



WEEKLY SCHEDULE Mar. 25 - MAR. 31

THIS WEEK @ THE Y

ANNOUNCEMENTS

HOLIDAY HOURS

Friday, March 29 **Facility 6:00 am – Noon**
Pool 6:00- 11:00 am
Saturday, March 30
Regularly scheduled hours
Sunday, March 31 **CLOSED**

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.

SENIOR RESOURCE FAIR

Join us on April 3 from 10-12 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.

COFFEE AND CONVERSATION

Join us for the next Coffee and Conversation on April 12 at 12:15 pm when we will learn about gardening from our own Master Gardener, Kris Peters. This will be an interactive session complete with, pots, soil and plants. Be prepared to have fun and learn. Light refreshments will be served.

SPRING 2 SWIM LESSON SIGNUPS

Signups for lessons will start on April 5. Prices vary depending on level but there is special pricing for members. Classes fill up quickly so mark your calendars and join the fun.

FITNESS FACILITY HOURS

Mon.–Thurs., 5:30 am-8:30 pm
Friday: 5:30 am-Noon
Saturday: 7:30 am-2 pm
Sunday: CLOSED

OPEN SWIM (ALL MEMBERS)

Wednesday: 9-10 am
Saturday: 10-11 am

EVENTS & MORE

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, 1st & 2nd Graders, Thursdays, 5:45 – 7 pm, \$65/member and \$85/nonmember.
- **Spring I Gymnastics Lessons**-New session starts Mar. 26 and runs through May16.
- **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.

NEW PICKLEBALL CLINIC AND BEGINNER PICKUP PICKLEBALL

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 nonmembers.

To register for these programs or for more information, visit our website at 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: 6:00-11 am
Saturday: 7:30-11 am
Sunday: CLOSED

GROUP EX HAPPENINGS...

MONDAY, MARCH 25

6:00 am Les Mills BODYPUMP EXPRESS
9:00 am - Healthy for Life
9:15 am - Les Mills BODYPUMP
10:20 am –Les Mills BODYFLOW
10:30 am - Dance Fitness
11 am - Happy Hinges (+Pool Only)
6:05 pm – Les Mills GRIT STRENGTH

TUESDAY, March 26

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

WEDNESDAY, March 27

6:00 am - Les Mills BODYPUMP EXPRESS
9:00 am - Healthy for Life
9:15am– Intro to Les Mills BODYPUMP
9:30 am – Les Mills BODYPUMP
10:20 am-Les Mills BODYFLOW
10:30 - Dance Fitness
11 am - Happy Hinges (+Pool Only)

THURSDAY, March 28

5:45 am-Cycling Class
8:45 am-Intro to Les Mills GRIT & BODYPUMP
9:15 am – Les Mills GRIT STRENGTH
11:45 am-Silver and Fit (Gym)
12:15 pm-Yoga Class (Studio A)
5:25 pm - Les Mills BODYPUMP
5:30 pm-Cycling Class
6:30 pm-Cycling Class

FRIDAY, MARCH 29

9:00 am - Healthy for Life
9:15 am-Les Mills BODYPUMP
10:20 am-Les Mills BODYFLOW
10:30 –Dance Fitness CANCELLED
10 am - Happy Hinges (+Pool Only) TIME CHANGE TODAY ONLY

Closes at Noon

SATURDAY, MARCH 30

8:00 am-Les Mills BODYPUMP
9:05 am-Les Mills GRIT CARDIO
9:45 am-Cycling Class

SUNDAY, MARCH 31

Closed. Happy Easter.