



# WEEKLY SCHEDULE OCT. 30–NOV. 5

# THIS WEEK @THE Y

## ANNOUNCEMENTS

### CHILD WATCH SERVICE

Our Child Watch service is available six days a week. **There will be no service on Tuesday, Oct. 31 (Halloween).** Daily hours are:

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

### ECLC ENROLLMENT OPENINGS

Our Early Childhood Learning Center has openings in our Preschool and Pre-K rooms. If you are in need of childcare, please contact ECLC Director Dusty Harris at [d.harris@gbgymca.org](mailto:d.harris@gbgymca.org).

### FALL II SWIM LESSONS

Registration for Fall II swim lessons is underway. Lessons begin this week. **There are no lessons Oct. 31.** To register, visit our website at [www.greensburgymca.org](http://www.greensburgymca.org).

### NEW SPORTS PROGRAMMING

Registration is open for three new sports programs. Visit our website for information:

- Tots Winter Soccer, Ages 2–4 and 5–6, Nov. 6–Dec. 18. \$55/member; \$75/community. Mondays, 5:15–6 pm
- Coed Backyard Sports, Ages 4–6 and 7–10. Nov. 9–Dec. 21. \$55/member; \$75/community. Thursdays, 5–6 pm.
- Greensburg YMCA Coed Hoopers Clinic, Grades K–2 Nov. 29–Dec. 20, 2023. Wednesdays, 5:30–7 p.m. \$55/members; \$75/community.
- Coed Middle School Pick-up Volleyball. Nov. 13–Jan. 31. \$5/session. Mon., 6–7 pm.

## EVENTS & MORE

### VOLUNTEERS NEEDED: 32nd ANNUAL TURKEY TROT!

Our Y again is the main benefactor for the 32nd Annual Greensburg Turkey Trot, scheduled for Thursday, Nov. 23. We will host the pre-race packet pickup in our gym, and volunteers are needed to work 2-hour shifts from noon–6 pm, Wednesday, Nov. 22. We also need help on race day Thanksgiving Day, Thursday, Nov. 23. Please email Ron Wahl at [r.wahl@gbgymca.org](mailto:r.wahl@gbgymca.org) if interested. To register online for the race, visit [www.gbgturkeytrot.com](http://www.gbgturkeytrot.com).

### PERSONAL TRAINING/PILATES

Our Wellness Department has launched two new programs...personal training and Pilates. Pilates classes are offered Mondays and Wednesdays at noon. For details on Pilates contact Maryellen Haddock at [m.haddock@gbgymca.org](mailto:m.haddock@gbgymca.org). For person training sessions, contact Brenda Willett at [b.willett@gbgymca.org](mailto:b.willett@gbgymca.org). For more information on these and all our programs here at the Y, visit our website at [www.greensburgymca.org](http://www.greensburgymca.org).

### WINTER I REC GYMNASTICS

Registration for 2023 WINTER I 2023 Recreation Gymnastics is open until Nov. 13. The sessions run from Nov. 5–Dec. 23. Costs are \$170/Members; \$210 for general community. For more information, visit our website at: [www.greensburgymca.org/programs/gymnastics-2/gymnastics/](http://www.greensburgymca.org/programs/gymnastics-2/gymnastics/)

## GROUP EX HAPPININGS...

### MONDAY, OCTOBER 30

9:15 am – Les Mills BODYPUMP  
10:20 am – Les Mills BODYFLOW  
11 am – Happy Hinges (+Pool Only)  
**Noon–Pilates (Chair)–NEW**  
6:05 pm – Les Mills GRIT STRENGTH

### TUESDAY, OCTOBER 31

5:45 am–Cycling Class  
10:30 am–Silver and Fit (Studio A)  
12:15 pm–Yoga Class (Studio A)  
4:50 pm – Les Mills GRIT SERIES  
5:25 pm– Les Mills BODYFLOW  
6:15 pm – Les Mills BODYPUMP

### WEDNESDAY, NOVEMBER 1

9:15 am – Les Mills BODYPUMP  
10:20 am–Les Mills BODYFLOW  
**Noon–Pilates (Mat)–NEW**

### THURSDAY, NOVEMBER 2

**5:45 am–Cycling Class–NEW**  
9:15 am – Les Mills GRIT  
10:30 am–Silver and Fit (Studio A)  
11:20 am–Silver and Fit Yoga (Studio A)  
12:15 pm–Yoga Class (Studio A)  
5:25 pm – Les Mills BODYPUMP

### FRIDAY, NOVEMBER 3

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

### SATURDAY, NOVEMBER 4

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

### SUNDAY, NOVEMBER 5

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

### FITNESS FACILITY HOURS

Monday –Thurs., 5:30 am–8 pm  
Friday: 5:30 am–8 pm  
Saturday: 7:30 am–2 pm  
Sunday: 8 am–1 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: CLOSED (Halloween)**  
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|3:15–6 pm  
Saturday: 7:30–10 am  
Sunday: 8–11 am

### WARM POOL (ALL MEMBERS)

No Warm Pool Hours until further notice.