



# WEEKLY SCHEDULE SEPT. 25–OCT. 1

# THIS WEEK @THE Y

## ANNOUNCEMENTS

### REMODELING UNDERWAY...YOUR PATIENCE PLEASE!!!

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

### 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

### AQUATICS NEWS

- Our GYST Stingrays begin their Fall/Winter Season Monday Sept. 25. Registrations for the 2023–24 Fall/Winter Stingray season continues through October for the team. The team practices Mondays–Thursdays, 6–7:30 pm.
- All pools will be closed from 3–6 p.m. and re-open from 6–7:30 pm for open swim on Thursday, Sept. 28, because of the Greensburg Salem Middle School home meet.

### 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.

### FITNESS FACILITY HOURS

Monday–Friday, 5:30 am–8 pm

Saturday: 7:30 am–2 pm

Sunday: 8 am–2 pm

*\*See new 10/1 hours to right*

### OPEN SWIM (ALL MEMBERS)

Wednesday: 9–10 am

Friday: 3:15–4:45 pm

Saturday: 9–10 am

Sunday: 9–10 am

## EVENTS & MORE

### OCTOBER PAY THE DAY IS BACK

New members will get a joining fee discount when they join our Y in October. The joining fee will be the same as the date, for example, October 1 will be \$1, October 2 will be \$2, and so on. The sooner you join, the more you will save. Tell your friends – it is fun to be at the YMCA!

### FALL FEST SET FOR OCT. 13

Our annual Fall Fest, a free night of family fun, crafts and activities to kick off our themed-Family Fun night series, will be held Oct. 13 from 5:30–7:30 pm. This free event promotes healthy fun for all families in our community. This year's activities include carnival-style games, pumpkin decorating, sports, music, healthy snacks and a treat bag for each child. The pool will be open with a pumpkin patch for "picking" pumpkins. Please join us for some seasonal fun!

### WALK ACROSS AMERICA

This is the last week of 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. For more details, contact Brenda Willett at [b.willett@gbgymca.org](mailto:b.willett@gbgymca.org).

**Weekly Drawing Winners:**

- Week 1 — Barbara Doherty
- Week 2 — Constance Gazze

### +POOL (ADD-ON REQUIRED)

Monday: 5:30–7:45 am|8–11 am|3:15–7:30 pm

Tuesday: 3–7:30 pm

Wednesday: 5:30–7:45 am|8–11 am|3:15–7:30 pm

Thursday: 3–6 pm (Closed/GSMS Meet)|6–7:30 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

## GROUP EX HAPPENINGS...

### MONDAY, SEPTEMBER 25

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 26

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 27

9:15 am – Les Mills BODYPUMP

10:20 am – Les Mills BODYFLOW

### THURSDAY, SEPTEMBER 28

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 29

9:15 am – Les Mills BODYPUMP

10:20 am – Les Mills BODYFLOW

11 am – Happy Hinges (+Pool Only)

### SATURDAY, SEPTEMBER 30

8 am – Les Mills BODYPUMP

9:05 am – Les Mills GRIT

### SUNDAY, OCTOBER 1

9:15 am – Les Mills GRIT

9:55 am – Les Mills BODYFLOW

10:50 am – Les Mills BODYPUMP Express

### **NEW HOURS!!!!**

Our new hours effective Oct. 1 are:

- Monday–Thursday—5:30 am–8:30 pm
- Friday—5:30 am–8 pm
- Saturday—7:30 am–2 pm
- Sunday—8 am–1 pm