



## GREENSBURG YMCA THIS MONTH AT THE Y APRIL



### SENIOR RESOURCE FAIR

The Greensburg YMCA will host a Senior Resource Fair on April 3 from 10 a.m. to noon in the gymnasium. Stop by and discover a wealth of information, products, and services designed specifically for boomers and seniors. Whether you're seeking health tips, financial advice, or community support, this free event has something for everyone. Presented in conjunction with Life Options Pittsburgh.

### NEW BIBLE STUDY APRIL 12

Join us on Fridays from 9:00 – 10:00 am for this 12-week interactive Bible study focused on life lessons from the book of John and based on the Max Lucado book, Life Lessons from John. This is a wonderful opportunity to grow spiritually and strengthen your understanding of the Bible. Registration is open until April 11 and free to all.

### COFFEE AND CONVERSATION

Our next Coffee and Conversation is on April 12 at 12:15 pm. This month, we will learn about gardening from our Master Gardener, Kris Peters. The interactive session includes pots, soil, and plants. Be prepared to have fun and learn. Light refreshments will be provided.

### INDOOR TRIATHLON

Join us for our Triathlon, 400-yard swim, 2-mile run/walk and 9-mile bike ride, Apr. 13, 9 am – noon, open to those 16 years and older. \$45 members/\$55 nonmembers. Price increases on 4/2.

### LES MILLS LAUNCH

Are you ready to launch? Join our Les Mills instructors on Saturday, April 13 as we unveil the newest Les Mills releases for BODYPUMP, GRIT and BODYFLOW. Bring a friend because the classes are free to all, and to add to the excitement, join fees will be waived for anyone who becomes a member on the 13th. Stop in and try one or all of the classes!

8:00 am—BODYPUMP 128

9:05 am—GRIT 47

9:45 am—BODYFLOW EXPRESS 103

### HEALTHY KIDS DAY

Find your fun, find your Y! Join Greensburg YMCA on April 19th at 5:30pm for the Y's annual Healthy Kids Day, where fun and play make lifelong memories! Help us celebrate kids while setting them up for a healthy start to the summer. Join us for a host of fun activities. Free and open to the public.

### REGISTRATION IS OPEN

Check out our new spring offerings:

- Girls' Elementary Volleyball – Apr. 8- May 18, Practice Mondays 6-7 pm at YMCA. Games Saturdays TBD Greensburg Salem High School. Cost is \$150.
- Tots Soccer, For boys & girls ages 2-4, Apr. 11- May.28, Thursdays, 5:00 – 5:45 pm, \$65/member and \$85 nonmember.
- Spring II Hoopers Clinic- Kindergarten, Apr. 11 – May 16, Thursdays, 5:45 – 7 pm, 1<sup>st</sup> & 2<sup>nd</sup> Graders, Thursdays, 5:45 – 7 pm, \$65/ member and \$85/ nonmember.
- Spring 2 Swim Lessons– Signups begin on April 5. Prices vary depending on level—special pricing for members.

### NEW BEGINNER PICKLEBALL CLINIC/PICK-UP

This clinic will cover technique, scoring and rules. 12 participants and 2 coaches. April 5 and April 12 from 5-7 pm followed by a pickup session also for beginners. Clinic \$65 for members/\$85 for non-members. Pickup free for members/\$10 for non-members.