



Greensburg YMCA THIS MONTH AT THE Y FEBRUARY

MEMBERSHIP

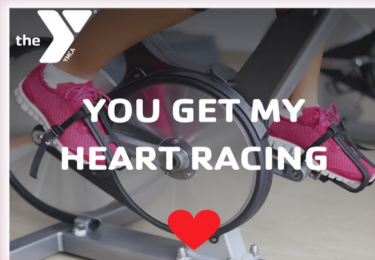
- Thank you for being a part of our Y Community! February's **Membership Appreciation Day is Tuesday Feb 20.** Stop at the front desk to pick out a snack after your workout.
- Our Child Watch service is available six days a week. Daily hours are:
Monday, Wednesday, Friday and Saturday, 9 am-Noon
Monday-Thursday, 4:30-7:30 pm
- Join us for **Coffee & Conversation 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.
- Our **"We Have Happy Hearts @ the Y" Family Fun Night** will take place on Friday, Feb 16 from 5:30 –7:30 pm. Stop by our gym for some heart-pumping fun. Our warm pool will be open 5:30 –6:30 pm.

AQUATICS

- 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.
- Registration for Spring 1 Swim Lessons will open on Feb. 9.

SPORTS AND WELLNESS

- **Girls' Middle School Volleyball Club** - Feb. 12- May 18. Teams will be formed based on abilities and experience. Great, experienced coaches. 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, Two games, \$10/member, \$20/nonmember.
- **Tots Basketball,** For boys & girls ages 2-4, Feb. 22- Mar.28, Thursdays, 5:00 – 5:45 pm, \$65/member and \$85 non-member.
- **Spring I Hoopers Clinic-** Kindergarten, Feb. 22 – Mar. 28, Thursdays, 5:45 – 7 pm, 1st & 2nd Graders, Thursdays, 5:45 – 7 pm, \$65/ member and \$85/ nonmember



- **Blissful Balance, Yin Yang Yoga Class with Expert Instructor: Linda Kuzmowski,** Discover balance and inner harmony with this 6-week program. 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.

DONATE TO OUR Y

Please support our Y's mission and consider a contributing to our Annual Campaign. Your generosity allows us to continue to provide quality programs and services for our community.

STAY CONNECTED..DOWNLOAD OUR MOBILE APP!

Our Mobile App is a great way to get all the up-to-date information on all our Y programs. To download app, search for "YMCA of Greensburg" in:

