



# WHAT'S GOING ON AT THE HASTINGS FAMILY YMCA

## WINTER 2021

### Couch Potato Triathlon

Jan 4 - Feb 14

### Beyond the Scale: Fitness & Nutrition Coaching

Jan 5 - Mar 23

### Hoops League Development

Jan 9 & 16

### Youth Tennis Clinic

Jan 12 - Feb 2 | K - 5th Grade

### Middle School Tennis Development Program

Taught by HHS Tennis Coach, Roger  
Sunderman

Jan 12 - Feb 2

### Adult Basketball League

Jan 12 - Mar 16

### Women's & Coed Volleyball Leagues

Jan 13 - Feb 27

And Mar 22 - May 6

### Youth Equipment Orientation

Jan 12 - 21: Tue/Thur, 6:30 - 7:30 pm

Feb 8 - 17: Mon/Wed, 6:30 - 7:30 pm

Mar 11 - 12: Thur/Fri, 10:00 - 11:30 am

### Free Nutrition Seminar

Jan 12, Feb 9 & Mar 9

### Preschool Registration Opens

Jan 18

### Community CPR/First Aid Certification

Jan 26, Feb 23, & Mar 23

### Group Exercise: Fitness Frenzy

Feb 1 - Feb 3 | Free Event

### HC/YMCA Volleyball Clinic

Sundays, Feb 7 - 28

### Cooking Club

PK - 2nd Grade: Feb 9 - Mar 26

3rd - 5th Grade: Mar 23 - Apr 27

### Lifeguard Certification Classes

Feb 13 - 14

Mar 6 - 7

Mar 27 - 28

### Group Swim Lessons

Mar 1 - Mar 26

### Private Swim Lessons

By Appointment

### Lifeguard Re-Certification Class

Mar 20

**Youth Training** - With Youth Fitness  
Specialist to increase sports performance.  
By appointment

LEARN MORE OR REGISTER FOR  
ANY OF THESE PROGRAMS AT  
[HASTINGSYMCA.NET](http://HASTINGSYMCA.NET)