



WEEKLY SCHEDULE NOV. 20-NOV. 26

THIS WEEK @THE Y

ANNOUNCEMENTS

CLOSED THANSVGIVING DAY

Have a Happy and Blessed Thanksgiving! Our Y will be closed on Thanksgiving Day, Thursday, Nov. 23. Please enjoy this time with your family and friends.

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

DONATE TO OUR Y

Our Y will be embarking on our Annual Support Campaign soon. Please support our Y's mission and consider a contribution to this critical initiative of our Y. Donate online at www.greensburgymca.org/donate.

GIVE THE GIFT OF THE Y...HOLIDAY GIFT CARDS AVAILABLE

Need the perfect gift idea? Why not give fun, life-saving skills & health – give a gift card to the Greensburg Y. Cards are available in any amount and redeemable for YMCA membership and programming. Stop by the Welcome Center to purchase some today!

TOYS FOR TOT DROPOFF

The Greensburg Y is a drop off location for the annual Marine Toys for Tots Program. It is the 76th anniversary of the program. Please consider a donation of new, unwrapped toys for ages 0-12 that will be distributed to less fortunate children. A drop off box is located in the Welcome Center.

EVENTS & MORE

VOLUNTEERS NEEDED: 32nd ANNUAL TURKEY TROT!

Volunteers are needed to work 2-hour shifts for pre-race packet pickup in our gym, from noon-6 pm, Wednesday, Nov. 22 and also on race day Thanksgiving Day, Thursday, Nov. 23. Our Y again is the main benefactor for the 32nd Annual Greensburg Turkey Trot. Please email Ron Wahl at r.wahl@gbgymca.org if interested. To register online for the race, visit www.gbgturkeytrot.com.

REGISTRATION OPEN FOR LIFEGUARD CLASS

Registration has opened for our lifeguard class. Class will be a blended learning format (online first, then in person), December 8-10. For more details and to register, visit our website at www.greensburgymca.org. Join our team! For questions, contact Kris Peters, Aquatics Director, at k.peters@gbgymca.org.

NEW SPORTS PROGRAMMING

Registration is open for a new sports program. Visit our website for information:

- Greensburg YMCA Coed Hoopers Clinic, Grades K-2, Nov. 29-Dec. 20, 2023. Wednesdays, 5:30-7 p.m. \$55/members; \$75/non-members.
- Introduction to Pickleball begins Nov. 30-Dec. 21. Cost is \$65/members and \$85/non-members.

GROUP EX HAPPININGS...

MONDAY, NOVEMBER 20

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

TUESDAY, NOVEMBER 21

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
6:15 pm – Cycling Class-NEW

WEDNESDAY, NOVEMBER 22

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

THURSDAY, NOVEMBER 23

THANKSGIVING DAY
CLOSED-NO CLASSES

FRIDAY, NOVEMBER 24

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

SATURDAY, NOVEMBER 25

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

SUNDAY, NOVEMBER 26

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

FITNESS FACILITY HOURS

Mon. –Thurs., 5:30 am-8:30 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: 9-11 am
Sunday: 9-10 am

+POOL (ADD-ON REQUIRED)

Monday: 5:30-7:45 am|8-11 am|3:15-7:30 pm
Tuesday: 3:15-7:30 pm
Wednesday: 5:30-7:45 am|8-11 am|3:15-7:30 pm
Thursday: CLOSED
Friday: 6:30-7:45 am|8-11 am|3:15-6 pm
Saturday: 7:30-11 am
Sunday: 8-11 am

WARM POOL (ALL MEMBERS)

No Warm Pool Hours until further notice.