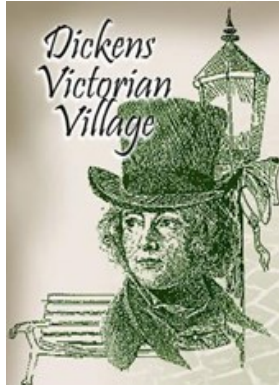


AOA NEWSLETTER

UPCOMING EVENTS FOR ACTIVE OLDER ADULTS
NOVEMBER 2021



Join us for a trip to Dickens Victorian Village December 3rd

Package Features:

- *Motorcoach transportation: Report at the North Royalton YMCA at 7:30am, we will leave the Y by 7:45am and return home at 8:00pm.
- *Guided driving tour of Dickens Victorian Village Displays
- *Visit to the Dickens Welcome Center
- *Holiday Luncheon at Theo's; tax and tip included
- *National Museum of Cambridge Glass – See everything from the original etchings to a variety of sparkling glass products
- *Tour Pantry Door & Deli – Each passenger will pack a small bag of treats to take home
- *Kennedy's Bakery
- *Courthouse Music and Light Show

Members \$87

Non-Members \$97



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NORTH ROYALTON FAMILY YMCA

11409 State Rd, North Royalton, OH

Clevelandymca.org

DID YOU KNOW?

Did you know that losing a modest amount of weight and increasing your physical activity could help you prevent or delay type 2 diabetes? The YMCA's Diabetes Prevention Program can help you reach your healthy living goals. The program has been shown to reduce the number of new cases of diabetes by 58%. The reduction was even greater for adults over 60. This year-long small group program is for people who are at high risk for becoming diabetic. Generous financial scholarships are available. For more information on dates and times, call 440-574-0580 and leave a message or you may email healthyliving@clevelandymca.org.

QUESTIONS, COMMENTS, IDEAS?

CONTACT KRISTIE BALCER

KBALCER@CLEVELANDYMCA.ORG

November Events 2021

Mon	Tue	Wed	Thu	Fri
1 Pickle ball 6:00-10:00 in the gym	2	3 Pickle ball 6:00-10:00 in the gym	4 <u>Paint your Pet</u> <u>1-4</u>	5 Pickle ball 6:00-10:00 in the gym
8 Pickle ball 6:00-10:00 in the gym	9	10 Pickle ball 6:00-10:00 in the gym	11	12 Pickle ball 6:00-10:00 in the gym
15 Pickle ball 6:00-10:00 in the gym	16	17 Pickle ball 6:00-10:00 in the gym	18	19 Pickle ball 6:00-10:00 in the gym Paint Class 1-4
22 Pickle ball 6:00-10:00 in the gym	23	24 Pickle ball 6:00-10:00 in the gym	25	26 Pickle ball 6:00-10:00 in the gym
29 Pickle ball 6:00-10:00 in the gym	30			

Monday Tuesday Wednesday Thursday Friday

Group Exercise (Land)

	10:00am-10:50am Walk 15 Chris Gym	11:00am-11:50am SilverSneaker Yoga Kristie Main Studio	10:00am-10:50am Walk 15 Chris Gym	11:00am-11:50am SilverSneaker Classic Vicki Main Studio
12:00pm—12:50pm Fitness after 50 Chris Main Studio	10:30am-11:20am Cycle Lite Doug	11:00am-11:45am TRX Intervals Doug 9 spots only Bring a mat	10:30am-11:20am Cycle Lite Doug	12:00pm-12:50pm Fitness after 50 MaryKay Main Studio
12:30pm—1:20pm Tai Chi Chris Spirit Mind Body	11:30am-12:00pm SilverSneaker BOOM Muscle Kristie Main Studio	12:00pm—12:50 SilverSneaker Classic Vicki Main Studio	11:00am-11:50am Tai Chi Easy Lynda Spirit Mind Body	
	12:10pm-12:55pm SilverSneaker BOOM Mind Kristie Main Studio	12:30pm-1:20pm AOA Fitness & Strength Doug Spirit Mind Body	12:00pm-12:50pm SilverSneaker Circuit Lynda Main Studio	

Aquatic Classes (Water)

10:00am-10:45am Aqua Fit Shallow Kim	10:00am-10:45am Aqua Fit Deep Kim	10:15am-11:00am Aqua Boot Camp Doug	10:00am-10:45am Aqua Fit Deep Kim	10:00am-10:45am Aqua Fit Shallow Kim
Arthritis Water Fitness 11:00am-11:45am Kim	12:00pm-12:45pm Aqua Boot Camp Doug	2:00pm-2:45pm Aqua Dance MaryKay	12:00pm-12:45pm Aqua Boot Camp Doug	11:00pm-11:45pm Arthritis Water Fitness Kim
2:00pm-2:45pm Aqua Dance MaryKay				2:00pm-2:45pm Aqua Dance MaryKay

GROUP EXERCISE POLICIES AND PROCEDURES

- Register for all classes in advance. Spots are limited.
- Please arrive no earlier than 10 minutes before your class. You will not be permitted in the group exercise studio without an instructor.
- You may not enter the studio until the class before you has completely exited the room.
- Leave all purses, bags, etc. in a locker.
- At the end of class, please clean your equipment and put away.

POOL UPDATES

- Register for all classes in advance. Spots are limited.
- The sauna is now open! Proper swim wear is required.
- Swim lanes are first come first serve.
- Our whirlpool is first come first serve. Limit 15 minutes at a time.

TRACK UPDATES

- Our track is now fully open and operational. No reservations required. The inside lane is used for walking and the outside lane is used for running and/or passing.

JOIN US FOR PICKLEBALL

What is pickleball? A paddle sport created for all ages and skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a fast-paced, competitive game for experienced players.

