

# BLOOMSBURG AREA YMCA 2023 FALL PROGRAMS



FM = Family Mem. / YM = Youth Mem. / NM = Non-Mem.

## YOUTH SPORTS

### GYMNASTICS BEGINNER/INTERMEDIATE I AGES 7-13

8/29 - 11/21 Tu 6-7pm M: \$170 / NM: \$185

### GYMNASTICS BEGINNER/INTERMEDIATE II AGES 7-13

8/31 - 11/30 Th 6-7pm M: \$170 / NM: \$185

### GYMNASTICS PRESCHOOL (9am) I AGES 3-6

9/2 - 10/21 Sa 9-9:45am M: \$70 / NM: \$85

### GYMNASTICS PRESCHOOL (10am) I AGES 3-6

9/2 - 10/21 Sa 10-10:45am M: \$70 / NM: \$85

### ADAPTIVE RECREATION: FALL AGES 3-13

9/6 - 11/29 W 5:15-6pm FREE TO ALL

### PEEWEE SPORTS: SEPTEMBER AGES 3-5

9/9-30 Sa 9-9:45am FM: \$0 / YM: \$20 / NM: \$45

### YOUTH SPORTS: SOCCER AGES 3-5

9/11 - 10/2; 10/9-30 M 5:15-6pm FM: \$0 / YM: \$20 / NM: \$45

\*&/or 9/14 - 10/5; 10/12 - 11/2 Th 5:30-6:15pm @ Memorial Elementary

### YOUTH SPORTS: SOCCER AGES 6-9

9/11 - 10/2; 10/9-30 M 6:15-7pm M: \$0 / YM: \$20 / NM: \$45

### PEEWEE SPORTS: OCTOBER AGES 3-5

10/7-28 Sa 9-9:45am FM: \$0 / YM: \$20 / NM: \$45

### GYMNASTICS PRESCHOOL (9am) II AGES 3-6

10/28 - 12/2 Sa 9-9:45am M: \$70 / NM: \$85

### GYMNASTICS PRESCHOOL (10am) II AGES 3-6

10/28 - 12/2 Sa 10-10:45am M: \$70 / NM: \$85

### PEEWEE SPORTS: NOVEMBER AGES 3-5

11/4-25 Sa 9-9:45am FM: \$0 / YM: \$20 / NM: \$45

### YOUTH SPORTS: FLAG FOOTBALL AGES 3-5

11/6-27 M 5:15-6pm M: \$0 / YM: \$20 / NM: \$45

\*&/or 11/9 - 12/7 (off 11/23) Th 5:30-6:15pm @ Memorial Elementary

### YOUTH SPORTS: FLAG FOOTBALL AGES 6-9

11/6-27 M 6:15-7pm M: \$0 / YM: \$20 / NM: \$45

## AQUATICS

### SWIM LESSONS: FALL I AGES 4+

9/5-21 Tu,W,Th 6-6:45pm M: \$65 / NM: \$80

### PARENT & ME SWIM LESSONS: FALL I AGES 6mo - 3yr

9/5-21 Tu,Th 7-7:45pm M: \$60 / NM: \$75

### TAKE YOUR MARK: FALL I AGES 4+

9/5-21 Tu,W,Th 7-7:45pm M: \$65 / NM: \$80

### SWIM LESSONS: FALL II AGES 4+

10/3-19 Tu,W,Th 6-6:45pm M: \$65 / NM: \$80

### PARENT & ME SWIM LESSONS: FALL II AGES 6mo - 3yr

10/3-19 Tu,Th 7-7:45pm M: \$60 / NM: \$75

### TAKE YOUR MARK: FALL II AGES 4+

10/3-19 Tu,W,Th 7-7:45pm M: \$65 / NM: \$80

## YOUTH RECREATION

### E-SPORTS PROGRAM: SEPT. AGES 7-10

9/12 Tu 6:15-7:15pm M: \$5 / NM: \$10

### NERF MADNESS: SEPTEMBER AGES 7-13

9/16 Sa 1-2:30pm M: \$0 / NM: \$20

### S.T.E.A.M. PROGRAM: OCT. AGES 3-9

10/3 - 31 Tu 5-5:45pm M: \$0 / YM: \$20 / NM: \$45

### E-SPORTS PROGRAM: OCT. AGES 7-10

10/10 Tu 6:15-7:15pm M: \$5 / NM: \$10

### NERF MADNESS: OCTOBER AGES 7-13

10/21 Sa 1-2:30pm M: \$0 / NM: \$20

### S.T.E.A.M. PROGRAM: NOV. AGES 3-9

11/7 - 28 Tu 5-5:45pm M: \$0 / YM: \$20 / NM: \$45

### NERF MADNESS: NOVEMBER AGES 7-13

11/18 Sa 1-2:30pm M: \$0 / NM: \$20

### E-SPORTS PROGRAM: NOV. AGES 7-10

11/14 Tu 6:15-7:15pm M: \$5 / NM: \$10

# BLOOMSBURG AREA YMCA 2023 FALL PROGRAMS



## TEENS

**7TH & 8TH GRADE INITIATIVE**      **AGES 12-14**  
9/6 - 5/29      W 3:15 - 4:15pm      FREE TO ALL

**TEEN NIGHT: SEPTEMBER**      **AGES 11-16**  
9/8      F 7-8:30pm      M: \$0 / NM: \$10

**TEEN 3V3 BBALL TOURNY: SEPT.**      **AGES 13-17**  
9/15      F 4:30-6:30pm      M: \$5 / NM: \$10

**TEEN NIGHT: OCTOBER**      **AGES 11-16**  
10/20      F 7-8:30pm      M: \$0 / NM: \$10

**TEEN 3V3 BBALL TOURNY: NOV.**      **AGES 13-17**  
11/10      F 4:30-6:30pm      M: \$5 / NM: \$10

**TEEN NIGHT: NOVEMBER**      **AGES 11-16**  
11/17      F 7-8:30pm      M: \$0 / NM: \$10

## ADULT HEALTH & WELL.

**NOON HOOPS**      **AGES 18+**  
ALL FALL      M,W,F 12-1:30pm      M: \$0 / NM: \$10

**OPEN GYM VOLLEYBALL**      **AGES 18+**  
ALL FALL      M 7:15-8:45pm      M: \$0 / NM: \$10

**OPEN GYM PICKLEBALL**      **AGES 18+**  
ALL FALL      SEE GYM SCHED.      M: \$0 / NM: \$10

**INTRO. TO EXERCISE PROGRAM**      **AGES 18+**  
10/3 - 11/9      T, Th 6-7pm      M: \$50 / NM: \$65

**ADULT SOCIAL CLUB**      **AGES 18+**  
TBD      TBD      FREE TO ALL

## CHILD/FAMILY

**FAIR WEEK ALL-DAY CARE**      **SCHOOL AGE**  
9/25 - 9/29      M-F 6:30am-6pm      M: \$35 / NM: \$50

**FAMILY FUN NIGHT: OCT.**      **ANY AGE**  
10/6      F 7-9pm      M: \$0 / NM: \$15

**TRUNK OR TREAT: BOOBURG**      **ANY AGE**  
10/27      F TBD      FREE TO ALL

## ACTIVE OLDER ADULTS

**SENIOR STRENGTH TRAINING PROG.**      **AGE: 50+**  
9/11 - 10/5      M,Th 12-1pm      M: \$35 / NM: \$50

**SENIOR LUNCHEON: SEPT**      **AGE: 50+**  
9/20      W 12-1pm      FREE TO ALL

**SENIOR STRENGTH TRAINING PROG.**      **AGE: 50+**  
10/16 - 11/9      M,Th 12-1pm      M: \$35 / NM: \$50

**SENIOR LUNCHEON: NOV**      **AGE: 50+**  
11/15      W 12-1pm      FREE TO ALL

## CHRONIC DISEASE PROG.

**WEIGHT LOSS PROGRAM**      **AGES 18+**  
TBD      TBD      FREE TO ALL

**LIVESTRONG**      **AGES 18+**  
TBD      TBD      FREE TO ALL

**DIABETES PREVENTION PROGRAM**      **AGES 18+**  
TBD      TBD      FREE TO ALL