



# IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

April 2017

PONTE VEDRA FAMILY YMCA | 170 Landrum Lane | Ponte Vedra Beach, FL 32082

## NEED SOME ADVENTURE? CAMP BOOM FOR "KIDS" AGE 50 & BETTER



Camp is not just for kids! If you are age 50 and better, then join us for three days of camp **May 19 – 21** at Camp Immokalee in Keystone Heights.

**Camp Boom** will offer the opportunity to meet new people and explore your adventurous side. Campers will enjoy camp fires with s'mores, zip lining, archery, swimming, line dancing, kayaking, Yoga, Tai Chi and more!

Registration includes all activities, 5 meals plus snacks, dormitory-style/bunk bed accommodations, T-shirt, backpack and official Camp Immokalee graduation ceremony.

Cost is only \$199 for members and \$225 for non-members. Register today! Registration deadline is Friday, May 5<sup>th</sup>. For more information and to register, visit [FirstCoastYMCA.org/aoa-goes-to-camp](http://FirstCoastYMCA.org/aoa-goes-to-camp) or call 904-265-1775.

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**CONNECT WITH US**  
[FirstCoastYMCA.org](http://FirstCoastYMCA.org)



## TAKE A UNF CLASS AT THE Y

The University of North Florida (UNF) Division of Continuing Education offers a variety of non-credit, personal enrichment offerings at area Ys. You can learn digital photography to foreign languages to kayaking. Y members receive a **20% discount** on classes held at Y branches. Pick up the Summer catalog at the Y or visit [FirstCoastYMCA.org/UNF](http://FirstCoastYMCA.org/UNF).



## SAVE THE DATE

On **Wednesday, May 31<sup>st</sup>**, enjoy a day filled with exercise demonstrations, health screenings, vendors and more for **National Senior Health and Fitness Day**. Invite your neighbors! We are offering **FREE** use of the Y for those over the age of 60 and not members of the Y.

Grab your racquet and get ready to rumble in the **2<sup>nd</sup> Annual Pickleball Tournament on June 2 – 4.**

## EVENTS

### **Yoga for Survivors** **Thursdays** **April 6 - 27** **11:30am | HLC**

This class is taught by an experienced yoga instructor certified by the Christina Phipps Foundation. The instructor will guide cancer patients, survivors and others with range of motion and pain limitations through a gentle and safe yoga practice.

### **Friends & Family CPR** **Thursday, April 6** **6-9pm**

This American Heart Association course will give you hands on practice for CPR and choke saving skills for adults, infants and children.

### **Talk with a Doc**

**Date: TBD | HLC**

Join an expert physician from Baptist Health as we discuss specific health issues unique to the Active Older Adult community. Look for more information coming soon!

### **SILVER REWARDS**

Earn 9 punches on your Silver Rewards card and be entered to win this month's reward. The winner each month will be featured on the hall bulletin board!

## CLASS SCHEDULE

### **FUNCTIONAL FITNESS**

Monday, Wednesday  
10:30am

### **SILVER SNEAKERS**

Tuesday, Thursday  
10:30am

### **PICKLE BALL**

Tuesday 10a – 1:30p  
Thursday 10a – 12:30p

### **STEP & SCULPT**

Wednesdays  
8:30am

### **WATER AEROBICS**

Monday-Thursday  
9:30am – 10:30am

### **INTRO TO CYCLING**

Thursday April 6 ONLY  
10:15- 11:00am

### **Gentle Stretch**

Fridays  
11:00am – 11:45am

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## **JACKSONVILLE SYMPHONY COFFEE**

### **SERIES: Canellakis conducts Shostakovich**

#### **Friday, April 7**

**Depart 9:30am from PV YMCA for 11am concert**

Enjoy the Jacksonville Symphony Coffee series with your friends from the YMCA. Experience the sounds of the Jacksonville Symphony's Shostakovich concert followed by lunch. Space is limited. Transportation is included. Cost of lunch is NOT included. Only \$50 per person/\$55 Non-Member.

Sign up at the Welcome Desk by Friday, March 31<sup>st</sup> to reserve your seat! Sorry, no refunds after March 24th.



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## **"Silver Belts" Demo Class**

**Wednesday, April 12<sup>th</sup>**

11:45am – 12:45pm  
Ponte Vedra YMCA Studio C

Join Black Belt and Personal Trainer Nick Billups for this Self Defense/ Martial Arts class designed specifically for Active Older Adults. \*No fee – just sign up at the front desk in the Events Notebook!

