



# WEEKLY SCHEDULE JAN. 29-FEB. 4

# THIS WEEK @ THE Y

## ANNOUNCEMENTS

### JANUARY MEMBERSHIP PROMOTION

There's still time save. Sign up for membership in January, and we'll waive your join fee. Join online at [www.greensburgymca.org/join](http://www.greensburgymca.org/join)

### CHILD WATCH HOURS

Our Child Watch service is available six days a week. New Hours for 2024 are:

- Monday, Wednesday, Friday and Saturday, **9 am-Noon**
- Monday-Thursday, **4:30-7:30 pm**

### NEW HAPPY HINGES SCHEDULE

The new Happy Hinges class schedule began on **Jan. 15**. New Hours: **Monday, Wednesday, Friday, 11:00 – 11:50 am.**

### UPCOMING LIFEGUARD CERTIFICATION COURSE

We will be holding a lifeguard certification course here at the Greensburg YMCA Feb. 9-11, 2024. \$200/member and \$275/nonmember. Registration is open online.

### SPRING 1 SWIM LESSONS

Registration for Spring 1 Swim Lesson will open on Feb. 9.

### COFFEE & CONVERSATION

Join us for the next Coffee & Conversations on Friday, Feb.16 at 12:15 pm in Studio A. The group will be discussing nutrition. This is a free program and open to all.

### 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: 10-11 am**  
**Sunday: 9-10 am**

## EVENTS & MORE

### NEW SPORTS & WELLNESS PROGRAMMING

There's something for everyone:

- **Girls' Middle School Volleyball Club** - Feb. 12- May 18. Teams will be formed based on abilities and experience. Five different practice options: Mondays, 5-6 p.m./6-7 p.m.; Tuesdays, 5-6 p.m./6-7 p.m.; Wednesdays, 5-6 p.m. Games played on Saturdays or Sundays. Cost is \$84/month/member and \$100/month/nonmember.
- **Intro to Pickleball, Clinic B:** Feb 23 & Mar 1, 5-7 pm, \$65/member and \$85/nonmember.
- **Coached Beginners Pickleball Games,** starting Jan.26, Fridays 7-8 pm, \$5/member, \$10/nonmember.
- **Tots Basketball,** For boys & girls ages 2-4, Feb. 22- Mar.28, Thursdays, 5:00 – 5:45 pm, \$65/member and \$85 nonmember.
- **Spring I Hoopers Clinic-** Kindergarten, Feb. 22 – Mar. 28, Thursdays, 5:45 – 7 pm, 1<sup>st</sup> & 2<sup>nd</sup> Graders, Thursdays, 5:45 – 7 pm, \$65/ member and \$85/nonmember.
- **Blissful Balance, Yin Yang Yoga Class with Expert Instructor: Linda Kuzmowski,** Feb. 14- Mar.20, Wednesdays, 12:15 – 1:15 pm. Per class or entire session registration available.

To register for these programs or for more information, visit our website at [www.greensburgymca.org](http://www.greensburgymca.org).

### +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: 3:45 – 7:30 pm  
Friday: 5:30-7:45 am | 8-11 am | 3:15-6:00 pm  
Saturday: 7:30-11 am  
Sunday: 8-11 am

### WARM POOL (ALL MEMBERS)

## GROUP EX HAPPENINGS...

### MONDAY, JANUARY 29

9:15 am - Les Mills BODYPUMP  
10:20 am –Les Mills BODYFLOW  
11 am - Happy Hinges (+Pool Only)  
12 noon – Pilates (no floor)  
6:05 pm – Les Mills GRIT STRENGTH

### TUESDAY, JANUARY 30

5:45 am-Cycling Class  
11:30 am-Silver and Fit  
12:15 pm-Yoga Class  
4:50 pm - Les Mills GRIT SERIES  
5:25 pm- Les Mills BODYFLOW  
5:30 pm-Cycling Class  
6:15 pm - Les Mills BODYPUMP

### WEDNESDAY, JANUARY 31

9:15 am-Intro to Les Mills BODYPUMP-  
9:30 am – Les Mills BODYPUMP  
10:20 am-Les Mills BODYFLOW  
**11 am - Happy Hinges (+Pool Only) - New**

### THURSDAY, FEBRUARY 1

5:45 am-Cycling Class  
8:45 am-Intro to Les Mills GRIT  
9:15 am – Les Mills GRIT  
11:30 am-Silver and Fit (Gym)  
12:15 pm-Yoga Class (Studio A)  
5:25 pm - Les Mills BODYPUMP  
5:30 pm-Cycling Class

### FRIDAY, FEBRUARY 2

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

### SATURDAY, FEBRUARY 3

8 am - Les Mills BODYPUMP  
9:05 am-Les Mills GRIT  
9:45 am-Cycling Class

### SUNDAY, FEBRUARY 4

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