



# WEEKLY SCHEDULE JUNE 10-June 16

# THIS WEEK @ THE Y

## ANNOUNCEMENTS

### SUMMER POOL HOURS/NEWS

The pool will close on Wednesdays at 10:00 am due to Summer Camp. The pool will be open 5:30 am – 12:30 pm on Monday and Friday. Regular afternoon and evening hours apply.

Open swim hours are Monday 9-11 am, Saturday 10 -11 am and Sunday 9 – 10 am.

GYST practice will be in 3 lanes M/W 8-10 am and T/Th 6-7:30 pm.

### EVENING PICK-UP SPORTS SUSPENDED

Evening pick-up sports are suspended until July. They will resume in July with the same schedule as before.

### NEW OM YOGA CLASS

Join us for a new YOGA class starting on June 19. Combining a series of postures that balance the elements of the body students move with a sense of openness from one posture to another. All levels welcome. Free to members, \$10 for non-members.

### SUMMER IN THE CITY

Stop by the Pitt Penn parking lot from 11 am – 3 pm on Saturday, June 22 for family fun games and good food. The Greensburg YMCA is sponsoring a Sidewalk Chalk Art Contest. Visit [www.shopgreensburgpa.com](http://www.shopgreensburgpa.com) for more information and to register for the contest.

## EVENTS & MORE

### REGISTRATION IS OPEN

Check out our new Summer offerings:

- **Summer 2 Swim Lessons**  
Registration for Summer 2 lessons starting July 15 is now open.
- **Before and After School (BASE)**  
2024-2025 registration is now open online.
- **Volleyball (Elementary- MS) and Youth Basketball (K-5) are coming.** Pick your sport and your date/s. Weeklong sessions with various dates in July and August.
- **Tots Summer Sports**  
Tots ages 2-4. Relay races, parachute games, story time and more. 1 week sessions M,W,F 5:15- 6:15 starting in July. \$45 members/\$65 non-members.
- **Backyard Summer Sports**  
Ages 5-8. Kickball, Soccer, Frisbee and more. T/W 6:30 – 7:30 for 2 weeks starting July 2. \$45 Members/\$65 Non-members.
- **Gymnastics Tumbling Clinics**  
Thursday afternoon clinics starting 6/13. \$20 members/\$30 non-members.

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

## GROUP EX HAPPENINGS...

### MONDAY, JUNE 10

6:00 am-Les Mills BODYPUMP EXPRESS  
9:15 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  
7:00pm-Power Hour Kickboxing

### TUESDAY, JUNE 11

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

### WEDNESDAY, JUNE 12

6:00 am-Les Mills BODYPUMP EXPRESS  
9:15 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)

### THURSDAY, JUNE 13

5:45 am-Cycling  
9:15 am- Les Mills GRIT STRENGTH  
11:45 am-Silver and Fit  
~~12:15 pm-Spirit Flow Yoga CANCELLED~~  
5:25 pm-Les Mills BODYPUMP  
5:30 pm-Cycling  
6:30 pm-Cycling

### FRIDAY, JUNE 14

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

### SATURDAY, JUNE 15

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

### SUNDAY, JUNE 16

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

### FITNESS FACILITY HOURS

Monday: 5:30 am-8:30 pm  
Tues -Thurs: 5:30 am-8:30 pm  
Friday: 5:30 am- 8:00 pm  
Saturday: 7:30 am-2:00 pm  
Sunday: 8:00 am- 1:00 pm

### OPEN SWIM (ALL MEMBERS)

Monday: 9-11 am  
Saturday: 10-11 am  
Sunday: 9-10 am

### +POOL (ADD-ON REQUIRED)

Monday: 5:30-12:30 pm | 3:15-7:30 pm  
Tuesday: 3:15 pm-7:30 pm  
Wednesday: 5:30-10:00 am | 3:15-7:30 pm  
Thursday: 3:15-7:30 pm  
Friday: 5:30—12:30 pm | 3:15-6:00 pm  
Saturday: 7:30- 11:00 am  
Sunday: 8:00 -11:00 am

**WARM POOL OPEN SWIM (ALL MEMBERS)  
FRIDAY 5:30 – 6:30 pm**