



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**DISCOVER YOUR Y!**  
YMCA OF SOUTHWEST FLORIDA  
WINTER 2022 PROGRAM GUIDE



# YMCA OF SOUTHWEST FLORIDA

**FOR YOUTH DEVELOPMENT:**  
Empowering young people to reach their full potential



**FOR HEALTHY LIVING:**  
Improving individual and community well-being



**FOR SOCIAL RESPONSIBILITY:**  
Providing support and inspiring action in our communities



## TOGETHER, WE THRIVE

For 54 years, YMCA of Southwest Florida has been a leading nonprofit committed to strengthening community by connecting all people to their potential, purpose and each other. By bringing together people from different backgrounds, perspectives and generations, we ensure that everyone has access to the opportunities, relationships and resources necessary to learn, grow and thrive.

### WAYS TO GIVE

**MAKE A GIFT | VOLUNTEER | BECOME A CAUSE CHAMPION**

Together, we can continue to meet our communities' emerging needs by supporting our neighbors and giving back. To learn more about how you can join the Y Movement, please visit [www.ymcaswfl.org](http://www.ymcaswfl.org) or contact [give@ymcaswfl.org](mailto:give@ymcaswfl.org).

*YMCA of Southwest Florida serves Manatee, Sarasota, Charlotte, Lee, Hendry and Glades Counties.*



### OUR MISSION

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

### CORE VALUES

Caring | Honesty  
Respect | Responsibility

### OUR VISION

We envision our nonprofit organization - in partnership with others - as an intergenerational community hub with programs, services, and resources available to all persons regardless of status or inability to pay, that will enable them to improve their quality of life.

## LOCATIONS

**BONITA SPRINGS YMCA**  
27200 Kent Road  
Bonita Springs, FL 34135  
239-221-7560

**BRADENTON YMCA**  
3805 59th St W.  
Bradenton, FL 34209  
941-798-9622

**ENGLEWOOD YMCA**  
701 Medical Blvd  
Englewood, FL 34223  
941-475-1234

**FORT MYERS YMCA**  
1360 Royal Palm Square  
Fort Myers, FL 33919  
239-275-9622

**FRANZ ROSS YMCA**  
19333 Quesada Ave  
Port Charlotte, FL 33948  
941-629-9622

**LAKEWOOD RANCH YMCA**  
5100 Lakewood Ranch  
Bradenton, FL 34211  
941-798-9622

**PUNTA GORDA YMCA**  
2905 Tamiami Trail  
Punta Gorda, FL 33950  
941-505-0999

**VENICE YMCA**  
701 Center Road  
Venice, FL 34285  
941-492-9622

## OUR BRANCH LEADERS

**BRADENTON YMCA**  
JENNIFER HAUGHEY  
JHAUGHEY@MANATEEYMCA.ORG

**BONITA SPRINGS YMCA**  
ANGEL CERRITOS  
ACERRITOS@YMCASWFL.ORG

**ENGLEWOOD YMCA**  
LIZ NASON  
LNASON@YMCASWFL.ORG

**FORT MYERS YMCA**  
JOEY BELANGER  
JOEYB@YMCASWFL.ORG

**FRANZ ROSS YMCA**  
KRISTEN SZYCH  
KSZYCH@YMCASWFL.ORG

**LAKEWOOD RANCH YMCA**  
SHAWN SIMMONS  
SSIMMONS@MANATEEYMCA.ORG

**PUNTA GORDA YMCA**  
ALLISON BUZICK  
ABUZICK@YMCASWFL.ORG

**VENICE YMCA**  
PAUL RAKER  
PRAKER@YMCASWFL.ORG

**AT THE Y,  
ALL ARE WELCOME**

## OUR HOURS

**MONDAY - THURSDAY**  
5:00AM - 9:00PM

**FRIDAY**  
5:00AM - 8:00PM

**SATURDAY**  
7:00AM - 5:00PM

**SUNDAY**  
8:00AM - 2:00PM

## HOLIDAYS

**CLOSED**  
**CHRISTMAS, THANKSGIVING,  
EASTER**

**CHRISTMAS EVE:**  
5:00 AM - 1:00 PM

**GOOD FRIDAY, MEMORIAL DAY,  
JULY 4TH, LABOR DAY,  
NEW YEARS EVE, NEW YEARS  
DAY:**  
7:00 AM - 5:00 PM

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## HEALTH INNOVATIONS

At the Y, we believe health and fitness means taking care of the whole you, and we know that even small changes can make a big difference. We're invested in your health and helping you meet your goals, whether that means losing weight, gaining strength, or simply finding ways to increase energy and decrease stress. You're not only supported by our staff, you're part of a community committed to helping you learn new things, explore new activities, and discover your best self at any stage in your life.

### GROUP EXERCISE CLASSES

The secret to sticking with a health and fitness program is finding activities you enjoy and that keep you moving. At the Y you have hundreds of free choices – from low-impact activities like strength training, stretching and water exercise to high intensity classes like boot camp, interval training and indoor cycling.

- **Les Mills:**
  - BODYPUMP**
  - BODY COMBAT**
  - BODYFLOW**
  - CX WORKS**
  - GRIT**
- **Active Older Adult**
- **Indoor Cycling**
- **Water Exercise**
- **Pilates**
- **Yoga**
- **Zumba**
- **Pedaling for Parkinson's**

### YMCA'S WEIGHT LOSS PROGRAM

Ready to make a lifestyle change? The Y has a solution by participating in YMCA's Weight Loss Program. It's a great way to learn how to eat healthier, move more and lose weight. There are no gimmicks or restrictive approaches, just the tools you need to make the necessary changes in your lifestyle to achieve your wellness goals.

### WELLNESS FOR KIDS & TEENS

The Y is the starting point for many youth to learn about becoming and staying active, and developing healthy habits they'll carry with them throughout their lives. The benefits gained through early exposure to fitness are far greater than just physical health.

### PERSONAL AND GROUP TRAINING

Are you ready for the next step? Whether your goal is weight loss, increased muscle mass, sports conditioning or improved flexibility, the unique design of our personal trainers' programs will guide you to maximum success. We offer personal training at all locations and around your schedule.

### PROGRAMS FOR HEALTH

The Y's mission has long focused on helping people to live their healthiest lives and reach their full potential in mind, body, and spirit, acknowledging that individual "health" is influenced by a range of interconnected environmental, social, and biological factors.

- **LiveSTRONG at the YMCA**
- **Enhance@Fitness**
- **Pedaling for Parkinson's**
- **Parkinson's Exercise Program**
- **Rock Steady Boxing**

## 21 DAY FITNESS CHALLENGE

IT TAKES 21 DAYS TO MAKE OR BREAK A HABIT.

WHY NOT START TODAY?

FEBRUARY 10TH - MARCH 22ND

1 - SIGN UP AT THE WELCOME CENTER

2 - WRITE YOUR NAME ON THE BOARD

3 - CHECK OFF A BOX FOR EACH WORKOUT YOU COMPLETE

4 - COMPLETE 21 DAYS, RECEIVE A Y SHIRT

## HEALTH INNOVATIONS CONTINUED

### • YOGA WORKSHOPS

#### POWER TO BURN FAT

Lets get ready for the new year! High energy Fat burning YOGA workshop.

January 4th at 6:00 pm - Venice YMCA

#### LOVE YOUR CORE

Focus on strengthening Core and spine , to improve posture and flexibility .

February 11th at 6:00 pm - Venice YMCA

February 12th at 11:00 am - Venice YMCA

#### COINSCIOUS ALIGNMENT

Take a journey through each YOGA pose and learn the proper alignment of each movement . Inspire your spirit, mind and body!

March 18th at 6:00 pm - Venice YMCA

March 19th at 11:00 am - Venice YMCA

### • YMCA KID FIT

This program is designed to teach your child the basics of exercise. They will learn proper form, and follow a workout, and safe warm—up and cool-down techniques. The major muscle groups are identified and a base understanding of how amazing the body really is, especially when setting foundations for a healthy life style. We encourage those 7 to 14 years old to attend this twice weekly one hour class.

Members - \$50

Non Member - \$80

Session 1 - January 10th - February 10th

Session 2 - February 14th - March 17th

#### FORT MYERS YMCA

M/W - 5:30 pm - 6:30 pm

#### PUNTA GORDA YMCA

T/TH - 6:00 pm - 7:00 pm

#### FRANZ ROSS YMCA

Tuesdays 4:15-5:00pm

January 11th-February 1st

February 8th-March 1st

### • YMCA JR STRENGTH TRAINING

#### FRANZ ROSS YMCA

Thursdays 5:30-6:15PM

January 13th - February 3rd

February 10th - March 3rd

### COUCH TO 5K

Join us in our "Couch to 5K" program on your way to crossing the finish line. This 8-week program meets twice a week and will get you moving through intervals of walking and running. We invite anyone 16 years and older to register between January 1, 2022 and February 11, 2022 to participate in this program!

#### BRADENTON YMCA

February 22th - April 12th

T/TH 6:00pm - Bradenton YMCA

Sat 8:00am - The Nest in Robinson Preserve

Members - \$25

Nonmembers - \$50

### • REHABILITATIVE EXERCISE PERSONAL TRAINING

Has your doctor recommended exercise for post surgery or rehab, hypertension, osteoporosis, balance issues, forward leaning posture or general weakness? We want to help you maintain or regain your independence with a specialized personal training program with a certified physical therapist assistant/personal trainer.

#### LAKWOOD RANCH YMCA

Appointments made with certified trainers

30 Minutes - \$45

60 Minutes - \$75

## LES MILLS GROUP EXERCISE QUARTERLY RELEASE PARTIES

Take your workout to the next level with  
**LES MILLS!**

Enjoy the latest releases to your favorite  
LES MILLS classes with incredible workouts,  
inspiring instructors, epic music, and  
**AMAZING** energy!

**Next Les Mills Release Party**

**Saturday, March 12th, 2022**

# YOUTH SPORTS LEAGUES

Youth Sports programs at YMCA of Southwest Florida keep children active, improve their skills, and build self-esteem. Children participate in weekly games and practices where they will learn the fundamentals of the sport and engage in competition with other teams in a fun and supportive environment that emphasizes character development, teamwork, and good sportsmanship. Our team of YMCA staff and volunteer coaches are here to help each child reach their full potential in sports and life.

## Winter Basketball League

### BONITA SPRINGS YMCA

Registration open now through January 2nd  
Ages: 3 - 14  
Season Dates: January 17 to March 19  
Member: \$55  
Non-Member: \$110

### BRADENTON YMCA

Registration open now through January 2nd  
Ages: 3 - 14  
Season Dates: January 17 to March 19  
Member: \$50  
Non-Member: \$100

### ENGLEWOOD YMCA

Registration open now through January 2nd  
Ages: 3 - 14  
Season Dates: January 12 to March 5  
Member: \$80  
Non-Member: \$110

### FORT MYERS YMCA

Registration open now through January 2nd  
Ages: 3 - 14  
Season Dates: January 17 to March 19  
Member: \$55  
Non-Member: \$110

### LAKWOOD RANCH YMCA

Registration open now through January 2nd  
Ages: 3 - 14  
Season Dates: January 17 to March 19  
Member: \$50  
Non-Member: \$100

### VENICE YMCA

Registration open now through January 2nd  
Ages: 3 - 14  
Season Dates: January 15 to March 12  
Member: \$80  
Non-Member: \$120

## Winter Flag Football League

### FRANZ ROSS YMCA

Registration open now through January 2nd  
Ages: 4 - 14  
Season Dates: January 17 to March 18  
Members: \$65  
Non-Members: \$130

## Spring Soccer League

### BONITA SPRINGS YMCA

Ages: 3 - 14  
Registration Open January 1st through March 20th  
Season Dates: April 11 through June 11  
Member: \$55  
Non-Member: \$110

### BRADENTON YMCA

Ages: 3 - 14  
Registration Open January 1st through March 20th  
Season Dates: April 11 through June 11  
Member: \$50  
Non-Member: \$100

### FORT MYERS YMCA

Ages 3 - 14  
Registration Open January 1st through March 20th  
Season Dates: April 11 through June 11  
Member: \$55  
Non-Member: \$110

### LAKWOOD RANCH YMCA

Ages: 3 - 14  
Registration Open January 1st through March 20th  
Season Dates: April 11 through June 11  
Member: \$50  
Non-Member: \$100

### VENICE YMCA

Ages 3 - 14  
Registration Open February 1st through March 20th  
Season Dates: April 11 through June 11  
Member: \$100  
Non-Member: \$100

In cooperation with Venice Area Youth Soccer Association

## YOUTH SPORTS CLINICS

Sometimes you need more than just your regular practice. Youth Sports Clinics are for young athletes looking to enhance their skills. Youth athletes will learn the fundamentals of the sport in a fun and energetic environment. With YMCA Youth Sports Clinics, you can take your game to the next level with coaches that help build coordination, skills, and a love for the sport!

### Soccer Clinics

#### BONITA SPRINGS YMCA

Registration Open Now  
Session 1: January 8 to February 5  
Session 2: February 12 to March 12  
Ages 7 - 10: Saturdays at 9:00am  
Ages 11 - 14: Saturdays at 11:00am  
Members: \$45  
Non-Members: \$65

#### BRADENTON YMCA

Registration Open Now  
Session Dates: February 16 to March 16  
Ages 8 - 12: Wednesdays at 5:00pm  
Members: \$45  
Non-Members: \$65

#### FORT MYERS YMCA

Registration Open Now  
Session Dates: January 15 to February 19  
Ages 7 - 8: Saturdays at 9:00am  
Ages 9 - 11: Saturdays at 10:00am  
Ages 12 - 14: Saturdays at 11:00am  
Members: \$45  
Non-Members: \$65

### Mini Sports Sampler

Start the little ones early! Not sure if you are a basketball fan? What about soccer? T-ball? Let's try it all in this fun sports sampler class.

#### ENGLEWOOD YMCA

Registration Open Now  
Session Dates: January 17 to April 4  
Ages 3 - 4: Mondays at 4:30pm  
Ages 5 - 7: Mondays at 5:15pm  
Members: \$75  
Non-Members: \$110

### Indoor Street Hockey Clinics

#### ENGLEWOOD YMCA

Registration Open Now  
Session Dates: February 20 to April 9  
Ages 12-14: Mondays at 6:00pm  
Members: \$60  
Non-Members: \$135

### Basketball Clinics

#### ENGLEWOOD YMCA

Registration Opens January 1  
Session 1: March 23 to April 20  
Session 2: April 27 to May 25  
Ages 5-7: Tuesdays at 5:00pm  
Ages 8-10: Tuesdays at 6:00pm  
Ages 11-14: Thursdays at 6:00pm  
Members: \$40  
Non-Members: \$65

#### FORT MYERS YMCA

Registration Opens January 1  
Session 1: March 30 to April 27  
Session 2: May 4 to June 1  
Ages 7-8: Wednesdays at 6:00pm  
Ages 9-11: Wednesdays at 7:00pm  
Ages 12-14: Wednesdays at 8:00pm  
Members: \$45  
Non-Members: \$65

### Volleyball Clinics

#### BRADENTON YMCA

Registration February 15 Through March 25  
Session Dates: March 30 to April 27  
Ages 8 - 12: Wednesdays at 5:00pm  
Members: \$45  
Non-Members: \$65

#### LAKEWOOD RANCH YMCA

Registration Open February 15  
Session 1: April 1 to April 26  
Session 2: May 3 to May 24  
Ages 9 - 15: Tuesdays at 6:00pm  
Members: \$50  
Non-Members: \$75

#### ENGLEWOOD YMCA

Registration Open Now  
Session 1: March 23 to April 20  
Session 2: April 27 to May 25  
Ages 9-11: Mon. and Wed. at 5:30pm  
Ages 12-14: Mon. and Wed. at 6:30pm  
Members: \$90  
Non-Members: \$135.00

## ADULT SPORTS

YMCA Adult Sports programs are your ticket to staying active and having fun! Sports are just as beneficial for adults as they are for kids. Participating in an adult sports league is a great way to get exercise, reduce stress, and improve your social life. Studies show that adult sports also lower the risk of heart disease, strengthen bones and muscles, and improve overall health.

### ADULT VOLLEYBALL

Adult Co-ed Volleyball league through partnership with MVP Sports and Social Club will offer an 8 week league. This league is designed for those who are looking to play competitively or casually while promoting positive sportsmanship. .

#### LAKWOOD RANCH YMCA

Session - April 25th - June 20th  
Registration - February 15th - March 25th  
Ages 18 years - Adult  
6:00 pm - 9:00 pm  
Member - \$55  
Nonmember - \$65

#### BRADENTON YMCA

Session - April 27th - June 1st  
Registration - February 15th - March 25th  
Ages 18 years - Adult  
6:00 pm - 9:00 pm  
Team - \$300

### ADULT BASKETBALL

Adult Co-ed Basketball league through partnership with MVP Sports and Social Club will offer an 8 week league. This league is designed for those who are looking to play competitively or casually while promoting positive sportsmanship.

#### LAKWOOD RANCH YMCA

Session - April 25th - June 20th  
Registration - February 15th - March 25th  
Ages 18 years - Adult  
6:00 pm - 9:00 pm  
Member - \$55  
Nonmember - \$65

### 3v3 DROP IN BASKETBALL

Bring some friends or meet some new people during the Y's 3 on 3 basketball Teams may be planned ahead of time or assigned day of.

#### ENGLEWOOD YMCA

Ages 14 years - Adult  
90 Minutes  
TH - 5:00 pm  
Member - FREE  
Nonmember - \$5 Daily Fee

#### VENICE YMCA

Ages 18 years - Adult  
90 Minutes  
T/TH - 6:00 am  
Member - FREE  
Nonmember - \$5 Daily Fee

### HANDBALL CLUB

Handball is a team sport in which two teams pass a ball using their hands with the aim of throwing it into the goal of the other team.

#### ENGLEWOOD

Ages 14 Years - Adult  
60 Minutes  
M - 7:00 pm  
Member - FREE  
Nonmember - \$5 Daily Fee

### INDOOR STREET HOCKEY CLUB

Ball hockey is patterned after and closely related to ice hockey, except the game is played on foot on a non-ice surface, player equipment is different, and an orange ball is used instead of a hockey puck.

#### ENGLEWOOD

Ages 14 Years - Adult  
60 Minutes  
M - 7:00 pm  
Member - FREE  
Nonmember - \$5 Daily Fee

### ADULT RAQUETBALL

Racquetball gives you an intense workout that keeps you on your toes in a fast-paced game. Once inside the court, racquetball requires little equipment — just shoes, glove, goggles, ball and racquet. Less rigid than tennis, racquetball offers numerous physical and mental benefits.

#### VENICE YMCA

### WINTER SOFTBALL

Hit one out of the park! The YMCA's Adult Softball League is a fun way for friends to get together to compete in a league format. We are run a high-quality and organized slow pitch adult co-ed, men's and women's softball league.

#### FORT MYERS YMCA

Ages 18 Years - Adult  
Season Dates: January 3 to February 7  
Coed Leagues: Mon. and Wed.  
Men's Leagues: Tues. and Thurs.  
Team - \$330  
Games played at Centurylink Sports Complex





FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



CAN'T WAIT!

TIME TO  
EXPLORE

## BEFORE & AFTER SCHOOL ENRICHMENT (BASE)

### YMCA OF SOUTHWEST FLORIDA

#### ACHIEVEMENT. RELATIONSHIPS. BELONGING.

Your day doesn't always end when the kids are done with the school day. That's why the Y offers after school programs that serve thousands of children in southwest Florida. YMCA Before & After School focuses on nurturing a child's development by providing a safe and healthy place to learn foundational skills. Our program offers a variety of daily activities focusing on the following:

Academic Support  
Character Development

Physical Fitness  
Proper Nutrition

#### Kindergarten—Middle School PROGRAM HOURS:

Monday—Friday  
6:30am—the start of school &/or  
Dismissal—6:00pm  
(Hours and availability vary by location)

#### PROGRAM HIGHLIGHTS:

- Homework Assistance
- 5 component snack
- Financial assistance available
- Balance of planned and club-based curriculum
- Qualified & caring staff

For more information, including schools served, transportation and rates or to register visit [www.ymcaswfl.org](http://www.ymcaswfl.org)



REGISTER  
TODAY!

CONTACT US  
TO SCHEDULE  
A TOUR  
[ymcaswfl.org](http://ymcaswfl.org)

FOUR  
LOCATIONS  
Bonita Springs  
Charlotte Harbor  
PGT Innovations  
Venice YMCA

# STRONG BEGINNING YMCA EARLY LEARNING CENTER

# AQUATICS

Swimming is a life skill as well as great exercise and a challenging sport. The Y offers Safety Around Water, traditional swim lessons (for all ages), aquatic fitness, family swim, competitive swimming and water polo teams, and many kinds of adaptive swim programs for people with special needs. We want everyone to be water safe, swim safely and enjoy the pleasures of an aquatic environment.

## SWIM LESSONS

The Y is your source for progressive swim lessons for children and adults. The Y's 8 different levels of instruction mean that your child can begin with the most appropriate level of caring instruction. Adult lessons are for beginning and intermediate level swimmers. Whether you're just starting out or want to improve your stroke technique, your instructor will focus on your specific goals.

- **SWIM STARTERS - PARENT & TOT**

YMCA Swim Starters swim lessons help children become comfortable in water and teach parents about water safety. These lessons do not teach children how to survive in water or become accomplished swimmers. Instead, Swim Starters swim lessons create a foundation of aquatic skill through fun and confidence-building experiences. Parents and caregivers learn how to supervise children in water, prevent accidents and plan for emergencies.

- **SWIM BASICS - LEVEL 1 & 2**

Swim Basics, or stages 1 to 3, develops personal water safety and basic swimming skills in students. Swimmers develop a high level of comfort in the water by practicing safe water habits, engaging in underwater exploration, and learning how to swim to safety and exit if they fall into a body of water.

- **SWIM STROKES - LEVEL 3**

Swim Strokes, or stages 4 to 6, builds stroke technique and additional water safety skills for students! This program focuses on introducing and refining six swim strokes: front crawl, breaststroke, back stroke, butterfly, sidestroke, and elementary backstroke.

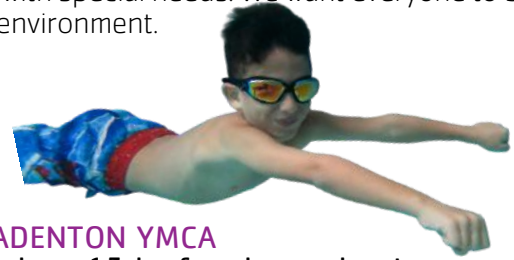
- **SEMI-PRIVATE SWIM LESSONS\***

Semi-private swim lessons are a series of swim lessons led by a certified swim instructor for a small group of people.

- **PRIVATE SWIM LESSONS\***

These lessons are designed to give participants individualized attention to improve or master their swimming skills.

\*Contact the Welcome Center for branch availability - Bradenton YMCA, Bonita Springs YMCA, Franz Ross YMCA, Lakewood Ranch YMCA, Venice YMCA



### BRADENTON YMCA

**Members 15th of each month prior to program.  
Non-members 22nd of each month prior to program.**

#### SWIM BASICS

Ages 3 - 5 years  
30 minutes  
M/W 5:45 pm  
T/TH 5:00 pm  
Sat  
Member \$50  
Nonmember \$100

#### SWIM STARTERS

Ages 6 months - 3 years  
45 minutes  
M/W 5:00 pm  
Member \$50  
Nonmember \$100

#### SWIM STROKES

Ages 6- 12 years  
45 minutes  
M/W 6:30 pm  
T/TH 5:30 pm  
Sat  
Member \$50  
Nonmember \$100

#### ADULT SWIM LESSONS

Ages 16 - up  
45 minutes  
M/W 7:15 pm  
Member \$50  
Nonmember \$100

### LAKWOOD RANCH YMCA

**Members 15th of each month prior to program.  
Non-members 22nd of each month prior to program.**

#### SWIM BASICS

Ages 3 - 5 years  
30 minutes  
M/W 5:45 pm  
T/TH 5:00 pm  
Sat  
Member \$35  
Nonmember \$95

#### ADULT SWIM LESSONS

Ages 16 - up  
45 minutes  
M/W 7:15 pm  
Member \$50  
Nonmember \$100

### WAHOO

In Wahoo your child will learn the advanced skills of Breaststroke and Butterfly, as well as refine and further develop the Freestyle and Backstroke. All classes are drill and technique-oriented for the precompetitive swimmer.  
BRADENTON AND LAKEWOOD RANCH YMCA

## AQUATICS CONTINUED

### BONITA SPRINGS YMCA

Session 1 - January 3rd through January 28th  
Registration Opens - December 1st  
Session 2 - January 8th through February 26th  
Registration Opens - December 6th  
Session 3 - February 7th through March 4th  
Registration Opens - January 3rd  
Session 4 - March 12th through April 30th  
Registration Opens - February 7th

#### PARENT & TOT

Ages 6 months - 3 years  
30 minutes  
M/W 11:00 AM  
SAT 10:00 AM  
Member \$55  
Nonmember \$110

#### LEVEL 1

Ages 3- 12 years  
30 minutes  
M/W 4:00 pm  
Sat 10:45 am  
Member \$55  
Nonmember \$110

#### JR LIFEGUARD

Ages 14- 15 years  
45 minutes  
M/W 5:00 pm  
Sat 10:45 am  
Member \$55  
Nonmember \$110

#### LEVEL 2

Ages 3- 12 years  
30 minutes  
M/W 4:30 pm  
Sat 11:15 am  
Member \$55  
Nonmember \$110

#### LEVEL 3

Ages 4- 12 years  
30 minutes  
T/TH 4:00 pm  
Sat 12:00 pm  
Member \$55  
Nonmember \$110

#### SWIM CLUB

Ages 8- 16 years  
60 minutes  
T/TH 4:45 pm  
Sat 10:45 am  
Member \$55  
Nonmember \$110



## HURRICANES SWIM TEAM

YMCA of Southwest Florida Hurricanes are a year round competitive swim program designed to meet the needs of every swimmer! Whether you're looking for a competitive team that emphasizes stroke, technique and strength training or a means of personal exercise, the Hurricanes are your best fit! Our swim team works to build outstanding people and strong swimmers through constant attention to teaching and training. Practices held at the Venice YMCA & Englewood YMCA. Contact Coach Ann for more information! [aurschel@ymcaswfl.org](mailto:aurschel@ymcaswfl.org)

### FRANZ ROSS YMCA

Session 1 - January 3rd through January 28th  
Registration Opens - December 1st  
Session 2 - January 8th through February 26th  
Registration Opens - December 6th  
Session 3 - February 7th through March 4th  
Registration Opens - January 3rd  
Session 4 - March 12th through April 30th  
Registration Opens - February 7th

#### PARENT & TOT

Ages 6 months - 3 years  
30 minutes  
M/W 11:00 AM  
SAT 10:00 AM  
Member \$55  
Nonmember \$110

#### LEVEL 1

Ages 3- 12 years  
30 minutes  
M/W 4:00 pm  
Sat 10:45 am  
Member \$55  
Nonmember \$110

#### JR LIFEGUARD

Ages 14- 15 years  
45 minutes  
M/W 5:00 pm  
Sat 10:45 am  
Member \$55  
Nonmember \$110

### ENGLEWOOD YMCA

January 9th through April 9th

#### LEVEL 1,2,3

Ages 3 - 12 years  
30 minutes  
M/W 4:00 PM  
Member \$180  
Nonmember \$360

#### LEVEL 4,5,6

Ages 3- 12 years  
30 minutes  
M/W 4:30 pm  
Member \$180  
Nonmember \$360

#### LEVEL 2

Ages 3- 12 years  
30 minutes  
M/W 4:30 pm  
Sat 11:15 am  
Member \$55  
Nonmember \$110

#### LEVEL 3

Ages 4- 12 years  
30 minutes  
T/TH 4:00 pm  
Sat 12:00 pm  
Member \$55  
Nonmember \$110

#### SWIM CLUB

Ages 8- 16 years  
60 minutes  
T/TH 4:45 pm  
Sat 10:45 am  
Member \$55  
Nonmember \$110

## MASTERS SWIM

Masters Swim at the YMCA of Southwest Florida is for adults ages 18 and up. Masters Swim coaches lead workouts and help swim team members improve technique and endurance. Most team members enjoy competition and coaches help swimmers train at an advanced level at the Venice and Englewood YMCA.

## TENNIS AND PICKLEBALL

Tennis and Pickleball at the YMCA are designed to help you grow with the basic, intermediate and advanced skills of tennis and pickleball. Court reservations, lessons, clinics, and tournaments available at select YMCA of Southwest Florida branches.

- **BEGINNER PICKLEBALL CLINIC**

Beginner Pickleball Clinics focus on the basics of the sport. These clinics introduce the rules of the game in a friendly and welcoming way.

- **INTERMEDIATE PICKLEBALL CLINIC**

Intermediate Clinics are for the more seasoned competitors. In these clinics, players will start to learn a little bit about the more medium-level mechanics. These clinics are certainly higher level.

- **ADVANCED PICKLEBALL CLINIC**

Advanced Beginner Clinic is certainly a step up. In this clinic, participants will begin to delve into the intricacies and nuances of the game of Pickleball.

- **RICK'S DRILL AND PLAY**

Intermediate Clinics are for the more seasoned competitors. In these clinics, players will start to learn a little bit about the more medium-level mechanics. These clinics are certainly higher level

- **SENIOR PICKLEBALL LEAGUE**

Our Senior Pickleball League is a fun, engaging, and dynamic program. This league is for fun but participation in this program will result in serious progress towards one's goals of becoming better.

### ENGLEWOOD YMCA

PICKLEBALL CLINICS - ADVANCED

Registration Open Now

Session - January 9th - April 4th

120 Mins

M - 12:30 pm

Members - \$120

Nonmembers - \$180

PICKLEBALL CLINICS - INTERMEDIATE

Registration Open Now

Session - January 9th - April 4th

120 Mins

M - 12:30 pm

Members - \$120

Nonmembers - \$180

BEGINNERS CLINIC - FREE

TH- 10:30 am

PICKLEBALL OPEN GYM

M-W-F 10:30am

### PUNTA GORDA YMCA

PICKLEBALL CLINIC

Registration Open Now

Session - Monthly

Ages 16 years - Adult

60 Minutes

TH - 9:30 am

Members - \$40

Nonmembers - \$60

OPEN PICKLEBALL PLAY

M-W-F - 9:00 am - 11:00 am

Members - FREE

Nonmembers - \$5.00 Daily Fee

### BONITA SPRINGS YMCA

SENIOR PICKLEBALL LEAGUE (60+)

Registration Open Now

Session 1 - January 3rd - January 31st

Session 2 - February 1st - February 28th

Session 3 - March 1st - March 31st

F - 8:00am - 11:00am

Members - \$35

Nonmembers - \$70

### SENIOR PICKLEBALL LEAGUE (70+)

Registration Open Now

Session 1 - January 3rd - January 31st

Session 2 - February 1st - February 28th

Session 3 - March 1st - March 31st

M - 8:00am - 11:00am

Members - \$35

Nonmembers - \$70

### FREE BEGINNER CLINIC

Registration Open Now

Session 1 - January 3rd - January 31st

Session 2 - February 1st - February 28th

Session 3 - March 1st - March 31st

T - 10:00am - 11:00am

SAT - 10:00am - 11:00am

### ADVANCED BEGINNER CLINIC

Registration Open Now

Session 1 - January 3rd - January 31st

Session 2 - February 1st - February 28th

Session 3 - March 1st - March 31st

M - 5:30 pm - 7:00 pm

Members - \$35

Nonmembers - \$70

### INTERMEDIATE CLINIC

Registration Open Now

Session 1 - January 3rd - January 31st

Session 2 - February 11th - February 28th

Session 3 - March 11th - March 31st

W - 7:00am - 8:00am

SUN - 9:00am - 10:30am

Members - \$35

Nonmembers - \$70

### RICK'S DRILL & PLAY

Registration Open Now

Session 1 - January 3rd - January 31st

Session 2 - February 1st - February 28th

Session 3 - March 1st - March 31st

T - 8:30am - 10:00am

W - 8:30am - 10:00am

Members - \$35

Nonmembers - \$70

# TENNIS AND PICKLEBALL CONTINUED

## YOUTH TENNIS CLINICS

Our youth tennis program uses fun, friends, and play to help build the foundation for future success in tennis and in life. Players will learn strokes, fundamentals of the game, and eventually work into point play and rallies. Younger players will be introduced to the game of tennis and older students will take aim at learning the basics of the game. We will work on development of agility and hand-eye coordination, and teach the basic strokes through fun games and activities.

### PUNTA GORDA YMCA

Registration Open Now

Session 1 - February 8th - March 19th

Session 2 - March 22nd - April 30th

Grades K- 4th

Member

30 min session - 5:00 pm

One session | either Tuesday or Thursday : \$45

60 min per week

Two sessions | Tuesdays + Thursdays : \$75

Nonmember -

30 min session

One session | either Tuesday or Thursday : \$60

60 min per week

Two sessions | Tuesdays + Thursdays: \$100

Grades 5th -12th

Member

60 min session

One session | either Tuesday or Thursday: \$85

120 min per week

Two sessions | Tuesdays + Thursdays: \$140

OR

One session | Saturday |10:30AM-12:30PM: \$140

Nonmember

60 min session 5:30 pm

One session | either Tuesday or Thursday: \$100

120 min per week

Two sessions | Tuesdays + Thursdays: \$160

OR

One session | Saturday |10:30AM-12:30PM: \$160

### FORT MYERS YMCA

Registration Open Now

Session Dates: January 3 to March 4

Intro to Tennis (Ages 3 - 4): Wednesdays at 4:00pm

Intro to Tennis (Age 5): Saturdays at 10:00am

Beginners (Ages 5 - 8): Wednesdays at 5:30pm

Jr. Beginners (Ages 9 - 12) Mondays at 5:40pm

Teen Beginners (Ages 13 -18): Thursdays at 6:50pm

Ages 3 - 4: Members \$95 | Non-Members \$155

Ages 5 & Up: Members \$125 | Non-Members \$185

All Instruction provided by Fort Myers Tennis at  
1700 Matthew Drive, Fort Myers, FL 33907

## ADULT TENNIS BEGINNERS CLINICS

The YMCA offers an easy opportunity to learn the game of a lifetime for players of all ages and skill levels in a fun, social atmosphere!

### PUNTA GORDA YMCA

Registration Open Now

Session 1 - January 17th - February 11th

Session 2 - February 21st - March 14th

Session 3 - March 22nd - April 22nd

Ages 16 years - Adult

60 Minutes

M - 5:30 pm

F - 5:30 pm

Members - \$45

Nonmembers - \$75

Ages 16 years - Adult

60 Minutes

M/F - 5:30 pm

Members - \$100

Nonmembers - \$135



## SHOT OF THE WEEK

Once a week we will select a shot, and work solely on the fundamentals and footwork to maximize the effectiveness of the particular shot.

### PUNTA GORDA YMCA

Registration Open Now

Session 1 - January 17th - February 11th

Session 2 - February 21st - March 14th

Session 3 - March 22nd - April 22nd

Ages 16 years - Adult

60 Minutes

TH - 10:30 am

Members - \$45

Nonmembers - \$75

## CARDIO TENNIS

Cardio Tennis is a fun way to learn tennis, focus on strokes, and movement to get your heart pumping to the beat of the music!

### PUNTA GORDA YMCA

Registration Open Now

Session 1 - January 17th - February 11th

Session 2 - February 21st - March 14th

Session 3 - March 22nd - April 22nd

Ages 16 years - Adult

60 Minutes

T - 10:30 am

F - 5:30 pm

Members - \$45

Nonmembers - \$75

# GYMNASTICS

YMCA of Southwest Florida offers competitive and recreational gymnastics classes, tumbling classes and competitive gymnastics teams. Trained gymnastics coaches and instructors have carefully developed exercises, drills and routines appropriate for each age, ability and skill level. The Y also offers tumbling and dance classes.

- **TUMBLING TOTS**

Parent and child gymnastics class develop coordination, balance in a fun, playful atmosphere

- **LIL TUMBLERS**

Introducing gymnastics skills for preschoolers that develop coordination, body awareness, balance & strength

- **BEGINNERS GYMNASTICS**

Introduces beginner gymnastics skills through instruction and progressions on all 4 gymnastics events

- **INTERMEDIATE GYMNASTICS**

Participants with prior gymnastics experience will be challenged with more advanced skills and progressions on all 4 events

- **GENERAL GYMNASTICS**

Class focus on basic gymnastics skill and progression on all 4 events with and introduction to trampoline.

- **TNT ( TUMBLING & TRAMPOLINE)**

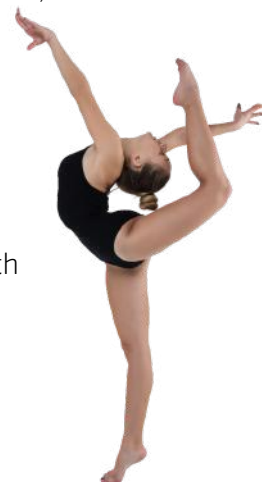
class focus on basic gymnastics skill and progression on all 4 events with and introduction to trampoline.

- **FRIDAY NIGHT FLIPS**

Supervised, unstructured open gyms allow kids to work on a specific skill or just play and have fun!

- **SATURDAY OPEN GYM**

Supervised, unstructured open gyms allow kids to work on a specific skill or just play and have fun!



## VENICE YMCA

Session 1 - January 10th - March 5th  
 Session 2 - March 4th - May 7th  
 Registration Open Now

### TUMBLING TOTS

Ages 18 Months - 3 Years  
 30 Minutes  
 SAT - 9:15am  
 Member - \$96  
 Nonmember - \$136

### LIL TUMBLERS

Ages 3 - 5 Years  
 30 Minutes  
 M - 5:00 pm  
 W - 9:15am  
 TH - 5:30 pm  
 Member - \$96  
 Nonmember - \$136

### BEGINNERS TUMBLING

Ages 5 - 6 Years  
 45 Minutes  
 M - 4:15 pm  
 5:30 pm  
 6:15 pm  
 TH-5:15 pm  
 6:00 pm  
 Member - \$116  
 Nonmember - \$156

### BEGINNERS TUMBLING

Ages 7 - 10 Years  
 60 Minutes  
 M - 5:00 pm  
 TH- 4:30 pm  
 Member - \$128  
 Nonmember - \$168

### FRIDAY NIGHT FLIPS

Ages 6 - 12 Years  
 120 Minutes  
 F- 7:00 pm - 9:00 pm  
 Member - \$20  
 Nonmember - \$25  
 January 28th  
 February 25th  
 March 25th  
 April 1st

## INTERMEDIATE GYMNASTICS

Ages 6 - 7 Years  
 60Minutes  
 M - 4:00 pm  
 TH- 4:00 pm  
 Member - \$128  
 Nonmember - \$168

## INTERMEDIATE GYMNASTICS

Ages 8 - 12 Years  
 60Minutes  
 M - 6:15 pm  
 TH- 6:00 pm  
 Member - \$128  
 Nonmember - \$168

## GENERAL GYMNASTICS

Ages 6 - 10 Years  
 60Minutes  
 SAT - 10:45 am  
 Member - \$128  
 Nonmember - \$168

## TNT

Ages 5 - 9 Years  
 45 Minutes  
 SAT - 11:45 am  
 Member - \$116  
 Nonmember - \$156

## SATURDAY OPEN GYM

Ages 6 - 12 Years  
 120 Minutes  
 SAT- 1:00 pm - 3:00 pm  
 Member - \$20  
 Nonmember - \$25  
 January 22nd  
 February 5th  
 March 5th  
 April 23rd

## GYMNASTICS TEAM

Gymnastics Team is girls by invitation only and compete regionally in southwest Florida. It is a year-round commitment. For more information and availability, please contact our Gymnastics Director, Debbie Kotti, at 941-375-9121 or [dkotti@ymcaswfl.org](mailto:dkotti@ymcaswfl.org)

- Team: Pre-team, Level 2-5, and Xcel.
- Gymnasts Compete in AAU & USAG meets and we are current members of AAU and USAG Organizations.

Practices held at the Venice YMCA Gymnastics Center

## DANCE

Participating in dance helps kids become more physically active, build strength, and improve flexibility, speed, balance, coordination, and discipline. Y Dance programs offer instructors with years of experience and passion for helping youth.

- **BALLET 1, 2, & 3**

Classical ballet technique, terminology, and positions will be taught with a focus on posture, body alignment and placement.

- **JAZZ/HIP HOP 1, 2, & 3**

From Broadway jazz, to lyrical jazz & hip-hop, this class has it all! In this fun high-energy class, students will learn classic jazz and hip hop techniques.

- **CREATIVE MOVEMENT**

(Pre-contemporary) This class is a fun way for children to explore movement through music and dance with a focus on developing dance skills, stimulate imagination and creativity while exploring several different styles of dance.

- **CONTEMPORARY 1 & 2**

This class encourages dancers to be versatile in their expressions and to be able to portray a wide array of movement, styles and emotions. This class focuses on body awareness, ballet, improv, modern technique, body alignment and spatial awareness. Dancers will learn to tell a story through movement and expression.

- **KINDERDANCE**

An introduction to dance and movement using action songs, repetition, and play. We will work on motor skills, balance and rhythm while having fun!

- **KID FIT**

Introduction to fitness through exercise, games, and movement. We will show your child that fitness is fun!

### FRANZ ROSS YMCA

Session - Run Monthly  
Registration the 15th of the month for members and the 22nd for nonmembers of the month prior

#### BALLET

Ages 3 Years  
50 Minutes  
T - 5:00 pm  
Member - \$35  
Nonmember - \$70

#### TAP

Ages 3 Years+  
50 Minutes  
T - 6:00 pm  
Member - \$35  
Nonmember - \$70

#### JAZZ

Ages 5- 7 Years  
50 Minutes  
TH - 5:00 pm  
Member - \$35  
Nonmember - \$70

#### LYRICAL

Ages 8- 12 Years  
50 Minutes  
TH - 6:00 pm  
Member - \$35  
Nonmember - \$70

### BRADENTON YMCA

Session - Run Monthly  
Registration the 15th of the month for members and the 22nd for non members of the month prior

#### BALLET 1

Ages 5- 7 Years  
50 Minutes  
T - 5:00 pm  
Member - \$35  
Nonmember - \$70

#### BALLET 2

Ages 8- 12 Years  
50 Minutes  
T - 6:00 pm  
Member - \$35  
Nonmember - \$70

#### BALLET 3

Ages 13 Years - Adult  
50 Minutes  
T - 7:00 pm  
Member - \$35  
Nonmember - \$70

#### JAZZ/HIP HOP 1

Ages 5- 7 Years  
50 Minutes  
W- 5:00 pm  
Member - \$35  
Nonmember - \$70

#### JAZZ/HIP HOP 2

Ages 8- 12 Years  
50 Minutes  
W- 6:00 pm  
Member - \$35  
Nonmember - \$70

#### JAZZ/HIP HOP 3

Ages 13 Years - Adults  
50 Minutes  
W- 7:00 pm  
Member - \$35  
Nonmember - \$70

#### CREATIVE MOVEMENT

Ages 5- 7 Years  
50 Minutes  
TH - 5:00 pm  
Member - \$35  
Nonmember - \$70

#### CONTEMPORARY 1

Ages 8- 12 Years  
50 Minutes  
TH - 6:00 pm  
Member - \$35  
Nonmember - \$70

#### CONTEMPORARY 2

Ages 13 Years - Adult  
50 Minutes  
TH - 7:00 pm  
Member - \$35  
Nonmember - \$70

#### KINDERDANCE

Ages 3- 5 Years  
30 Minutes  
M- 5:15 pm  
Member - \$35  
Nonmember - \$70

#### KID FIT

Ages 6- 8 Years  
45 Minutes  
W- 6:00 pm  
Member - \$35  
Nonmember - \$70



## MARTIAL ARTS

Our martial arts programs teach the abilities of restraint, focus and control. This discipline will help kids become more engaged in physical activity and teach them self-defense skills. These classes are not meant to promote fighting. Our focus is on instilling values such as discipline, becoming more self-aware and the ability to put mind over matter. The types of classes offered vary, and can include Taekwondo, Karate and Advanced Martial Arts depending on your branch



### • MOO DUK KWON KARATE

Our instructors are experts in the martial arts and provide safe and ethical training that adheres to the values of discipline, personal growth and respect for others. Karate is a strategy for self-defense, an individual sport that tests balance, coordination, and physical and mental strength.

#### LAKWOOD RANCH YMCA

Session - Run Monthly  
Registration the 15th of the month for members and the 22nd for non members of the month prior

Ages 5 years - Adult  
60 Minutes  
M - 6:00 pm  
W - 6:00 pm  
Member - \$48  
Nonmember - \$75

### • WOMEN'S SELF DEFENSE

10-week class to learn the basics of self-defense.  
Instructor: Mike Weisensee.

#### ENGLEWOOD

Session - Run Monthly  
Registration the 15th of the month for members and the 22nd for non members of the month prior

Ages 13 Years - Adult  
90 Minutes  
W - 6:30 pm  
Member - \$120  
Nonmember - \$150

### • MARTIAL ARTS

The Y offers youth Martial Arts programs for beginners through advanced skill levels. Our instructors are experts in their field and strive to provide safe and ethical training. Martial Arts classes hold the values of discipline, personal growth, and respect for others. Participants will gain strength, flexibility and mental discipline.

#### ENGLEWOOD

Registration Open Now

Ages 5 - 6 Years  
30 Minutes  
T/TH - 4:15 pm  
Member - \$60/mo.  
Nonmember - \$80/mo.

Ages 7 - 9 Years  
45 Minutes  
T/TH - 5:00 pm  
Member - \$80/mo.  
Nonmember - \$100/mo.

Ages 10 - 12 Years  
45 Minutes  
T/TH - 6:00 pm  
Member - \$80/mo.  
Nonmember - \$100/mo.

Ages 13 Years - Adult  
45 Minutes  
T/TH - 6:00 pm  
Member - \$80/mo.  
Nonmember - \$100/mo.

#### FRANZ ROSS

Ages 5 - 6 Years  
30 Minutes  
T/TH - 4:15 pm  
Member - \$60/mo.  
Nonmember - \$80/mo.

Ages 7 - 9 Years  
45 Minutes  
T/TH - 5:00 pm  
Member - \$80/mo.  
Nonmember - \$100/mo.





**SKY**  
ACADEMY



SARASOTA COUNTY PUBLIC CHARTER

**MIDDLE SCHOOL**

# NOW ENROLLING!

AS A TUITION FREE, PUBLIC CHARTER SCHOOL, OUR PHILOSOPHY HAS ALWAYS BEEN BASED ON THE HEALTH & WELL-BEING OF OUR STUDENTS AND COMMUNITY.

SKY students and families will enjoy:

- Small, safe school environment
- Smaller class sizes with individualized instruction
- Personal fitness & academic goals
- Making healthy and positive choices routine
- A welcoming environment & open communication with certified teachers who are motivated and energized for teaching & learning
- Wellness strategies & art infused into courses



WHERE KIDS

**ACHIEVE**

Learn more, review our re-opening plans & options at:  
[SKYattheY.COM](http://SKYattheY.COM)

## PROGRAMS FOR HEALTH

The Y's mission has long focused on helping people to live their healthiest lives and reach their full potential in mind, body, and spirit, acknowledging that individual "health" is influenced by a range of interconnected environmental, social, and biological factors. We want to leverage our position, as an organization capable of inciting change at the individual, community, and national levels, to increase access to disease prevention and management resources in settings where people already live, work, learn, grow, and play.

- **ROCK STEADY BOXING**

YMCA of Southwest Florida teamed up with Rock Steady Boxing to offer a cutting-edge approach to fight back against Parkinson's. Rock Steady Boxing uses the fundamentals of boxing training in addition to Parkinson's specific exercises which studies have shown to reverse, reduce and even delay the symptoms of Parkinson's. Boxing works by moving your body in all planes of motion while continuously changing the routine as you progress through the workout.

**BONITA SPRINGS YMCA**  
**PUNTA GORDA YMCA**  
**VENICE YMCA**



- **PEDALING FOR PARKINSON'S**

Pedaling a bicycle at a rapid pace, optimally, 80-90 revolutions per minute, helps reduce symptoms of Parkinson's disease. During the one-hour class, an instructor on a stationary bicycle will lead participants through a relatively fast-paced cycling routine to reach the optimal cycling speed or revolutions per minute (RPM). Pedaling for Parkinson's is held two to three times a week.

**BONITA SPRINGS YMCA**  
**ENGLEWOOD YMCA**  
**FORT MYERS YMCA**  
**PUNTA GORDA YMCA**  
**VENICE YMCA**



- **PARKINSON'S EXERCISE PROGRAM**

Lead by certified group fitness instructors, this class takes place in the group exercise room using light hand weights, bands, chairs, and balls. The class is designed to help develop and maintain strength, flexibility, balance and voice integrity. The focus is on amplifying movements and improving gait, posture, and speech.

**ENGLEWOOD YMCA**

- **LIVE STRONG AT THE YMCA**

LIVESTRONG at the YMCA, a small-group program developed & established in partnership with the LIVESTRONG Foundation, assists those who are living with, through, or beyond cancer to strengthen their spirit, mind, and body.

Program Details

- 12-week program with two sessions per week
- Includes cardiovascular conditioning, strength training, balance & flexibility exercises
- The evaluation includes fitness & quality of life assessments before & after participation
- Survivors of any type of cancer, at any point in their cancer journey from diagnosis to 30+ years post-diagnosis, may participate in the program

**ENGLEWOOD YMCA**  
**FORT MYERS YMCA**  
**VENICE YMCA**

- **ENHANCE@FITNESS**

Enhance@Fitness is a 16-week evidence-based group exercise program for older adults that uses simple, easy-to-learn movements that motivate individuals, particularly those with arthritis and balance issues, to stay active throughout their life. Each class session includes cardiovascular, strength training, balance and flexibility exercises and the fostering of strong social relationships between participants. Enhance@Fitness is geared toward older adults.

**BONITA SPRINGS YMCA**  
**ENGLEWOOD YMCA**  
**FRANZ ROSS YMCA**  
**VENICE YMCA**

## ACTIVE OLDER ADULTS

Through fun, safe and engaging programs, activities and events AOA members increase their self-confidence and sense of achievement while building relationships and celebrating the success and milestones of others.

### ACTIVE ADULTS

A Low impact cardio workout that includes strength and conditioning, stretching and balance exercises.

### ACTIVE OLDER ADULTS CLASSIC

Active Older Adults (AOA) Classic focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles, and a pilates ball. Often a chair is used for seated exercises or standing support.

### ACTIVE OLDER ADULTS BALANCE

If you want to improve your balance and strength, Active Older Adults (AOA) Balance is the class for you! Movements focus on strengthening the ankle, knee and hip joints, while improving reaction time.

### ACTIVE OLDER ADULTS CARDIO

Active Older Adults (AOA) Cardio will bring heart-healthy aerobics to your workout using low-impact movements. The class focuses on building upper-body and core strength with added cardio endurance.

### ACTIVE OLDER ADULTS STRENGTH

This strength class focuses on elderly people building upper body strength with weights and elastic bands. While the class is largely done standing up the whole time, chairs are available for support. This is a medium-intensity class.

### ACTIVE OLDER ADULTS YOGA

With Active Older Adults (AOA) Yoga, participants complete seated and standing yoga poses all while utilizing a chair. This class is suitable for beginners to advanced yogis, and it provides breathing exercises and relaxation without the strain on your joints.

### ACTIVE OLDER ADULTS ADVANCED

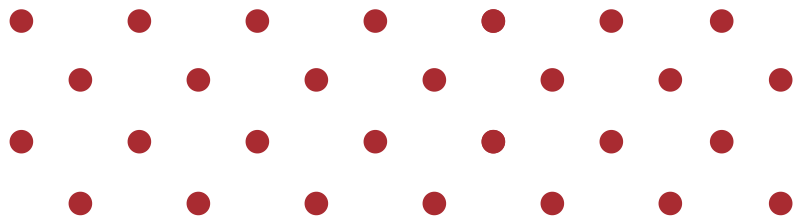
Active Older Adults (AOA) Advanced incorporates athletic-based exercises that improve upper body conditioning and a higher intensity dance workout that improves cardio endurance and burns calories. Chairs are not used in any portion of this class.

## FELLOWSHIP AND LEARNING

Our Active Older Adults can connect with the Y community through physical fitness, social activities and much more. Our programs are designed to accommodate a wide variety of interests and functional abilities. Below you will find our fall activities and you are invited to join us!

#### Activities include:

- Lunch and Learns
- Speaker Series
- Social Clubs, such as Bridge and Mahjong



## MEMBERSHIP

The Y is a cause for strengthening the community. That's why we're here working with you every day, making sure that you, your family and community have the resources and support you need to learn, grow and thrive.



### MEMBERSHIP HAS ITS PRIVILEGES

With the Y, you're not just a member of a facility; you're part of a cause. With a shared commitment to nurturing the potential of kids, improving health and well-being, and giving back and supporting our neighbors, your membership will not just bring about meaningful change in yourself, but also in your community.

### UNLIMITED ACCESS

Every "Y" is Your "Y" In Southwest Florida! Your association membership gives you access to all 6 YMCA of Southwest Florida locations.

### COACHING & TRAINING

Free personalized wellness plan with a wellness coach. Schedule your consultation at our Welcome Center today!

### KIDS ZONE ACTIVITY CENTERS

Take advantage of Kids Zone programs while you work out. Leave your kids with us for active and engaging fun.

### SAVINGS FOR YOUR WHOLE FAMILY

Get discounts on swim lessons, day camp, youth sports and more with your membership.

### INCLUDED IN YOUR MEMBERSHIP

- Group Exercise Classes like BODYPUMP™, Zumba, TRX, Pilates, Yoga, and Water Exercise classes
- Orientations with professional wellness staff who are nationally-certified fitness and wellness experts
- Specialized one-on-one or small group Personal Training
- Kids Zone while you work out, included in Family Memberships
- Locker room facilities
- Pool/spa usage
- SPECIAL RATES on recreational sports leagues, summer camp, adult fitness programs, and more!
- Discounts at other area businesses
- OPEN 7 days a week
- Teen leadership opportunities such as Youth in Government, Gymnastics and more!

### WORKPLACE AND COMMUNITY WELLNESS

At the Y, strengthening the foundation of our communities is our cause. The Y offers many Community Health Programs focused on providing evidence-based support to individuals, families, and whole communities

#### BENEFITS:

- Increased Productivity
- Stress Relief
- Improved Time Management
- Improved Memory Retention
- Decreased Anxiety
- Improved Health Outcomes
- Safe & Accessible programs for all
- More opportunities for community socializing and team building

MEMBERSHIP

# SPECIAL EVENTS

## RESOLUTION RUN 5K

January 8, 2022

VENICE YMCA

Start 2022 off on the right foot at the Venice YMCA Resolution Run 5K. A picturesque course along the Island of Venice.

## TRY THE Y DAY

January 29, 2022

ALL YMCA BRANCHES

Stop by the Y for tour & a workout! Already a member, bring a friend to try our wonderful amenities! .

## HARBOR HUSTLE 5K

January 30, 2022

PUNTA GORDA YMCA

The Punta Gorda YMCA's first annual Harbor Hustle 5K will be held on January 30th, 2022! Start off the new year on the right foot by registering for this fun 5K!

## ZUMBA-THON

February 5, 2022

FRANZ ROSS YMCA

COME JOIN THE PARTY!

SATURDAY, MAY 8th/9:15AM-2:15PM

\$15 per hour

Dance the day away with your favorite instructors at our Bayfront YMCA in Punta Gorda. Bring your Zumba gear and dancing shoes to this special event to dance across the floor!

## ST. PADDY'S DAY 8K

March 2022

VENICE YMCA

Start 2022 off on the right foot at the Venice YMCA Resolution Run 5K. A picturesque course along the Island of Venice.

## WHY COOK DINNER!

March 10, 2022

BONITA SPRINGS YMCA

Join us for the most talked about event in Bonita Springs, our exclusive WHY COOK! interactive dinner!

Guests will prepare a fabulous four-course Mediterranean meal for their table, led by the talented Executive Chef at Michael's On East.

Enjoy a casual, festive evening of cooking, fun and fundraising!

TABLES ARE LIMITED! Email

acerritos@ymcaswfl.org for more details and for sponsorship opportunities.

## TENNIS WITH A HEART

March 25 - 27, 2022

PUNTA GORDA YMCA

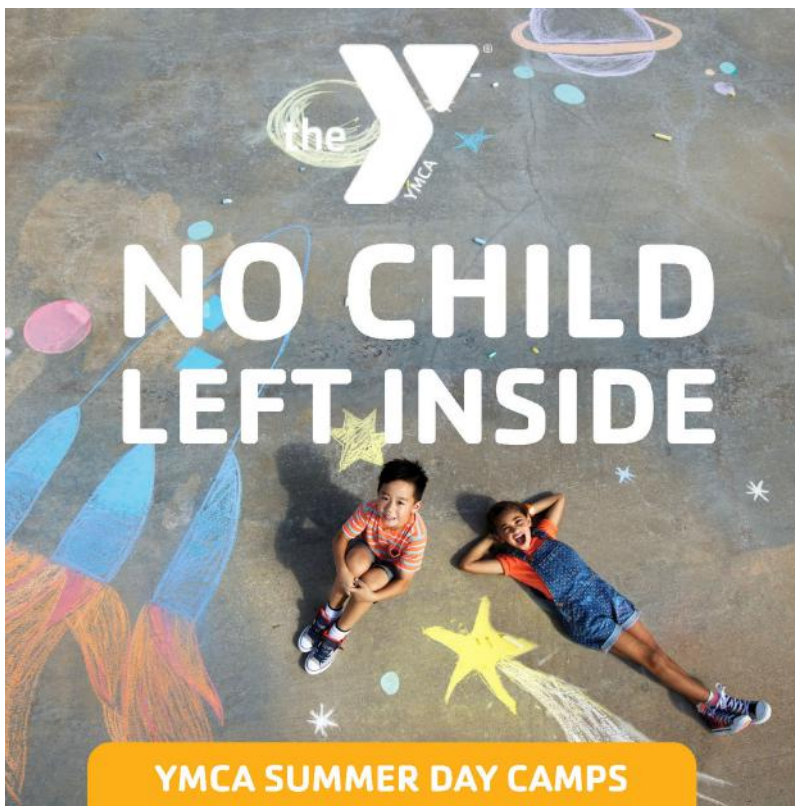
Rev up your racquets for the return of the 16th Annual Tennis with a Heart Tournament benefiting The YMCA Children and Families Scholarship Fund. Bring a dish to share Friday, February 11th at 6 pm for the Kick-Off Party at the Punta Gorda YMCA.

## FUTURE SPECIAL EVENTS

Tropical Nights - April 23, 2022

Harbor Nights - November 5, 2022

Black Tie Gala - February 4, 2023



There's no place like the YMCA for Day Camp! A home away from home where kids laugh, learn, explore, and grow while creating memories and friendships that last a lifetime.

Kids discover not just the wonders of day camp, but the joy of exploring their unique traits, talents, and interests when they **choose from over 50 varieties of camps offered at the Y!**

With locations all over the southwest Florida region, we've got a camp in your neighborhood this summer and can't wait to see you there!

- |   |  |
|---|--|
| <input checked="" type="checkbox"/> Swimming      | <input checked="" type="checkbox"/> Sports         |
| <input checked="" type="checkbox"/> Team Building | <input checked="" type="checkbox"/> Literacy       |
| <input checked="" type="checkbox"/> Group Games   | <input checked="" type="checkbox"/> Snacks & Lunch |
| <input checked="" type="checkbox"/> Arts & Crafts | <input checked="" type="checkbox"/> And MORE!      |

**REGISTER ONLINE TODAY!** 

## YOUTH AND FAMILY ACTIVITIES

The Y is a great place to grow up. We have an enormous variety of activities for kids of all ages and interests, from basketball, to rock climbing, chess club to dance class, and everything in between. The Y is the place where any kid can come to cultivate the skills and relationships that lead to positive behaviors, better health, and lifelong success—and have fun doing it. We pride ourselves on meeting the needs of all different types of families, so no matter what your background, your financial situation, or your schedule, there's a place for your kids at the Y.

## KIDS ZONE ACTIVITY CENTERS

While you're increasing your heart rate your kids can play, release some energy and make new friends in a supervised, caring environment – all included with your Y family membership. Your kids will have fun with age-appropriate toys, games and activities. Children may be checked in for up to 120 minutes per day and parent/guardian must remain at the Y.

Our Kids Zone is designed for children ages 6 weeks to 13 years.

## PARENTS NIGHT OUT & KIDS NIGHT OUT

Our Parents Night Out (PNO) and Kids Night Out events vary from location to location, but all provide a fun, safe place for children to play with supervision while parents take some well-deserved time off.

Whether you want some time to get in a workout, catch a movie or simply have a quiet night at home PNO events provide opportunities for children to enjoy the Y facilities and time with friends for members and non-members.

Fees vary based on activities and type of membership. See the Welcome Center for more information.

# WHEN SCHOOL IS OUT THE Y IS IN!



The Y is a working parent's best friend. It's a win-win. There's no "I'm bored!" from the kids, and you don't have to stress while you're at work.

[www.YMCASWFL.org](http://www.YMCASWFL.org)

**YMCA OF SOUTHWEST FLORIDA**



**YMCA OF SOUTHWEST FLORIDA  
701 Center Road  
Venice, FL 34285**

**[WWW.YMCASWFL.ORG](http://WWW.YMCASWFL.ORG)**