



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUTLER-GAST YMCA FAMILY, COMMUNITY & HEALTH & WELLNESS

FIRST FALL SESSION 2019

Welcoming Week Potluck

During our Welcoming Week, we are having a potluck to celebrate an all inclusive community! We are encouraging everyone to bring a dish that represents their culture, plus bring that recipe to share. We will have activities and entertainment for both children & adults.

Wednesday, September 18: 5:30-7:00 pm
FREE for the community!

Birthday Bash

Celebrate the birthdays of active older adults and friends at our quarterly Birthday Bashes. There will be a potluck lunch (bring a dish), door prizes, fellowship and friends.

Wednesday, October 16: 12:00 pm

Member: FREE

Personal Training & Small Group Training (15+)

Certified Trainers help you reach long and short term goals as well as educate you to become self-sufficient with workouts and goal setting. Our trainers have specialties from plyometrics, strength & conditioning and TRX - we have a trainer for you!

By appointment only. 30 & 60 minutes sessions available.

Visit the Health & Wellness Director or the Welcome Center for pricing.

Get Started (15+)

As a new member, you receive two complimentary Get Started sessions with a certified Personal Trainer. During your sessions you will do the following:

- Background Questionnaire
- Setting Realistic Goals
- Baseline Measurements
- Fitness Assessment
- Personalized Workout
- Program Recommendation based on your goals

By appointment only.

Visit the Welcome Center to set up your appointments.

Member: FREE

Trunk or Treat

Join us for a spooky good time at Chick-fil-a on 72nd and Sorenson. The Butler-Gast YMCA and Maple Street YMCA are hosting a fun event for youth to show off their costumes and go Trick-or-Treating. There will be prizes for the best costume and of course, lots of candy. If you are interested in hosting a trunk, sign up at the Butler-Gast YMCA or Maple Street YMCA Welcome Centers.

Saturday, October 19: 4:30-6:00 pm

FREE for the community

Youth Fitness Training (10-14 years)

One hour class for Youth interested in learning how to use Cardio and Weight training equipment. Youth will gain the following:

- Strength Equipment Orientation
 - Cardio Equipment Orientation
 - Fitness Floor Rules & Policies
 - Nutritional Education
 - YMCA Fitness Floor Etiquette
- Register at the Welcome Center.

Anytime scheduled with a Wellness Coach or Trainer

Member: \$25/session

SilverSneakers® (adults)

SilverSneakers® is a fun, energizing program that helps older adults take greater control of their health by encouraging physical activity and offering social events.

As a SilverSneakers® member, you get a FREE YMCA membership, SilverSneakers® classes and much more! Check with your insurance provider to see if you qualify.

See the group exercise schedule for SilverSneakers® classes.

Crochet Club (all ages)

Learn to crochet or teach your methods in this fun club. Snacks are welcome to share. Supplies and instructions will be provided.

Every Monday: 12:00 pm

FREE

FAMILY & COMMUNITY CONTACT:

Alethea Lewis, Membership Director
402-453-8903 • alewis@metroymca.org

Register at the Butler-Gast YMCA Welcome Center or online: metroymca.org