



# IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

May 2017

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

## A CALL FOR PICKLEBALL



Calling all passionate Pickleball Players! Grab your paddle and get ready to rumble in the **2<sup>nd</sup> Annual First Coast Y Pickleball Tournament** on **June 2 – 4**. The event will take place indoors at the Winston Y (221 Riverside Avenue).

Enjoy an open age (age 25+), "Round Robin-style" tournament for all skill levels. Players receive a commemorative t-shirt, grab bag, lunch on Saturday and snacks. Winners in the Ladies, Men and Mixed Doubles will receive bragging rights and a medal for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place in each division.

|                               |                        |
|-------------------------------|------------------------|
| Friday, June 2   4 pm – 5 pm  | Reception and Check-in |
| Friday, June 2   5 pm – 8 pm  | Women's Division       |
| Saturday, June 3   9 am – 3pm | Mixed Doubles          |
| Sunday, June 4   9 am – 1 pm  | Men's Division         |

Registration is \$20 for members and \$30 for non-members. Each additional registration is half price. The tournament is limited to 60 players. Register today at [FirstCoastYMC.org](http://FirstCoastYMC.org) or at your area Y.

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



## CAMP FOR ADULTS

Space is still available for **Camp Boom** at Camp Immokalee in Keystone Heights on **May 19 -21**. This camp is for adults who are age 50 and better and offers the opportunity to meet new people and explore your adventurous side. Campers will enjoy 5 meals, camp fires with s'mores, zip lining, archery, swimming, line dancing, kayaking, Yoga, Tai Chi and more! Visit [FirstCoastYMCA.org/aoa-goes-to-camp](http://FirstCoastYMCA.org/aoa-goes-to-camp) for more information.

## A FREE DAY TO PLAY FOR AGES 60+

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 who are not Y members.

## SUMMER FUN WITH UNF CLASSES

You can learn everything from digital photography to kayaking. Y members receive a **20% discount** on classes held at Y branches. Grab the Summer catalog at the Y or visit [FirstCoastYMCA.org/UNF](http://FirstCoastYMCA.org/UNF).

## EVENTS

### YOGA FOR SURVIVORS

Thursdays

May 4- 25

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.

### TALK WITH A DOC: HEART DISEASE

Wednesday, May 10<sup>th</sup>

12 – 1 pm | HLC

Cardiovascular disease accounts for nearly 801,000 deaths in the US. That's about 1 of every 3 deaths in the US. About 2,200 Americans die of cardiovascular disease each day, an average of 1 death every 40 seconds.

Join **Dr. Modansky** for this informative session to identify its causes, why prevention is important, and ways to reduce your risk.

## 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 May 4<sup>th</sup> ONLY  
10:15- 11:00am

### Gentle Stretch

Fridays  
11:00am – 11:45am

### SILVER REWARDS CARD

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

## NATIONAL SENIOR HEALTH AND FITNESS DAY

Wednesday, May 31<sup>st</sup> | 9am – 2pm

Grab a friend and come to the Ponte Vedra YMCA for a day of Fitness, Friends and Fun! In recognition of this celebration, a special day is planned for those age 60 and better! Come take a class, use the Wellness floor and the pool. From 10am – 12pm a variety of exhibitors and services will be on display in the lobby. Enjoy special classes, guest speakers from the community and Baptist Health during this fun and fitness-filled day! Non-Members are



## PARTY TIME! MEXICAN FIESTA POTLUCK

Celebrate Cinco de Mayo a little early with our Mexican Fiesta Potluck lunch. Bring a "fiesta"-themed dish to share and join the party!

When: Thursday, May 4th  
Time: 11:45 – 1:00pm  
Where: Studio C, Ponte Vedra Y



Bring a friend! All are welcome!!