that some long-anticipated remodeling projects in our Y are underway. During this time, please be mindful of active work areas. Your cooperation and patience during our remodeling is greatly appreciated.

AQUATICS NEWS

- Fall/Winter GYST begins the week of Sept. 25. Tryouts for new members are Monday and Tuesday from 6-7 pm. Register online at www.greensburgymca.org or:

Register Here



Current Team Members

Tryouts



FIND YOUR PURPOSE: JOIN OUR Y STAFF/INCREASED STARTING SALARIES OFFERED!

BASE and ECLC fall school years begin this week. We are still looking for great people to join our Y staff family in these areas as well as other departments. Following are several positions we especially need to fill:

- **Before & After School Enrichment:**
 - ◊ Director
 - ◊ Group and Assistant Group Supervisors
- **Adult Care Services Direct Care Professionals**
- **Maintenance/Custodians**
- **Lifeguards—All Shifts**



EVENTS & MORE

CHILD WATCH SERVICE

Our Child Watch service is available six days a week.

Daily hours are:

- Monday, Wednesday, Friday and Saturday, 8:30-11:30 am
- Monday-Thursday, 4:30-6:30 pm

BASKETBALL FOR BEGINNERS

Registration continues for our Basketball for Beginner program that runs from September 27-November 15. The program for boys and girls, ages 5-8 and 9-12, is held Wednesdays from 5:30-7 p.m. This program is for relative newcomers to the game. Learn basic fundamentals and rules; focus on dribbling, passing and shooting skills; and practices and games. Cost: \$90 Member/\$120 Non-Member. For more information, visit our website at www.greensburgymca.org.

To register, scan here:



WALK ACROSS AMERICA

Our Y is excited about the Walk Across America program that is underway and runs through Sept. 30. It is designed to be a fun way to get exercise, develop relationships and further your wellness goals. Log your exercise time. Every 30-minute slot counts as 100 miles. Please see Welcome Center for participation packet. For more details, contact Brenda Willett at b.willett@gbgymca.org.

GROUP EX HAPPENINGS...

MONDAY, SEPTEMBER 18

9:15 am - Les Mills BODYPUMP
 10:20 am - Les Mills BODYFLOW
 11 am - Happy Hinges (+Pool Only)
 6:05 pm - Les Mills GRIT STRENGTH

TUESDAY, SEPTEMBER 19

5:45 am - Cycling Class
 10:30 am - Silver and Fit (Studio A)
 Noon - Yoga Class (Studio A)
 4:50 pm - Les Mills GRIT SERIES
 5:25 pm - Les Mills BODYFLOW
6:15 pm - Les Mills BODYPUMP

WEDNESDAY, SEPTEMBER 20

9:15 am - Les Mills BODYPUMP
 10:20 am - Les Mills BODYFLOW

THURSDAY, SEPTEMBER 21

9:15 am - Les Mills GRIT
 10:30 am - Silver and Fit (Studio A)
 11:20 am - Silver and Fit Yoga (Studio A)
 Noon - Yoga Class (Studio A)
 5:25 pm - Les Mills BODYPUMP

FRIDAY, SEPTEMBER 22

9:15 am - Les Mills BODYPUMP
 10:20 am - Les Mills BODYFLOW
 11 am - Happy Hinges (+Pool Only)

SATURDAY, SEPTEMBER 23

8 am - Les Mills BODYPUMP
 9:05 am - Les Mills GRIT

SUNDAY, SEPTEMBER 24

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

FITNESS FACILITY HOURS

Monday - Friday, 5:30 am-8 pm
 Saturday: 7:30 am-2 pm
 Sunday: 8 am-2 pm

OPEN SWIM (ALL MEMBERS)

Wednesday: 9-10 am
 Friday: 3:15-4:45 pm
 Saturday: 9-10 am
 Sunday: 9-10 am

+POOL (ADD-ON REQUIRED)

Monday: 5:30-7:45 am | 8-11 am | 3:15-7:30 pm
Tuesday: 3-6 pm (Closed/GSMS Meet) | 6-7:30 pm
 Wednesday: 5:30-7:45 am | 8-11 am | 3:15-7:30 pm
 Thursday: 3:15-7:30 pm
 Friday: 5:30-7:45 am | 8-11 am | 3:15-5 pm
 Saturday: 7:30-10 am
 Sunday: 8-11 am

WARM POOL (ALL MEMBERS)

Friday: 5-6 pm
 Saturday: 10-11 am