



YMCA of the Treasure Coast

PROGRAM INFORMATION

ALWAYS HERE FOR OUR COMMUNITY

STUART BRANCH

TEDDY BEAR ACADEMY

Pre-school program for children ages 6 weeks thru 5 years. Free VPK available.
Preschool hours: 6:30 am - 6:00 pm.

TEEN LEADERS

This club is for teens ages 12-16 years old. The goal is to develop the values, skills and relationships needed to succeed and to become active volunteers in the Y and the community. Leaders are required to complete a minimum of 75 community service hours each year.

YOUTH SPORTS

Basketball, Soccer, Flag Football, and Volleyball. Seasons run Winter, (Dec - Feb), Spring (Mar - May), Summer (June - Aug), and Fall (Sept - Nov). Free with a family membership.

PRIVATE SPORTS LESSONS

Open for any age group. T-ball, baseball, softball, soccer, football, basketball and volleyball. Four 30 min. lessons.

SWIM LESSONS

Weekday and Saturday classes available for ages 6 weeks to adult. Various times available.

PRIVATE SWIM LESSONS

One-on-one instruction. Four 30 minute sessions.

SWIM TEAM

A competitive team sport for the beginner to the advanced. Ages 5 - 18.
Practice Monday - Thursday.

YSPLASH

Spring Break swim lessons. Monday - Thursday mornings.

POOL BIRTHDAY PARTIES

Includes use of pool, slides, playground, kiddie pool and covered area with picnic tables for 2 hours. Basic and Deluxe packages available.

READ, PLAY, CONNECT ROOM

Fun filled area with a Wii and activities for children ages 8 to 15 years.

HOME SCHOOL FITNESS

Classes will incorporate all ages and stages of development along with hand/eye coordination, agility, skill building, team work, and sport related skills.

STUART BRANCH

SUMMER KIDS FITNESS CLASS

A healthy childhood leads to a healthy adulthood. Classes available for ages 3-11 yrs. old

SUMMER CAMPS

Camps available for ages 4 and up. Day camp, Aqua Camp, Fishing Camp, Surf Camp, Cooking Camp, Basketball Camp, Volleyball Camp, Babysitting Camp and Gymnastics Camp.

YOUTH IN GOVERNMENT

This club is for High School students who will work through their YIG Chapters together on debate practices, service-learning projects, fundraising efforts, and Assembly preparation.

THRIVE TUTORING

This club is for children ages 6-16 years old who need tutoring in reading and math. Experienced tutors will help your child succeed. Tutoring by appointment only

GROUP EXERCISE

Variety of classes available from beginner to advanced. Classes run mornings, mid-day, afternoon, evening, and weekends.

PERSONAL TRAINING

One-on-one wellness training. Available in half hour or one hour sessions.

MASSAGE THERAPY

By appointment. Half hour and hour sessions.

WATER FITNESS

Low impact. Free members

YOGA

Breathing exercises, balance, flexibility, coordination, and relaxation. Free for members.

SENIOR YOGA

Gentle, yet energizing class. Exercises done standing and sitting in chair. Free for members.

PILATES

Non-impact workout that strengthens and stretches all major muscle groups in sequences. Mat class free to members.



STUART BRANCH

SENIOR PILATES MAT CLASS

Non-impact workout that strengthens and stretches all major muscle groups in sequences. Mat class free to members.

SENIOR PILATES REFORMER

Helps develop lean, toned muscles, as well as strength and flexibility.

BODY STRENGTH & CONDITIONING FOR SENIORS

Exercises focus on building total body strength by using weights, balls, and bands.

TAI CHI FOR SENIORS

A form of martial arts that relieves pain, stress and stiffness, improves flexibility, balance, and posture,

RUN & WALK CLUB

Training program distance ranges from 5k (3.1 miles) to half marathon (13.1 miles). We meet at the Y every Saturday morning for coached group runs. Training schedule, Run club tech shirt, coached runs, and group speakers are all included in joining fee. We welcome beginners who have never run before to veterans who are hoping to improve their times.

ADULT BASKETBALL 35+

Men's 35+ Basketball League -Tuesdays 7:00 pm to 9:00 pm.

ADULT PICK UP GAMES

Adult Basketball-Pick up games - Wed 7:30 pm to 9:00 pm or Mon-Fri 5:00 am-7:00 am
Adult Volleyball- Pick up games - Sundays from 4:00 pm to 6:00 pm

ADULT FLAG FOOTBALL

5 v 5 league. Games played on Saturdays. 7 week season with two weeks of play-offs.

MIXED MARTIAL ARTS

Mon, Wed,& Fri. from 7:00 pm - 8:00 pm. Ages 14 and up.

TAEKWONDO

For ages 6 and up. Emphasizes kicks, spinning kicks, and punches. Mon. & Wed. 7:15 pm - 8:15 pm. Sat. 9:30 am - 10:30 am.

ARCHERY

Equipment is provided and all skill levels are welcome. This is a great activity for the whole family.

www.ymcatreasurecoast.org



YMCA of the Treasure Coast

PROGRAM INFORMATION

ALWAYS HERE FOR OUR COMMUNITY

YMCA SPORTSWORLD

GYMNASTICS

PLAYFUL PARENTING

The Playful Parenting program consists of a 45 minute classes that focuses on age appropriate developmental movements. Age groupings are Tiny Tots: Walking to 2 yrs old and Super Tots: 2-3 yrs old.

GYMNASTICS

PRESCHOOL & REC CLASSES

The preschool and recreational classes are tailored for children and young adults. Classes are offered for all skills with a opportunity for advancement and progression. Our coaches are safety certified and current with new training techniques.

TUMBLING CLASSES

These classes are tailored for ages 5 and older and focus exclusively on floor exercises. Beginner to advanced levels available.

OPEN GYMNASTICS

Play without the commitment of a class. Teachers are in the gymnastics area to provide general supervision over select stations. Open gym activity is provided at different times for ages 5 and younger and ages 5 and older.

AAU TEAM

Y SportsWorld competes in the AAU competitive gymnastics circuit. This program is designed to offer more a competitive experience for advanced recreational students, as well as offer an alternative to USAG Team Gymnastics.

Consistency is our main goal with the AAU program. This program runs year-round, so commitment is key from both the athlete and the parents

USAG TEAM

The USAG competitive program is for the athlete that is serious about a long career in gymnastics. Our competitive team develops the skills needed to compete at the local, state, regional, and national levels. Gymnasts train year-round and generally compete between the months of September and May.

GYMNASTICS

BIRTHDAY PARTIES

These two hour parties are jam packed with activities such as obstacle courses, rock wall, rope swing, foam pit, decorated party room, and much more. Professional staff are provided to make it a easy going and care free experience for the party parents.

YMCA SPORTSWORLD

CHEERLEADING & DANCE

EXTREME HEAT ALL-STAR

A year round, competitive cheerleading and dance team comprised of young athletes ages 4-18. The Extreme Heat Teams will have the opportunity to showcase their talents in local, regional and national competitions.

CHEERLEADING RECREATIONAL

An introductory course for young athletes interested in cheerleading. Classes will cover basic skills such as jumps, motions, tumbling, dance, stunts, and more. Classes offered for ages 3-10.

OPEN SKATING

Our skating rink is open for all skill levels during the open public skate sessions. We offer teen and family oriented sessions with a fully stocked concession area and arcade games.

SKATE LESSONS

This class is designed to introduce young skaters to the basics of roller-skating. They will learn the fundamentals of skating including safety, balance, posture, forward skating and the basics of backward skating. Protective equipment is not required, but is recommended. Skates are included.

SKATE BIRTHDAY PARTIES

The skating rink will provide a great climate-controlled arena to host your child's party. The festivities include open skating, games, and music. Different packages are available with decorated private party rooms and professional staff.

HOCKEY LEAGUES

Y Roller Hockey offers leagues for all skill levels from beginners to competitive travel hockey. The basics and fundamentals of hockey are incorporated in with lessons on teamwork and sportsmanship. Adult leagues offered, as well.

AFTERSCHOOL CARE

Pick-up provided from local area schools and offer care until 6:15 pm, Monday-Friday. Day camps are also provided on days out of school. Activities consist of gymnastics, homework time, skating, team sports, outdoor games, arts & crafts, rock wall and a snack is provided.

PARENT'S NIGHT OUT

Offered on select Saturdays throughout the year, where children can have fun while the parent's enjoy a night to themselves. Children will play in the gymnastics facility, swing on the rope, skate, participate in group games and so much more! Dinner of pizza and a drink is included. Ages 3 (must be potty-trained) and older are welcome.

ASSOCIATION INFORMATION

VOLUNTEERS

As a non-profit organization, the Y relies heavily on the support of volunteers to help coach sports teams, plan events, raise funds, and many other areas.

COMMUNITY SUPPORT CAMPAIGN

The Community Support Campaign helps financially support individuals and families in need, so that they can participate in YMCA programs and services. Funds raised directly support the Y's cause of strengthening communities by nurturing the potential of every youth and teen, improving the nation's health and well-being and providing opportunities to give back and support neighbors. Providing financial support is critical to the Y's goal of ensuring that everyone has access to programs and services that support their individual health and well-being. Give today!

FINANCIAL ASSISTANCE

Offers low-income community members, a reduced rate for programs and membership based on their financial need. These funds are made possible in partnership with Children's Services Councils of Martin, St. Lucie and Okeechobee Counties, the United Way and thanks to our generous donors.

NEWCOMERS CLUB

New to the area or want to meet new people in the Stuart area? Join this club. Activities are scheduled throughout the month. (772) 221-9607

LOCATIONS

Richard C. Geisinger, Sr. Branch (Stuart Branch)
And location of Association Office
1700 SE Monterey Rd.
Stuart, FL 34996
(772) 286-4444

YMCA Sportsworld
2700 SE Willoughby Blvd.
Stuart, FL 34994
(772) 223-1606

Louis Dreyfus Citrus Branch (Indiantown Branch)
16451 SW Farm Road
Indiantown, FL 34956
(772) 597-3700

YMCA Bayshore Blvd. Program Center
1301 SW Bayshore Blvd.
Port St. Lucie, FL 34983

Programs also offered in:
St. Lucie County (772) 878-7337
Okeechobee County (863) 484-0202
Indian River County (772) 597-3700

www.ymcatreasurecoast.org