



TEEN CALENDAR

OCTOBER 2023

Check out our monthly calendar for our fantastic lineup of teen activities!
Get ready for fun, fitness, and friendships – all right here at the Y.
Let's make this month unforgettable together!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	3:30–4:00pm Grit Cardio Every Monday		3:30–4:00pm Grit Strength Every Wednesday			
	3:30–4:00pm Zumba Every Monday	4:00–4:30pm Fitness classes coming soon	3:30–4:00pm Yoga Every Wednesday	4:00–4:30pm Fitness classes coming soon		
		4:00–5:00pm Pick up Games Clubs Every Tuesday		4:00–5:00pm Pick up Games Clubs Every Thursday		
	4:30–5:30pm Clubs Every Monday	4:30–5:30pm Pick up Games Every Tuesday	4:30–5:30pm Pick up Games Every Wednesday	4:30–5:30pm Clubs Every Thursday		
	6:30–7:30pm Leaders' Club Every Monday		5:30–7:00pm Achievers Oct. 25th			
						7:00–10:00pm Middle School Madness Oct. 7th Register Online

STOWE YMCA
Taylor Gibson
Tgibson@gastonymca.org

<u>Clubs</u>	<u>Pick up Games</u>
Art Club	4th: Basketball
	11th: Kickball
	18th: Soccer
	25th: Dodgeball

WARLICK YMCA
Dominick Ibrahim
Dibrahim@gastonymca.org

3rd & 24th: Ultimate Frisbee
5th: Kickball
10th: Dodgeball
12th: Painting Club
17th: Flag Football
19th: Soccer
24th: Ultimate Frisbee
26th: Chess Club

PHARR YMCA
Taylor Gibson
Tgibson@gastonymca.org

<u>Clubs</u>	<u>Pick up Games</u>
Chess Club	3rd: Wiffle ball
	10th: Soccer
	17th: Flag Football
	24th: Dodgeball

TEEN LEADERS CLUB

Leaders Club is a year-long leadership-development program for middle and high school teens. This program provides teens with extensive leadership training and volunteer opportunities that support YMCA programs and services to the community.

Y ACHIEVERS

Y Achievers, a national YMCA program, serves students from varying academic levels in pursuit of high educational and career goals. Y Achievers helps teens improve academic performance, develop a positive sense of self, build character, explore diverse college and career options plus interact with professionals who serve as role models.

REGISTER ONLINE TODAY AT [GASTONYMCA.ORG](https://gastonymca.org)

TEEN YOGA

Embark on a journey of self-discovery and inner peace with our Teen Yoga Class. Designed specifically for teenagers, this class offers a safe and nurturing space to explore the transformative power of yoga. Our experienced yoga instructor will guide you through a series of gentle stretches, mindful breathing exercises, and relaxation techniques that will help you build strength, improve flexibility, and reduce stress. Whether you're a seasoned yogi or a complete beginner, our Teen Yoga Class welcomes all levels of experience. Discover the benefits of yoga as you learn to connect mind, body, and spirit, fostering a sense of balance and well-being. Join us and discover the joy of finding your center amidst the chaos of teenage life. Come as you are, leave feeling refreshed and rejuvenated. Namaste!

TEEN GRIT CARDIO

The 30-minute high intensity interval training workout that improves cardiovascular fitness, increases speed and maximizes calorie burn.

TEEN GRIT STRENGTH

The 30-minute high-intensity interval training workout designed to improve strength and build lean muscle

TEEN ZUMBA

Are you ready to dance your way to fitness? Join our Teen Zumba Class and experience the ultimate dance fitness party! Designed specifically for teenagers, this high-energy class combines easy-to-follow dance moves with exhilarating Latin and international rhythms. Get your heart pumping, burn calories, and have a blast as you groove to the beat. Our certified Zumba instructor will guide you through a fun-filled workout that will leave you feeling energized and empowered. Whether you're a beginner or a seasoned dancer, our Teen Zumba Class is the perfect way to stay active, make new friends, and unleash your inner superstar on the dance floor. Get ready to move, sweat, and shine in our exciting and inclusive environment. So grab your friends and let's dance our way to fitness together!

PICK UP GAMES/CLUBS

Each week our Ys have different activities scheduled. No sign up necessary! All pick up activities/clubs are free to Y Members. Check the schedule to see what is happening this week at the Y!