



# WEEKLY SCHEDULE DEC. 4-DEC. 10

# THIS WEEK @THE Y

## ANNOUNCEMENTS

### 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](http://www.greensburgymca.org/donate).

### 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 [www.greensburgymca.org](http://www.greensburgymca.org). Join our team! For questions, contact Kris Peters, Aquatics Director, at [k.peters@gbgymca.org](mailto:k.peters@gbgymca.org).

### 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 TOTS 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 until pickup on Dec. 13.

### GSHS HOME SWIM MEET DEC. 12

The main pool will close for this meet.

## EVENTS & MORE

### CHILD WATCH SERVICE

Our Child Watch service is available six days a week. Hours are:

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

### HOLIDAY MEMBERSHIP PROMO

The Y will offer its 30 Days for \$30 membership promotion from Dec. 1-30. This is a perfect promotion for college students who are home for the holidays. Stop by Welcome Center for details.

### NEW SPORTS & WELLNESS PROGRAMMING

Registration is open for a new sports and wellness program. Visit our website for information on all at [www.greensburgymca.org](http://www.greensburgymca.org):

- Greensburg YMCA Coed Hoopers Clinic, Grades K-2, Nov. 29-Dec. 20, 2023. Wednesdays, 5:30-7 p.m. \$55/members; \$75/non-members.
- "Peace on Earth Sound and Yin Yoga"—This is a four-week therapeutic sound, healing and yin yoga workshop held Mondays from 7-8 pm, from Nov. 27-Dec. 18. Cost for members—\$15/session or \$50/4-session package; non-members—\$25/session or \$75 for all sessions.
- A "Get Moving...Jump Start Your Motivation" initiative. This six-week program, which begins Jan. 8-Feb. 12 on Monday and Thursdays from 6:15-7:15 p.m. Cost is \$185/member and \$235/non-members.

## GROUP EX HAPPENINGS...

### MONDAY, DECEMBER 4

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  
7 pm – "Peace on Earth Sound and Yin Yoga" (registration required)

### TUESDAY, DECEMBER 5

5:45 am–Cycling Class  
10:30 am–Silver and Fit (Gym)  
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

### WEDNESDAY, DECEMBER 6

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

### THURSDAY, DECEMBER 7

5:45 am–Cycling Class–NEW  
9:15 am – Les Mills GRIT  
10:30 am–Silver and Fit (Gym)  
11:20 am–Silver and Fit Yoga (Gym)  
12:15 pm–Yoga Class (Studio A)  
5:25 pm – Les Mills BODYPUMP  
6:15 pm–Cycling Class

### FRIDAY, DECEMBER 8

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

### SATURDAY, DECEMBER 9

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

### SUNDAY, DECEMBER 10

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

\*The Monday and Wednesday Pilates classes will recess in December and resume Jan. 3 at its noon slot.

### 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: 3:15–7:30 pm  
Friday: 5:30–7:45 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.