

Beaver County YMCA



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



WINTER/SPRING 2017 PROGRAM CATALOG

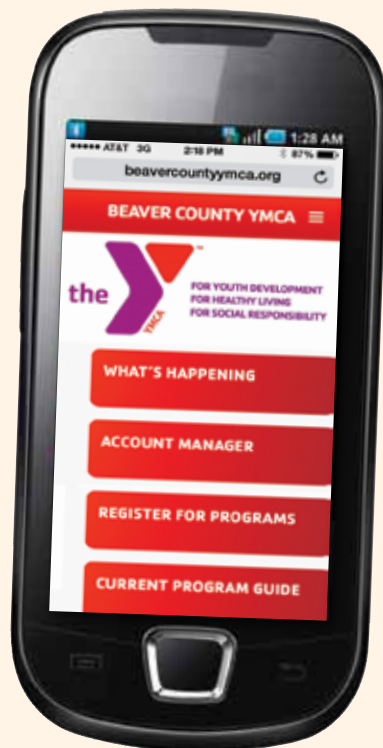
January 2nd – April 22nd



HAVE ALL THE INFORMATION YOU NEED AT YOUR FINGERTIPS... VISIT WWW.BEAVERCOUNTYYMCA.ORG

Our Mobile site provides you with quick access to what's happening at the Y including Aerobics, Gym, and Pool Schedules as well as links to our current program guide, online registration, and member account manager.

**Attention
Smartphone Owners:
Scan this code to visit
our mobile site.**



Account Manager

The Beaver County YMCA members have the option to manage their account online. Just visit our website at www.beavercountyyymca.org and click on Account Manager and follow prompts to begin managing your account.

Once signed into the Account Manager, the following are your menu options:

My Account: will give you the option to update your contact information and billing methods.

My Balance: will allow you to pay outstanding balances, or schedule out payments for fees not currently due.

View Payment History: will allow you the option to view past payments made and the details of the fees charged.

Program Registration: will allow you to register for a variety of program offerings.

If you have any questions or problems using the account manager, please feel free to contact the Member Service Desk at 724-891-8439 for assistance.



**That they all may be one, as thou, Father, art in me,
and I in thee; that they also may be one in us: that
the world may believe that thou hast sent me.**

- John 17:21

Jamie's Physical Therapy and Sports Medicine

Jamie's Physical Therapy and Sports Medicine is pleased to be partnering with the Beaver County YMCA. Jamie's has 3 clinics in Beaver County. This is a full service physical therapy private practice. In addition to the traditional treatments provided, this facility offers aquatic therapy as well. This will benefit many patients with a variety of diagnoses ranging from fibromyalgia to joint replacements. The hours of operation are 8 a.m. until 4 p.m. Monday, Wednesday, and Friday. On Tuesday and Thursday, the clinic is open from 8 a.m. until 6 p.m. Pool times are Monday and Wednesday 8-9 a.m. & 2-4 p.m. as well as Tuesday and Thursday 8-9 a.m. & 1-2 p.m. Because Chrissy has direct access, she can see most patients without a physician prescription. Please stop by and see her with any questions you may have. Chrissy can be reached at 724-846-1633.

• Meet the PT: January 11th, 9-11 a.m.

• Postural Exams & Balance Tests: May 3rd, 9-11 a.m.

OUR MISSION

OUR MISSION:

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

OUR VALUES:

Caring, Honesty, Respect, Responsibility and Faith are the basis for all we do.

AREAS OF FOCUS:

For Youth Development
For Healthy Living
For Social Responsibility

Devotions for Daily Living

In an effort to fulfill our mission, to put Christian principles into practice through programs that build healthy spirit, mind and body for all, we are offering an open book Bible study. Members of all denominations are welcome to join us in the Board Room every Monday at 9:30 a.m. We will serve you a cup of coffee and the Good Word.

Exercise is good for your body, but religion helps you in every way. It promises life now and forever.

- 1 Timothy 4:8

Need A Prayer or Know Someone Who Does?

In addition to the prayer box and church directory that is located in the lobby at the information table, we have a prayer chain. If you have a specific crisis situation or someone close to you does and needs strength from prayer, contact the Member Service Director at 724-891-THE-Y (8439) between 9 a.m.-5 p.m. Monday through Friday. Your concern will be confidentially passed on to others who will pray for you, your friends or family.

PSALM 46:1 God is our mighty fortress, always ready to help in times of trouble.

Beaver County YMCA Youth Supper Program

On the 1st and 3rd Thursday of each month, the Beaver County YMCA will serve youth in the community between 6:30-8:30 p.m. (Dinner is served from 6:30-8 p.m.) Along with a warm meal, the children will have the opportunity to use the facility through our Youth Center. The children will participate in activities, including basketball, swimming and the equipment in the Youth Center for the remainder of the evening with supervision of our Youth Center Staff. This program is designed to provide the youth of Beaver County with a safe place to go and just be kids.

Year Round At-Risk FOOD SERVICE PROGRAMS

The YMCA partners with multiple locations during the school year to supply a supper program to youth of Beaver County through the CACFP Program. The following locations are Open Sites where any child under the age of 18 may go to receive dinner during the weekly servicing times.

- | | | |
|--|--|--|
| • THE CENTER
54 Ohio Avenue, Midland
Tues. & Thurs. 6-7 p.m. | • CRESTVIEW VILLAGE
1100 Larch Street, Economy
Wed. & Thurs. 3-6 p.m. | • ST JOHN THE EVANGELIST
ORTHODOX CHRISTIAN CHURCH
1501 8th Avenue, Beaver Falls
Wed. & Thurs. 3-6 p.m. |
| • HOLY SPIRIT FELLOWSHIP CHURCH
1101 6th Street, New Brighton
Wed. 3:30-5:30 p.m. | • LIFE CENTER
2232 3rd Avenue, New Brighton
Wed. 6-7 p.m. | • STEPHEN PHILLIPS APARTMENTS
1 Project Road, Monaca
Tues. & Thurs. 3-6 p.m. |
| • ALIQUIPPA IMPACT
1 Linmar Terrace, Aliquippa
Tues. & Thurs. 3-5 p.m. | • NEW BRIGHTON UNITED
METHODIST CHURCH
1033 6th Avenue, New Brighton
Tues., Wed., Thurs. 3-6 p.m. | |

REC at Y Program

The Beaver County YMCA partners with the Beaver County Housing Authority to provide the youth of Beaver County a Saturday recreation program. The program runs during the school year and provides bus transportation to children to offer each of them a warm meal, a safe place to go, and a FREE Swim Lesson and Youth Sport.

- 2236 Third Avenue; New Brighton, PA • Saturdays during the School Year
• Beaver Falls: January 7th-28th • Ambridge: February 4th-25th • New Brighton: March 4th-25th • Aliquippa: April 1st-29th



MEMBERSHIP

How to Join

You may obtain a YMCA Membership by choosing one of these payment plans:

- **Bank Draft:** Automatic monthly deductions continue to be drafted until the membership department is given a 30-day termination notice.
- **Pay in Full:** We accept payment by cash, check, MasterCard, Discover, Visa or American Express.

Joiner's Fee: For first-time members and expired memberships. (This fee can be spread over 3 months.)

William A Parise Scholarship Program

The Beaver County YMCA is more accessible and afford than ever before with programs in place to help support the community with financial assistance to join the YMCA.

Open Doors Mission Rate: Check with our Member Service Desk and if you meet the household income guidelines, they will provide you with the current subsidized rates. All we need is proof of income in the form of a 1040 tax document within 14 days of sign up. The joiner's fee can also be spread over 3 months.

William A Parise Scholarship application: If the open doors mission rate still does not meet your financial means, a William A. Parise Scholarship Application will be provided for further assistance. These applications are reviewed on a biweekly basis.

Building Closings

- April 14: Good Friday
- April 15: Holy Saturday
- April 16: Easter
- May 29: Memorial Day

Hours of Operation

- Monday – Friday: 5 a.m. – 9 p.m.
- Saturday: 6 a.m. – 8 p.m.
- Sunday: 1 p.m.* – 8 p.m.

*In honor of the Lord, and to uphold the Christian values we proclaim as an organization, we remain closed Sunday mornings so our staff and members can attend worship services.

YMCA Cool Down Café

Free coffee, tea and hot chocolate is available everyday until 9:30 a.m.. We are now offering the healthiest protein on the market. "About Time" protein shakes are made with Silk Unsweetened Vanilla Almond Milk or 2% Milk.

- **Monday-Friday 7 a.m. – 8:30 p.m.**
- **Saturday 9 a.m. – 7 p.m.**
- **Sunday 2 – 7 p.m.**

Guest Pass Policy

Guests may visit a maximum of 3 times per year. On the fourth visit, a multi-day pass or membership must be purchased. After 4 p.m., guest passes are only issued to guests who are 12 and younger, and 30 and older. Those who are 12 and younger must be accompanied by a parent or guardian with photo identification. Members must be present inside the YMCA when bringing guests and photo ID may be required.

Child Watch/Youth Program

This is a free service for all members with children ages 3 months to 14 while using the YMCA for up to two hours. Your children will enjoy structured age appropriate activities and peer interaction in our Child Watch. The Child Watch staff will provide a daily kid fit program as well as use of the playground (weather permitting). Under Youth Counselor supervision, the children will have access to utilize the basketball courts, racquetball courts, playground and swimming pool. Parental check in/out procedures are required.

Child Watch (ages 3 months– age 6)

- **Monday-Thursday:**
8:30 a.m.–1 p.m. & 4:30 p.m.–8 p.m.
- **Friday:**
8:30 a.m.–1 p.m. & 4:30 p.m.–7 p.m.
- **Saturday:**
8 a.m.–1 p.m.
- **Sunday:**

Care offered during Aerobic classes. See Aerobic schedule for specific times.

Youth (age 7–14)

Check in at Child Watch

Evening Youth Hours

- Monday – Thursday 5–8 p.m.

Morning Youth Hours

- 9–11 a.m. on the following dates:
January 16th & February 13th

*A monthly Youth Activity Room schedule will be available in Child Watch and online.



“For all have sinned, and come short of the glory of God.”
– Romans 3:23

Parking

Members may park in the YMCA lot, behind the YMCA near Yesco Electric Supply, or across the street near Vollmer's Service. Please reserve the handicap spaces and the Jamie's Physical Therapy spaces for those who need them. Please also obey the childcare drop-off times, leaving those spaces available for parents picking up and dropping off young children.

Locker-Room Designation

The locker rooms in the back hallway near the Therapy Pool are designated for parents with children of the opposite sex up to the age of 5.

If you feel uncomfortable with this arrangement, please use our locker rooms located near the Wellness Center, or the family changing area located in the back hallway. The front locker rooms are female and male only at all times.

Volunteer Opportunities Available

Our mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all. We serve thousands of young people and adults through a wide variety of programs and services and have been a vital and contributing part of the community since 1891. These programs and services are undertaken by hundreds of dedicated volunteers. Your investment of time and talents are needed for us to continue and expand our youth and community services. As a volunteer you will be treated as a partner and coworker of the Beaver County YMCA and be assigned to a meaningful position that meets your individual interests, skills and life experiences. Applications are available at our Member Services Desk or you can contact the Membership Director at 724-891-8439.

Current volunteer opportunities include:

- Greeters
- Special Events

No Smoking Policy

Beaver County YMCA and grounds are smoke and tobacco-free environments.

Gift Cards

YMCA gift cards, in any amount, can be used for memberships, swim lessons, youth programs, childcare and adult classes. All gift cards expire one year from purchase date and system credits expire 6 months after issued date.

Thunder/Lightning Policy

In the event of inclement weather, including thunder and lightning, the pool will close and the pool deck will be cleared. During this time, all patrons and staff must exit the pool, whirlpool, steam room, and sauna.

The pool deck will reopen once the lightning flash to thunder bang is longer than 10 seconds.

Core Values

Our Christian values of caring, honesty, respect, responsibility and faith will be reflected in examples of our staff and volunteer leadership and how we respond to community needs. If you have questions regarding our mission and/or our values, we'd be happy to hear from you. Call 724-891-8439 and ask for the President & CEO or the V.P. of Member Services.

Go Green...Give Us Your Email

It's easy! Simply stop by the YMCA Member Service Desk and supply us with your email. We will provide you with reminders on upcoming building closings, special YMCA announcements, and a birthday email providing you with a coupon for a FREE bottled water via email. (We will not share your email address with other companies or organizations.)

**Find us on
Facebook**



"Jesus answered and said unto him, Verily, verily, I say unto thee, Except a man be born again, he cannot see the kingdom of God."

- John 3:3

MEMBERSHIP EVENTS

It's All About You...Our Members!

January

• "Believe in your Selfie"

Share your YMCA Selfie and one POSITIVE word that describes yourself on our Facebook page tagging the Beaver County YMCA. We will display our YMCA Family Selfies' in the Lobby. Selfies will be drawn each week to win FREE Protein Shakes, T-shirts, Towels, Memberships and Programs.

• Thursday, January 12th - Amnesty Day!

Replace your lost, or damaged membership card for Free!

• New Year, New You Basket Give Away

Enter to win one of 4 baskets full of goodies to keep you motivated towards your New Years' fitness resolutions! Each time you visit the YMCA during the month of January you receive one entry. The winners will be drawn on January 30th.

February

• Heart Rate Monitor Give Away

Like our FACEBOOK page and share a video of your favorite Cardio exercise to enter. You can win a heart rate monitor and 1 FREE session with a Health Coach/Personal Trainer to design a customized cardio program to help you meet your wellness goals. The winner will be drawn on February 28th.

• Tuesday, February 14th

Treat yourself and surprise your sweet heart with a homemade Valentine. Enjoy Bruster's ice cream and we'll supply the paper and art supplies in our Lobby. Ice cream will be served from 11-1 p.m. and 4-6 p.m.



• Sunday February 19th - Bring a Friend Day!

Everywhere, people express love for their friends and cherish their presence in life. Delight your friend with a day of fun & fitness at the YMCA! Remember Friendship Bracelets? We'll be making them!! Registration is required. **Bonus: If your friend decides to join the YMCA, you will receive a Free Month of Membership!**

March

• Lucky You Basket Giveaway

Enter to win one of our four baskets full of green fitness gear and a few shamrocks! Baskets drawing will be on Friday, March 17th.

• Wednesday, March 6th

Free Water Wednesday

Stop by the Member Service Desk for a free water!

April

• Week of April 3rd

Member Feedback Week

Meet us in the lobby to share your ideas, tell us how you use the Y, ask questions, and let us know how we can better meet your needs. Receive a special surprise for just stopping by! Three opportunities:

- Tuesday, April 4th, 8:30-10:30 a.m.
- Wednesday, April 5th, 6-8 p.m.
- Saturday, April 8th, 9-11 a.m.

• Saturday, April 29th - Healthy Kids Day!

This day is to celebrate healthy eating and staying physically active! The first 100 children that walk through the gym doors receives a free Healthy Kids Day shirt. There will be Spring Youth DEMO, activities held in the pool, vendors giving away prizes, doing crafts, screenings, free haircuts and more. Snacks will be provided throughout the event! Stop by and enjoy Healthy Kids Day! Free to the Community. Registration is required and stay after the event to enjoy the facility as a family.

- 11:00 a.m. - 1:00 p.m. Gym
- Free to the Community

Registration Opens at Healthy Kids Day for Preschool & Summer Camp. Receive a waived registration fee if you sign up at the event!



Rite Aid

The Beaver Falls Rite Aid will be available the first Monday of every month to speak to our members on these monthly topics. Please see below for topics, dates and times.

Rite Aid Monthly Discussions:

- | | | |
|----------------|----------------|------------------------|
| • January 2nd | 8:30-9:30 a.m. | Rite Aid Services |
| • February 6th | 8:30-9:30 a.m. | Heart Disease |
| • March 6th | 8:30-9:30 a.m. | Allergies/Spring Colds |
| • April 3rd | 8:30-9:30 a.m. | Skin Care |



FAMILY EVENTS

Event	Date	Time	Location	Fee
Baby It's Cold Outside Family Movie Night	January 27th	6 - 9 p.m.	Main Gym	Free to the Community
Family Fitness Expo	February 12th	2 - 4 p.m.	Main Gym/ Swimming Pool	Free to the Community
St. Patty's Day Family Celebration	March 12th	2 - 3 p.m.	Main Gym	Free to the Community
Family Easter Party	April 9th	2 - 3:30 p.m.	Main Gym	Free to the Community

Baby It's Cold Outside Family Movie Night **Friday, January 27th, 6-9 p.m.**

Join us for an evening of Movie Fun & Pop Corn! Wear your PJ's and bring your sleeping Bag! Free to the community. Registration is required.

Family Fitness Expo **Sunday, February 12, 2-4 p.m.**

Join us for an afternoon of Fun, Fitness and Family time. We will have several vendors and activities open for all ages. Free to the community. Registration is required.

St. Patty's Day Family Celebration **Sunday, March 12th, 2-3:30 p.m.**

Join us for some Irish Dancing, a Craft, Snacks, and a Facility Day Pass. Free to the Community. Registration is required.

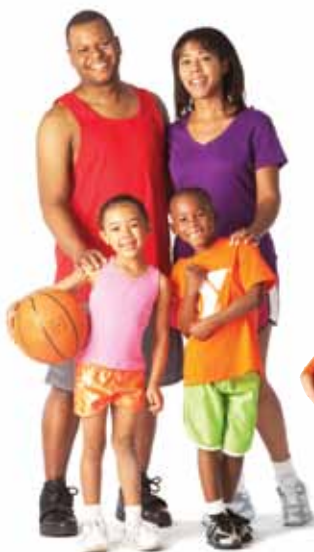
Family Easter Party **Sunday, April 9th, 2-3:30 p.m.**

Bring the family out to meet the Easter Bunny and Hunt for Eggs! Crafts and Snacks will be provided. Free to the Community. Registration is required.

Scholastic Book Fair

Week of April 3rd-8th
in the lobby

- **Mon.-Fri. 9 a.m. - 6 p.m.**
- **Sat. 9 a.m.-NOON**



"For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord."

- Romans 6:23

Please register by stopping by the Member Service Desk, by calling the YMCA at (724) 891-8439 or by logging onto www.beavercountyyymca.org

LANE SCHEDULE

Mon./Wed.	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Therapy Pool
5:00 – 7:00 a.m.	Lap Swim				Open Swim		Closed
7:00 – 8:00 a.m.	Lap Swim				Open Swim		Open Swim
8:00 – 9:00 a.m.	Lap Swim			Aqua Jog (Deep End) / Open Swim (Shallow End)			Open Swim
9:00 – 10:00 a.m.	Lap Swim			Open Swim (Deep End) / Aqua Aerobics (Shallow End)			Swim Lessons 9:45-11:30 (Mon./3 yr old CC 9-11 (Wed.)
10:00 – 11:30 a.m.	Lap Swim			Volleyball (Shallow End) / Open Swim (Deep End)			Swim Lessons 9:45-11:30 (Mon./3 yr old CC 9-11 (Wed.)
11:30 a.m. – Noon	Lap Swim				Open Swim		Swim Lessons
Noon – 1:00 p.m.	Lap Swim				Open Swim		Arthritis
1:00 – 2:00 p.m.	Lap Swim				Open Swim		Arthritis
2:00 – 3:00 p.m.	Lap Swim				Open Swim		Open Swim
3:00 – 4:00 p.m.	Lap Swim				Open Swim		Child Care Swim (Wed. 3-4 PreK)
4:00 – 7:00 p.m.	Swim Lessons (4:30-7:20 p.m.)	Lap Swim			Open Swim		Swim Less. Mon. 5-7:20; Wed. 4:30-6:15
7:00 – 8:00 p.m.	Lap Swim			Instructor's Mix (Shallow End) / Open Swim (Deep End)			Open Swim
8:00 – 8:30 p.m.	Lap Swim				Open Swim		Open Swim
8:30 – 9:00 p.m.	Lap Swim				Open Swim		Closed
9:00 p.m.	Pool Closed						
Tues./Thurs.	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Therapy Pool
5:00 – 7:00 a.m.	Lap Swim				Open Swim		Closed
7:00 – 9:00 a.m.	Lap Swim				Open Swim		Aqua Pilates (9:00-10:00 a.m.)
9:00 – 10:00 a.m.	Child Care (2yrs) 9-11 Thurs.	Lap Swim			Open Swim		Open Swim
10:00 – 11:00 a.m.	Lap Swim				Open Swim		Swim Lessons 10:15-10:45a(Thurs)
11:00 a.m. – Noon	Lap Swim				Open Swim		Silver Splash
Noon – 1:00 p.m.	Swim Lessons (12:30-1:15 Thurs.	Lap Swim			Open Swim		Just My Speed
1:00 – 2:00 p.m.	Lap Swim				Open Swim		Open Swim
2:00 – 3:00 p.m.	Lap Swim				Open Swim		Arthritis
3:00 – 4:00 p.m.	Lap Swim				Open Swim		Open Swim
4:00 – 5:00 p.m.	Swim Lessons	Lap Swim			Open Swim		Open Swim
5:00 – 7:00 p.m.	Swim Lessons (4:30-7:00 p.m.)	Lap Swim			Open Swim		Swim Lessons (4:30-7:00 p.m.)
7:00 – 8:00 p.m.	Lap Swim			Hydro Dance (Jan. 3-Feb. 23) / Aqua Tabata (Feb. 28-Apr. 20)			Arthritis
8:00 – 8:30 p.m.	Lap Swim				Open Swim		Open Swim
8:30 – 9:00 p.m.	Lap Swim				Open Swim		Closed
9:00 p.m.	Pool Closed						
Fri.	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Therapy Pool
5:00 – 7:00 a.m.	Lap Swim				Open Swim		Closed
7:00 – 8:00 a.m.	Lap Swim				Open Swim		Open Swim
8:00 – 9:00 a.m.	Lap Swim			Aqua Jog (Deep End) / Open Swim (Shallow End)			Open Swim
9:00 – 10:00 a.m.	Lap Swim			Open Swim (Deep End) / Aqua Aerobics (Shallow End)			Child Care Swim Lessons
10:00 – 11:30 a.m.	Lap Swim			Volleyball (Shallow End) / Open Swim (Deep End)			Child Care Swim Lessons
11:30 a.m. – Noon					Open Swim		Child Care Swim Lessons
Noon – 1:00 p.m.	Lap Swim				Open Swim		Arthritis
1:00 – 2:00 p.m.	Lap Swim				Open Swim		Arthritis
2:00 – 3:00 p.m.	Lap Swim				Open Swim		Open Swim
3:00 – 4:00 p.m.	Lap Swim				Open Swim		Open Swim
4:00 – 5:00 p.m.	Lap Swim				Open Swim		Open Swim
5:00 – 6:30 p.m.	Lap Swim				Open Swim		Open Swim
6:30 – 7:30 p.m.	Lap Swim				Open Swim		Rentals
7:30 – 8:30 p.m.	Lap Swim				Open Swim		Open Swim
8:30 – 9:00 p.m.	Lap Swim				Open Swim		Closed
9:00 p.m.	Pool Closed						
Sat.	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Therapy Pool
6:00 – 8:00 a.m.	Lap Swim				Open Swim		Closed
8:00 – 9:00 a.m.	Swim Lessons	Lap Swim			Open Swim		Open Swim
9:00 – 10:00 a.m.	Swim Lessons	Lap Swim			Open Swim		Swim Lessons
10:00 a.m. – 1:00 p.m.	Swim Lessons	Lap Swim			Open Swim		Swim Lessons
1:00 – 2:00 p.m.	Rec at the Y (1-3:15)		Lap Swim		Open Swim		Open Swim
2:00 – 3:00 p.m.			Lap Swim		Open Swim		Rentals
3:00 – 4:00 p.m.	Lap Swim				Open Swim		Open Swim
4:00 – 5:00 p.m.	Lap Swim				Open Swim		Open Swim
5:00 – 6:00 p.m.	Lap Swim				Open Swim		Rentals
6:00 – 7:00 p.m.				Lap Swim			Open Swim
7:00 – 8:00 p.m.				Lap Swim			Adults Only Open Swim
8:00 p.m.	Pool Closed						
Sun.	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Therapy Pool
6:00 a.m. – 1:00 p.m.	CLOSED...SEE YOU IN CHURCH!!!						
1:00 – 2:00 p.m.	Lap Swim				Open Swim		Open Swim
2:00 – 3:00 p.m.	Lap Swim				Open Swim		Rentals
3:00 – 5:00 p.m.	Lap Swim				Open Swim		Open Swim
5:00 – 6:00 p.m.	Lap Swim				Open Swim		Rentals
6:00 – 7:00 p.m.	Lap Swim				Open Swim		Open Swim
7:00 – 8:00 p.m.	Lap Swim				Open Swim		Adults Only Open Swim
8:00 p.m.	Pool Closed						

Pool schedule is subject to adjustments due to usage and programs. All children under the age of 10 MUST be accompanied by an adult.
Open swim may be available during Rental times on pool schedule, check with Member Service Desk.

AQUATICS

WINTER/SPRING AQUATICS SCHEDULE

Daytime, Evening, and Weekend Lessons (Once each week for 8 weeks)

Class	Day	Time	Location	Member Rate	Non-Member Rate
Shrimp/Kipper Lessons: Ages 6 Months to 36 Months					
Skippers	Monday	11:00 - 11:30 a.m.	Therapy Pool	\$32	\$57
Skippers	Monday	6:15 - 6:45 p.m.	Therapy Pool	\$32	\$57
Skippers	Tuesday	6:20 - 6:50 p.m.	Therapy Pool	\$32	\$57
Skippers	Saturday	10:20 - 10:50 a.m.	Therapy Pool	\$32	\$57
Preschool Lessons: Ages 3 Years to 5 Years					
Pike	Monday	10:20 - 10:50 a.m.	Therapy Pool	Free	\$57
Pike	Monday	5:00 - 5:30 p.m.	Therapy Pool	Free	\$57
Pike	Tuesday	4:30 - 5:00 p.m.	Therapy Pool	Free	\$57
Pike	Wednesday	5:45 - 6:15 p.m.	Therapy Pool	Free	\$57
Pike	Thursday	10:15 - 10:45 a.m.	Therapy Pool	Free	\$57
Pike	Thursday	4:30 - 5:00 p.m.	Therapy Pool	Free	\$57
Pike	Saturday	9:00 - 9:30 a.m.	Therapy Pool	Free	\$57
Pike	Saturday	11:00 - 11:30 a.m.	Therapy Pool	Free	\$57
Eel	Monday	9:45 - 10:15 a.m.	Therapy Pool	\$32	\$57
Eel	Monday	5:40 - 6:10 p.m.	Therapy Pool	\$32	\$57
Eel	Tuesday	5:10 - 5:40 p.m.	Therapy Pool	\$32	\$57
Eel	Wednesday	5:10 - 5:40 p.m.	Therapy Pool	\$32	\$57
Eel	Thursday	11:00 - 11:30 a.m.	Lap Pool	\$32	\$57
Eel	Thursday	5:10 - 5:40 p.m.	Therapy Pool	\$32	\$57
Eel	Saturday	9:45 - 10:15 a.m.	Therapy Pool	\$32	\$57
Ray/Starfish	Monday	6:50 - 7:20 p.m.	Therapy Pool	\$32	\$57
Ray/Starfish	Tuesday	5:45 - 6:15 p.m.	Therapy Pool	\$32	\$57
Ray/Starfish	Wednesday	4:30 - 5:00 p.m.	Therapy Pool	\$32	\$57
Ray/Starfish	Thursday	5:45 - 6:15 p.m.	Therapy Pool	\$32	\$57
Ray/Starfish	Saturday	10:20 - 10:50 a.m.	Lap Pool	\$32	\$57
You Can Swim (age 3-5)	Thursday	5:45 - 6:15 p.m.	Therapy Pool	\$32	\$57
Youth Lessons: Ages: 6 Years and up					
Polliwog	Tuesday	6:15 - 7:00 p.m.	Lap Pool	\$48	\$64
Polliwog	Wednesday	4:30 - 5:15 p.m.	Lap Pool	\$48	\$64
Polliwog	Thursday	4:30 - 5:15 p.m.	Lap Pool	\$48	\$64
Polliwog	Saturday	9:00 - 9:45 a.m.	Lap Pool	\$48	\$64
Guppy	Monday	6:15 - 7:00 p.m.	Lap Pool	\$48	\$64
Guppy	Tuesday	5:25 - 6:10 p.m.	Lap Pool	\$48	\$64
Guppy	Wednesday	5:25 - 6:10 p.m.	Lap Pool	\$48	\$64
Guppy	Thursday	5:25 - 6:10 p.m.	Lap Pool	\$48	\$64
Guppy	Saturday	9:50 - 10:35 a.m.	Lap Pool	\$48	\$64
Minnow	Monday	5:25 - 6:10 p.m.	Lap Pool	\$48	\$64
Minnow	Tuesday	4:30 - 5:15 p.m.	Lap Pool	\$48	\$64
Minnow	Wednesday	6:15 - 7:00 p.m.	Lap Pool	\$48	\$64
Minnow	Saturday	10:45 - 11:30 a.m.	Lap Pool	\$48	\$64
Fish/Flying Fish/Shark/Porpoise	Monday	4:30 - 5:15 p.m.	Lap Pool	\$48	\$64
Fish/Flying Fish/Shark/Porpoise	Thursday	4:30 - 5:15 p.m.	Lap Pool	\$48	\$64
Fish/Flying Fish/Shark/Porpoise	Saturday	11:40 a.m. - 12:25 p.m.	Lap Pool	\$48	\$64
You Can Swim (age 6 and up)	Thursday	6:15 - 6:45 p.m.	Therapy Pool	\$32	\$57
Adult Lessons: Ages: 18 Years and up					
Adult Swim Lessons	Saturday	8:00 - 8:45 a.m.	Lap Pool	\$48	\$64

* PLEASE NOTE: Parent/Child make-up classes are offered during the regularly scheduled class times.

Winter Session 1:

Week of Jan. 2nd - Week of Feb. 20th

Registration Begins:

- Member On-line: NOW
- Member: NOW
- Non-Member: December 16th

MAKE-UP FEBRUARY 17TH

Winter Session 2:

Week of Feb. 27th - Week of Apr. 17th

*NO CLASS APR. 15TH (EASTER) -
MAKE-UP APRIL 7TH*

Registration Begins:

- Member On-line: February 6th
- Member: February 10th
- Non-Member: February 12th

• Swim Lesson Level Descriptions found on [page 8](#)

• Additional Swim Lessons and Aquatic Programs found on [Page 9](#)

Please register by stopping by the Member Service Desk, by calling the YMCA at (724) 891-8439 or by logging onto www.beavercountymymca.org

Beaver County YMCA Class Descriptions

Skippers (6-36 months Parent/Child): This is an introduction to the aquatic environment for parents and their infants. The infants learn basic skills and have fun playing with toys and floatation devices with the help of their parent(s). Infants and parents are given the opportunity to enjoy the aquatic environment in a fun way while reviewing skills and safety tips. Participants 6-12 month are FREE

Pike (3-5 years Beginners): This level helps children develop safe pool behavior, adjust to the water, and develop independent movement in the water. It is designed for new swimmers, teaching basic paddle stroke and kicking skills, pool safety, proper use of IFDs and PFDs, and comfort with holding the face in the water while blowing bubbles and swimming.

Eel (3-5 years Intermediate): This level reinforces Pike skills. It is for children who are comfortable in the water. They are taught to kick, dive, float, and perform the progressive paddle stroke. They also learn basic boating safety and use of PFDs. Children can swim across the pool without assistance by the end of this level.

Ray (3-5 years Intermediate/Advanced): At this level children review previous skills, improve stroke skills, learn more personal, safety, and rescue skills, build endurance by swimming on their front and back, and learn to tread water and perform more progressive diving skills. Children can swim across the pool on their front and back without assistance by the end of this level.

Starfish (3-5 years Advanced): Children at this level review previously learned skills and refine their strokes as well as their personal safety, rescue, and floating skills. They also learn underwater swimming skills. Children can swim a length of the pool on their front and back at the end of this level.

Polliwog (6 years and up Beginner) This is the beginner level for school-age children. It gets children acquainted with the pool, the use of floatation devices, and floating. By the end of this level, they should know the front paddle stroke, side and back paddle, an some synchronized swimming and wetball (lead-up game to water polo) movements. Children can swim across the pool without assistance by the end of this level.

Guppy (6 years and up Beginner/Intermediate): The children continue to practice and build upon basic skills, now performing more skills without the aid of a floatation device. They are introduced to lead-up strokes to the front and back crawl, sidestroke, breaststroke, and elementary backstroke. More synchronized swimming and wetball skills are taught as well as some diving skills. Children can swim a length of the pool without assistance at the end of this level.

Minnow (6 years and up Intermediate): This is the initial intermediate level. The children further refine the lead-up strokes they have learned as their skills become more like those normally used in swimming. They learn still more synchronized swimming, wetball, diving skills, personal safety, boating, and rescue.

Fish (6 years and up Advanced): At this point, students work to perform the crawl stroke, elementary backstroke, back crawl stroke, and sidestroke, with turns. They continue learning additional synchronized swimming movements, wetball skills, and diving skills; they continue learning personal safety, boating, and rescue skills; and they are introduced to the use of a mask and fins.

Flying Fish (6 years and up Advanced): At this advanced level, students work on refining their strokes and increasing their endurance. They develop the ability to perform more complex combinations of synchronized swimming movements, learn to dive off a one-meter board, and develop better wetball playing skills. They also are introduced to the use of a snorkel, and they learn more about boating safety, personal safety, and rescue procedures.

Shark (6 years and up Advanced): The students at this level continue to improve their strokes, with starts and turns, and are introduced to the inverted breaststroke, the trudgen crawl, and the overarm sidestroke. Opportunities are provided for further work on synchronized swimming, wetball, and snorkeling, as well as personal safety, boating safety, and rescue skills.

Adult (18 years and up Beginner/Intermediate): A class for adults who don't feel at ease in the water or who have never participated in swim lessons. Non-swimmers and intermediate swimmers are taught basic swimming skills to help them overcome their fear of the water.



Please register by stopping by the Member Service Desk, by calling the YMCA at (724) 891-8439 or by logging onto www.beavercountyyymca.org

Private Swim Lesson (Ages 3 and up)

Private swim lessons provide everyone with the opportunity to improve their swimming skills and are an excellent way to receive the one-on-one attention you may need. Lessons are planned according to individual need and schedule. Register anytime!

Fee: Members \$70; Non-Members \$120

Note: Private lessons are not available during group swim lesson times.

You Can Swim

This 30-minute program is designed to provide a wonderful opportunity for children with physical and developmental disabilities to explore the water and learn to swim. The classes will operate with a low ratio of one instructor for every two children and will be held in our Therapy Pool. In addition, parents are welcome to join the children in the water and assist the instructor.

Winter Session 1:

Week of Jan. 2nd – Week of Feb. 20th

Registration Begins:

- Member On-line: NOW
- Member: NOW
- Non-Member: December 16th

Winter Session 2:

Week of Feb. 27th – Week of Apr. 17th

Registration Begins:

- Member On-line: February 6th
- Member: February 10th
- Non-Member: February 12th

Day: Thursday

Time: Ages 3-5 – 5:45 – 6:15 p.m.

Ages 6-15 – 6:15 – 6:45 p.m.

Location: Therapy Pool

Fee: Members \$32; Non-Members \$57

Scout Days

The Beaver County YMCA is now offering Scout Days for Boy Scouts and Girl Scout Troops to increase their water safety knowledge. Topics can include water safety, boating safety, and water swim testing. Troops will cover the topic and have the opportunity to stay and swim. Contact Yancy Sannan, Aquatics Director to reserve your date.

Fee: \$25/Troop



YMCA American Red Cross Lifeguard Course

Provides entry-level participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over. Prerequisites:

- Minimum age of 15 years
- Swim 300 yards continuously
- Tread water for 2 minutes using only the legs
- Complete a times event within 1 minute, 40 seconds
- Class dates are (Must attend 100% of the classes):

Dates: Saturday, February 11th &
Sunday, February 12th

Time: 9:30 a.m.-3:30 p.m.

Fee: Members \$225; Non-Members \$250

HydroMix

This hour and a half class will mix the best of three intense aqua classes; Hydro Dance, Aqua Tabata and Aqua Kickboxing. Hydro Dance, Aqua Tabata and Aqua Kickboxing combine the benefits of aquatic exercise by using the resistance of water to help strengthen muscles. When exercising in water, you work against 12 times the resistance of air, according to an article published in "American Fitness" in 1996. Simply kicking and cupping the water helps contribute to muscle development, which translates into a higher metabolism and healthier body.

Classes will be held the last Saturday of each month: January 28, February 25, March 25 and April 29 from 8-9:30 a.m.

Classes are free to members, be sure to register at the desk.



"Behold, I stand at the door, and knock: if any man hear my voice, and open the door, I will come in to him, and will sup with him, and he with me."
– Revelation 3:20

Please register by stopping by the Member Service Desk, by calling the YMCA at (724) 891-8439 or by logging onto www.beavercountyyymca.org



Class	Day	Location	Time	Member Rate	Non-Member Rate
Ages: 2 Year Old Sports					
Mini Sports	Monday	Main Gym	6:00 - 6:30 p.m.	\$21	\$41
Mini Sports	Tuesday	Main Gym	9:30 - 10:00 a.m.	\$21	\$41
Mini Sports	Monday	Main Gym	6:00 - 6:30 p.m.	\$21	\$41
Mini Sports	Tuesday	Main Gym	9:30 - 10:00 a.m.	\$21	\$41
Ages: 3 Year Old Sports					
Flag Football	Tuesday	Multi-Purpose Room	4:00 - 4:30 p.m.	\$21	\$41
Basketball	Saturday	Main Gym	9:00 - 9:30 a.m.	\$21	\$41
Soccer	Tuesday	Multi-Purpose Room	4:00 - 4:30 p.m.	\$21	\$41
Soccer	Saturday	Main Gym	9:00 - 9:30 a.m.	\$21	\$41
Ages: 4-5 Year Old Sports					
Flag Football	Tuesday	Multi-Purpose Room	4:45 - 5:15 p.m.	\$21	\$41
Basketball	Saturday	Main Gym	9:45 - 10:15 a.m.	\$21	\$41
Soccer	Tuesday	Multi-Purpose Room	4:45 - 5:15 p.m.	\$21	\$41
Soccer	Saturday	Main Gym	9:45 - 10:15 a.m.	\$21	\$41
Ages: 6-11 Year Old Sports					
Basketball	Saturday	Main Gym	10:30 - 11:15 a.m.	\$21	\$41
Flag Football	Sunday	Main Gym	2:00 - 2:45 p.m.	\$21	\$41
Soccer	Saturday	Main Gym	10:30 - 11:15 a.m.	\$21	\$41

Session 1:
Week of Jan. 2nd - Week of Feb. 20th

Session 2:
Week of Feb. 27th - Week of Apr. 17th

Registration is NOW OPEN for All SPORTS. Sign Up for Both Sessions and Save \$10!

2 Year Olds

Mini Sports

Mini Sports is a class for children who are a first time sports participant. Children will work on developing coordination, balance, and body awareness while exploring a variety of sports. Make sure to wear your tennis shoes. Registration is required. Maximum of 10 participants per class for safety and effective coaching. Parents are encouraged to join and participate with their children during this class!

3-5 and 6-11 Year Olds

Flag-Football

Down, set, hut! Learn the basics with safety in mind. Learn to pass, catch and run like the pros. With no contact permitted the kids will learn the fundamentals of Flag-Football. Registration is required. Maximum 10 participants per class for 3-5 year olds & 12 for 6-11 year olds for safety and effective coaching.

Basketball

This class will teach the basic fundamentals of basketball that include, passing, dribbling, and shooting. Equipment is modified due to the age groups. Basketball will develop gross motor skills, hand-eye coordination and sportsmanship. Registration is required. Maximum of 10 participants per class for 3-5 year olds & 15 participants for 6-11 year olds for safety and effective coaching.*

Soccer

Come and learn the basic fundamental skills of soccer including, passing, dribbling, kicking at a goal and coordination. Groups will progress towards small group games with modifications of a soccer game. Registration is required. Maximum of 12 participants per class for 3-5 year olds & 15 for 6-11 year olds for safety and effective coaching.*

***In the event that a class becomes filled, a second class will be added for your convenience.**

Please register by stopping by the Member Service Desk, by calling the YMCA at (724) 891-8439 or by logging onto www.beavercountyyymca.org

Home School Gym, Swim and Art

Home-schooled children ages 5-18 can fulfill their physical education requirement with this YMCA program. This program offers a YMCA sport program where the children will participate in a variety of age appropriate activities along with YMCA swimming instruction. **All swimming levels and abilities will be served.**

YMCA follows the New Brighton School District schedule. If New Brighton School District cancels school due to the weather, Home School Gym, Swim and Art will also cancel.

Session 1: Tuesday, January 3rd - Tuesday, February 21st

Session 2: Tuesday, February 28th - Tuesday, April 18th

Day: Tuesday

Time: 11:30 a.m. - 1:15 p.m. - Gym/Swim

1:30 - 2:15 p.m. - Art

Location: Lap Pool/Multipurpose

Gym/Youth Center

Fee: Members: Child \$40, Family \$75

Non-Members: Child \$60, Family \$110

Kids Cycle Boot Camp

Join us for an hour filled with cardio and strengthening exercises for children who are taller than 4'4". Initial paperwork required before your first class. Please arrive 15 minutes prior to class. See monthly Group Exercise schedule for days and times.

American Red Cross

Babysitting Course

What you need to know and what every parent wants in a safe and responsible babysitter! This course would also be very helpful to older siblings who are sometimes left responsible for their younger brothers and sisters. Designed for 11-15 year old, the Babysitter's Training course can help you...

- Care for children and infants
- Be a good leader and role model
- Make good decisions and solve problems
- Keep the children you babysit and yourself safe
- Handle emergencies such as injuries, illnesses, and household accidents.

Date: Saturday, March 18th

Time: 9 a.m. - 2 p.m.

Location: Board Room

Fee: Members FREE; Non-Member \$30

*** PLEASE REMEMBER TO BRING BAG LUNCH***



Church/Youth Group Nights

Come join us at the YMCA the fourth Sunday of each month for Church/Youth Group night. Churches are welcome to bring a group of people to the Y to enjoy swimming, basketball, and the Youth Center. Each group must be supervised by an adult 21 years or older. Please call to reserve a date.

Ages: All ages

Day: Sunday

Dates: January 15th, February 19th, March 19th, April 23rd, May 21st

Time: 5 - 7 p.m.

Fee: \$5/person (chaperones free)

Lifesteps Screenings

Lifesteps, Inc., a local nonprofit organization, is partnering with the YMCA to offer developmental screenings, a FREE screening service for all children from birth to five years of age. A screening takes approximately 30 minutes to complete with results available immediately. The screening covers a child's development in the areas of playing, talking, seeing, hearing, moving, and thinking. Parents are urged to have their children screened so any developmental problems can be caught at the earliest stage. Appointments are required. For more information or to schedule an appointment call Lifesteps at 724-774-6494.

- Tuesday, January 17th
- Tuesday, February 21st
- Friday, March 13th
- Monday, April 17th
- 10 a.m. - 3 p.m. each day



"For by grace are ye saved through faith; and that not of yourselves: it is the gift of God. Not of works, lest any man should boast."

- Ephesians 2:8-9

Please register by stopping by the Member Service Desk, by calling the YMCA at (724) 891-8439 or by logging onto www.beavercountymca.org

KIDS OF STEEL TRAINING INSTILLING LIFELONG, HEALTHY HABITS IN KIDS



Join us for an exercise and nutrition program designed to motivate children to pursue quality nutrition and an active lifestyle by incorporating exercise and healthy eating habits into their daily routine.

Kids of Steel

- **Dates:** January 17th – May 2
- **Day:** Tuesdays
- **Times:** 5:30-6:30 p.m.
- **Ages:** Kindergarten and up
- **Location:** Main Gym

Toddlers of Steel

- **Dates:** January 16th – May 1st
- **Day:** Mondays
- **Times:** 11:30 a.m.-Noon
- **Ages:** 2-5
- **Location:** Main Gym

Fee: \$10 for Members (includes race socks)
\$50 for Non-Members (includes race socks)

***Participants must register separately for the Pittsburgh Marathon. Registration is online at www.thepittsburghmarathon.com/kidsofsteel**



**We are looking for volunteers to help with our program.
If interested please contact the Wellness Director.**



"Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness." – Isaiah 41:10

Please register by stopping by the Member Service Desk, by calling the YMCA at (724) 891-8439 or by logging onto www.beavercountyyymca.org

Have Your Birthday Party at the YMCA! Parents Sit Back and Relax, Kids Have a Blast.



Types of Parties:

- **Pool Party, Fun and Fit Party or Nerf Wars**

Available Times:

- **Friday 7-9 p.m.**
- **Saturday and Sunday 2-4 p.m. and 5-7 p.m.**

Party Descriptions

- **Pool Party:** 1 hour in our warm 90 degree, 4 ft. deep therapy pool. Games and activities will be organized for children.
- **Fun and Fit Party:** 1 hour of physical gym activities age specific will be organized for children. Games, parachute, scooters, obstacle courses, soccer, basketball, Nerf Wars and more are available.
- **Nerf War Parties:** 1 hour of Nerf battle games including obstacle course, barricades, capture the flag and more. The YMCA will provide the safety goggles, space, flags and obstacles for the game. Party attendees are responsible to bring their own Nerf guns.



Basic Birthday Party for 16 includes:

- **2 Hour Rental:** 1 hour of activity and 1 hour in the Gross Motor Room
- **All Paper Products:** Table Cloths, Napkins, Plates, Cups and Forks
- **Food for the Guests:** 4-One Topping Pizzas, 4-Bottles of Pop, 2 Bags of Chips
- 2 Week YMCA Guest Pass for all Attendees
- A Birthday Shirt for the Birthday Child and a Party Planner to take care of it all!
- **Fee: Members \$175; Non-Members \$225**
- ***\$100 deposit due at registration.**

Note: The birthday child must be a member or live in a member household to receive member rate.

Basic Birthday Party for 25 includes:

- **2 Hour Rental:** 1 hour of activity and 1 hour in the Gross Motor Room
- **All Paper Products:** Table Cloths, Napkins, Plates, Cups and Forks
- **Food for the Guests:** 6-One Topping Pizzas, 6-Bottles of Pop, 3 Bags of Chips
- 2 Week YMCA Guest Pass for all Attendees
- A Birthday Shirt for the Birthday Child and a Party Planner to take care of it all!
- **Fee: Members \$225; Non-Members \$275**
- ***\$100 deposit due at registration.**

Note: The birthday child must be a member or live in a member household to receive member rate.

Add-On Items:

- **Pizza \$10**
- **Superhero or Princess Appearance \$10-1 hour/\$20-2 hours**

What is a YMCA Party Planner?

A YMCA Party Planner does everything for you. They buy decorations and decorate, get all of the food, organize games and activities for the kids. They also clean up so you have a hassle free party! **For more information or to schedule a date, please contact the Party Coordinator, Megan Kozlar or the Member Service Desk at 724-891-8439.**

Pool party packages are also available during the summer months at the Ellwood City Pool and the Midland Pool.

HEALTH & WELLNESS

Free Wellness Orientation

The Free Wellness Orientation session is designed to help our members get started on their path to good health! The Wellness Orientation will introduce members to various cardiovascular and strength machines. Members will learn how to correctly set up and use equipment and also how to utilize our 3 & 5-Day Workouts. Please register at the Member Service Desk.

Ages: 15 years and older

Location: Wellness Center

Date: By appointment only

Free Parent & Child Training Passport

This free one-time training session is mandatory for all children 9-14 years old and their parents who would like to to exercise together in the Wellness Center. Wellness Center staff will instruct participants in the correct use of strength and cardio equipment. Parents and children must abide by the following rules:

- Attend Parent & Child Wellness Training.
- Check in at the Member Service Desk to pick up a Wellness Center Passport each time you visit the Wellness Center together.
- Wellness Center Passport must be worn by the child while in the Wellness Center.
- Parent and child must stay together while using all strength training equipment.
- Children may use cardio equipment on their own.
- No child will be permitted access to the Wellness Center without a Passport.

Please register at the Member Service Desk.

Ages: 9-14 years old

Time: Appointment only

Personal Training

Achieve your personal best and maximize your workout with motivation and safe fitness-training methods! Medical clearance by your physician may be required prior to starting this program. Appointment set-up will be through the Wellness Director and Personal Trainer within 24 hours of registering training hours.

Program includes:

- Consultation
- Training program specific to your needs
- One-on-one training/coaching
- Led by knowledgeable, certified trainers with a personal training certification.

Member Fee:

- 1 one-hour session = \$27
- 6 one-hour sessions = \$143
- 12 one-hour sessions = \$275
- 24 one-hour sessions = \$526

Non-Member Fee:

- 1 one-hour session = \$40
- 6 one-hour sessions = \$214
- 12 one-hour sessions = \$412
- 24 one-hour sessions = \$799

Personal Training Policy:

Personal training or coaching at the YMCA is provided by YMCA employees only. Trainers and coaches that are not employed by the YMCA are prohibited from providing training and coaching services at the YMCA to members or participants. Failure to comply with the policy is a direct violation of YMCA policy and may result in termination of YMCA membership privileges.

Self Defense Class

Participants will learn various self-defense holds and how to escape and defeat holds while controlling the attacker including choke holds, weapon holds, full nelsons, & hand grips.

Instructor: Ed Hermick, 5th Degree Black Belt

Dates: February 18th-April 8th

Time: 8-11 a.m.

Location: Gross Motor Room

Fee: Members \$40; Non-Members \$80

YMCA Blood Pressure Self-Monitoring Program

One in three American adults has high blood pressure which increases the risk for heart attack, stroke, heart failure and kidney disease. But only half of those with high blood pressure have their condition under control. The YMCA's Blood Pressure Self-Monitoring program was developed to support individuals in improving their health by consistent monitoring and tracking their own blood pressure.

Program Features:

- 4 month program
- Self-Identified Tracking / Self-monitoring tool
- Healthy Heart Ambassador support through weekly office hours
- Monthly Nutritional Education seminars
- Participants can purchase a blood pressure monitor if needed

Program begins January 2nd - April 24th.

- Office Hours are held in the Wellness Center Mondays, 6-8 a.m.; Tuesdays, 10-11 a.m. Wednesdays, 12:15-1:15 p.m.; Evenings by Appt.
- Dietary Approaches to Stop Hypertension (DASH)
 - January 17th; 1 p.m.
- Reducing Sodium Intake
 - February 21st; 1 p.m.
- Shopping, Cooking and Food Preparation
 - March 21st, 1 p.m.
- Eating For Your Heart - April 18th; 1 p.m.

Program Registration Fee:

FREE (BP Monitor is not included)

Please register for your first Office Hour Appointment

at the Member Service Desk, Online at

www.beavercountyyymca.org or by phoning 724-891-8439.



Please register by stopping by the Member Service Desk, by calling the YMCA at (724) 891-8439 or by logging onto www.beavercountyyymca.org

YMCA Diabetes Prevention Program

If you are at risk for Type 2 Diabetes, you can make small measurable changes that can reduce your risk and help you live a happier, healthier life. Change can be tough- we can help.

Program Features:

- 25 sessions delivered over the course of one year.
- Sessions are led by certified Lifestyle Coaches.
- Sessions are offered as small group trainings that offer peer to peer motivation and support.
- Includes a three month Family Membership to the Beaver County YMCA along with the opportunity to earn an additional nine month for free.

Starting Saturday, February 4th

Day: Saturdays

Time: 8 a.m.

Location: YMCA Board Room

Registration Fee: \$429

Registration fee can be paid in full or monthly bank drafts of \$35.75. Financial assistance available.



Nutritional Therapy

Ages: 15 years and older. Find the missing pieces of your wellness puzzle with a customized nutrition plan made by a Certified Nutritional Therapist. Every person is unique and has an individual set of nutrient requirements. A personalized program will be formulated to ensure that a well-balanced nutrition addresses and any deficiencies as well as aid in the improvement of health symptoms, the optimization of overall health and healthy weight management.

Program includes 6 sessions:

- Consultation and Assessment (45 mins.)
- Presentation of customized nutrition plan (75 mins.)
- Four (30 min) follow-up sessions to ensure the plan is working, adjust accordingly and to re-check symptoms

Program Package Rates:

- **Members: \$125; Members Couples: \$155**
- **Non-Members: \$150;**
- **Non-Members Couples: \$195**

Nutritional Therapy Continued Support

Nutritional Therapy participants can now receive additional support. Those individuals who have completed the Nutritional Therapy Program and would like to continue working on controlling health symptoms can participate in these ongoing sessions. Sessions are 1 hour, one-on-one with the Nutritional Therapist.

Fee: Members: \$20; Non-Members: \$25

Please register for the Nutritional Therapy Programs by stopping by the member service Desk, by calling the YMCA at 724-891-8439 or by logging onto www.beavercountnymca.org

EnhanceFitness

EnhanceFitness is an evidence-based group exercise program that uses simple, easy-to-learn movements that motivate individuals with arthritis to stay active throughout their life. EnhanceFitness participants overcome the obstacles of living with arthritis and revitalize their well-being within a safe community of support. Individuals in the EnhanceFitness program experience improved physical strength, increased flexibility, better balance, enhanced cardiovascular fitness, and reduced arthritic pain which leads to empowered independent living for people with arthritis.

The Next Session is scheduled for May 2017

Location: Multi-Purpose Room

Fee: FREE for YMCA Members

\$25/month for Non-Members which includes a YMCA Membership (payments must be auto drafted)

ADULT

Pickleball

Pickleball combines the elements of tennis, badminton and ping-pong! Pickleball uses a composite paddle and a wiffle ball hit over a net. The rules are simple and the game is easy to learn. Join us in the Main Gym to give it a try!

Day/Time: Wednesday Noon. - 2 p.m.

Location: Main Gym

Open Adult Wallyball

Wallyball is a game played in our racquetball court and much of the strategy is similar to that used in volleyball. Join us to meet others and enjoy a friendly game of wallyball.

Date/Time: Monday-Friday 10 a.m.-Noon

Tuesday & Thursday 5-6 p.m.

Wednesday 7-9 p.m.

Saturday 10-11 a.m.



"But Jesus said, Suffer little children, and forbid them not, to come unto me: for of such is the kingdom of heaven."

- Matthew 19:14

Please register by stopping by the Member Service Desk, by calling the YMCA at (724) 891-8439 or by logging onto www.beavercountnymca.org

COMING SOON....
STRENGTH TRAINING PROGRAMS



NEW! Functional Group Training

Classes are instructed by an experienced personal trainer to accommodate all fitness levels utilizing our new functional equipment. For example Powermill, TRX, Keiser Bikes and much more in a variety of stations. Limited to 6 participants. Please register for a session at the Member Service Desk or on line at www.beavercountyyymca.org



Women’s Strength Training Program

Program will be instructed by an experienced certified personal trainer to accommodate all fitness levels. This four-week program will introduce you to the Wellness Center and will help you to build a solid foundation of strength training. Limited to 6 participants. Please register for a session at the Member Service Desk or online at www.beavercountyyymca.org.

Fee: Members \$55/Non-Members \$110

Sessions:

- **Session 1:** January 2- January 26
Thursday 6-7 p.m.
Saturday 10-11 a.m.
- **Session 2:** January 30- February 23
Thursday 6-7 p.m.
Saturday 10-11 a.m.
- **Session 3:** February 27- March 23
Days and times TBD. Please see Membership Desk for more information.
- **Session 4:** March 27-April 20
Days and times TBD. Please see Membership Desk for more information.



“ Let your conversation be without covetousness; and be content with such things as ye have: for he hath said, I will never leave thee, nor forsake thee.”

- Hebrews 13:5

Please register by stopping by the Member Service Desk, by calling the YMCA at (724) 891-8439 or by logging onto www.beavercountyyymca.org

Sun.		Mon.		Tues.		Wed.		Thurs.		Fri.		Sat.		
Closed! See You in Church		Open Gym 5-9 a.m.	Open Gym 5-9 a.m.	Open Gym 5-9 a.m.	Open Gym 5-9 a.m.	Open Gym 5-9 a.m.	Open Gym 5-9 a.m.	Open Gym 5-9 a.m.	Open Gym 5-9 a.m.	Open Gym 5-9 a.m.	Open Gym 5-7 a.m.	Closed		
		YMCA Program 9 a.m - 5 p.m.	YMCA Program 9 a.m - 5 p.m.	YMCA Program 9 a.m - 5 p.m.	YMCA Program 9 a.m - 5 p.m.	YMCA Program 9 a.m - Noon	YMCA Program 9 a.m - Noon	YMCA Program 9 a.m - 5 p.m.	YMCA Program 7 a.m - 5 p.m.	Open Gym 6-8 a.m.				Open Gym 6-9 a.m.
											Open Gym 9 - 10 a.m.	Open Gym 9 - 10 a.m.	Open Gym 9 - 10 a.m.	
											Open Gym 10 - 11 a.m.	Open Gym 10 - 11 a.m.	Open Gym 10 - 11 a.m.	
											Open Gym 11 a.m. - Noon	Open Gym 11 a.m. - Noon	Open Gym 11 a.m. - Noon	
											Open Gym Noon - 1:30 p.m.	Open Gym Noon - 1:30 p.m.	Open Gym Noon - 1:30 p.m.	
Open Gym 1-3 p.m.	Under 18 Games 1 - 3 p.m.	Open Gym 1:30 - 3:30 p.m.	Open Gym 1:30 - 3:30 p.m.	Open Gym 1:30 - 3:30 p.m.	Open Gym 1:30 - 3:30 p.m.	Open Gym 1:30 - 3:30 p.m.	Open Gym 1:30 - 3:30 p.m.	Open Gym 1:30 - 3:30 p.m.	Open Gym Noon- 4 p.m.	YMCA Program 9 a.m. - 6 p.m.				
Open Gym 3 - 5 p.m.	18 & Over Games 3 - 5 p.m.	Open Gym 3:30 - 5 p.m.	Open Gym 3:30 - 5 p.m.	Open Gym 2:30 - 5 p.m.	YMCA Program 2-5 p.m.	Open Gym 3:30 - 5 p.m.	Open Gym 3:30 - 5 p.m.	Open Gym 3:30 - 5 p.m.			Open Gym 4- 6 p.m.			
Open Gym 5 - 7 p.m.	Under 18 Games 5-6 p.m.	Open Gym 5-6 p.m.	Under 18 Games 5-5:30 p.m.	Open Gym 5-6 p.m.	Under 18 Games 5-5:30 p.m.	Open Gym 5-6 p.m.	Under 18 Games 5-5:30 p.m.	Open Gym 5-6 p.m.				Under 18 Games 5-9 p.m.	Open Gym 6- 8 p.m.	Under 18 Games 6- 8 p.m.
Open Gym 6 - 8 p.m.	Open Gym 6 - 8 p.m.	Open Gym 6-7 p.m.	YMCA Program 5:30 - 7 p.m.	Open Gym 6-7 p.m.	YMCA Program 5:30 - 7 p.m.	Open Gym 6-7 p.m.	YMCA Program 5:30 - 7 p.m.	Open Gym 6-7 p.m.	YMCA Program 5:30 - 7 p.m.	Open Gym 6-7 p.m.				
		Open Gym 7- 9 p.m.	Under 18 Games 7-8 p.m.	Open Gym 7- 9 p.m.	Under 18 Games 7-8 p.m.	Open Gym 7- 9 p.m.	Under 18 Games 7-8 p.m.	Open Gym 7- 9 p.m.	Under 18 Games 7-8 p.m.	Open Gym 7- 9 p.m.				
Closed		Open Gym 8-9 p.m.	Over 18 Games 8-9 p.m.	Open Gym 8-9 p.m.	Over 18 Games 8-9 p.m.	Open Gym 8-9 p.m.	Over 18 Games 8-9 p.m.	Open Gym 8-9 p.m.	Over 18 Games 8-9 p.m.	Open Gym 8-9 p.m.	Closed			

Shoot Around is available in Multi Purpose Room. Check with Member Service Desk for availability.

*Gym Schedule subject to change as additional programs may be added throughout the year.

Indoor Cycling

If you think riding a stationary bicycle is dull, you've never tried indoor cycling!

Cycling burns serious calories (400-600 in one session)! Our classes strengthen your quads, gluteus, hamstrings & calves — a whole-leg workout! Feel free, as the rider, to be in command of your cycling experience. You can increase or decrease the intensity of your ride by changing your resistance level, speed or position. Make your ride what you need no matter what class you choose.

Cycling classes are on a first come first serve basis. Class participation fee is payable at the Member Service Desk. You will receive a cycle class receipt.

Fee:

Members:

- \$1 for 30 min. class
- \$2 for 1 hr. class
- \$12 per month

Non-Members:

- \$3.50 for 30 min. class
- \$7 for 1 hr. class
- \$70 per month

You will need your receipt for admittance into the Cycle Studio. If class is full check back 2 hours before the start of class in case of cancellations.

Attention first time cycling members! Please arrive at the Cycling Studio 10 minutes before class time for bike preparation instruction.

Senior Cycling

Join our fellow active older adults for a beginner cycle experience to great music. Cycle at your own pace.

Fee: Members: FREE; Non-Members: \$7

See monthly cycle & AOA schedule for days and times.



Keiser M Series Cycling Bikes

Our KEISER M Series bikes feature Keiser's innovative magnetic resistance system. Designed, engineered and manufactured in the U.S. to strict quality standards and test procedures, which guarantees an extremely durable and effective machine. Each bike is equipped with M Series computer which will motivate and empower accurate tracking and measuring of Workload (watts), Heart Rate (Polar™ compatible), Time, Distance and Cadence.

Indoor Cycling Cancellation Policy

If you are signed up for a class and can not attend, you will need to cancel within 2 hours of the start time in order to be credited the class fee for future use. If you are a frequent cyclist and do not show for a class an additional \$2 will be charged to you.

Monthly Cycling Schedule Available at
Member Service Desk or beavercountyymca.org



“For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.”

– John 3:16

Please register by stopping by the Member Service Desk, by calling the YMCA at (724) 891-8439 or by logging onto www.beavercountyymca.org

Monthly Aerobic Schedule Available at Member Service Desk or beavercountyyymca.org

Class Descriptions

Abs n'at - A full 30 minutes dedicated to your abs and building a strong core. I = 2/3 C = 0

Boot Camp - Nothing is off limits in Boot Camp! Join us for a Hi-Intensity-Interval-Training with Lunges, Squats, Push-ups, Burpees...get ready to sweat and have fun! I = 3/4 C = 2

Cardio Sculpt - A great class for building a strong fitness foundation. Fun, low impact aerobic class incorporating hand held weights, resistance bands and balls for a total body workout and stretch. Beginner class uses less equipment. I = 2 C = 2

Simple Circuit - This class uses our traditional 'Just For You' format. It includes strength training as well as cardio for a fast paced full body workout. I = 0 C = 0

Circuit PLUS - Ready to amplify your strength and cardio routine? Join us for a high intensity total body workout! This class will incorporate our equipment in the Just For You fitness studio plus a whole lot more! I = 3/4 C = 3/4

Cross Training - A creative mix of aerobics, kickboxing, strength training and abs, topped off with a stretching segment for a great training routine for the entire body. I = 3/4 C = 3

Cycle Boot Camp - This energizing class is a great combination of a traditional cycle class with the addition of the cardio and weight training in a boot camp class! No registration or fee for this class. I = 0 C = 0

Hip Hop - A dance-based cardio class designed to get you moving to a variety of hip hop songs. In this class you will sweat out your stress while strengthening and sculpting your body. No dance experience necessary! I = 0 C = 0

INSANITY This is a MAX Interval Training, which replaces traditional moderate-intensity exercise with maximum-intensity exercise, and trades short intervals of intensity for short periods of rest. Adding high-intensity exercise forces the body to use fast-twitch muscle fibers not normally engaged in cardio exercise. I = 3/4 C = 3/4

Just 4 You - This 30 minute program is a combination of cardiovascular, strength and flexibility components. Participants perform strength exercises using Life Fitness Circuit Series equipment. Circuit Series Strength Training equipment is designed for exercisers of all ages and every fitness level.

Kettlebell - Kettlebell workouts take functional training to the next level by incorporating momentum. Muscles are recruited throughout the entire body to control acceleration and deceleration while simultaneously providing stabilization. I = 3 C = 0

Line Dancing - A fun low impact dance class designed to get you moving. I = 1 C = 4

Muscle Blast - Extreme muscle conditioning! Toning & sculpting! Muscle Blast format consist of resistance training of one body part per song ranging from 5 - 6 minutes for a full body workout. I = 3/4 C = 0

P90X Total-body, cardio, and strength-training class using body weight as well as dumbbells. I = 0 C = 0

Pilates with Props - An intermediate core body workout, including stretching and breathing techniques. Classes will also target specific upper and lower body muscle groups using various types of equipment. I = 3 C = 1

Pilates Barre Plus - This class focuses on total body strengthening, lengthening and toning. Class design may vary upon the use of equipment, the barre, weights, bands, and resistance bands. I=0 C=0

PiYo This high intensity, low impact workout takes the very best Pilates and Yoga inspired moves and cranks up the speed to give you a full-throttle cardio, strength and flexibility training all at once. You will build lean muscles while you burn crazy calories. If a PiYo instructor is unavailable, a similar class style will be offered. I = 4 C = 4

POUND Channel your inner performer and rock your body with this modern day fusion of movement and music using Rip stix weighted drumsticks engineered for exercise. I = 0 C = 2-3

RIP This class is a barbell program for men and women of all ages and all fitness levels. Matching movement to music and using traditional strength training allows participants to work at their own level. I = 3/4 C = 0

R.I.P.P.E.D - Experience this total body "plateau proof fitness formula" workout, utilizing resistance and cardio training to help you attain and maintain your physique in ways that are fun, safe, doable and extremely effective. If a R.I.P.P.E.D. instructor is unavailable a similar style class will be offered. I = 0 C = 3

Step Up - Intermediate to advanced level. Highly choreographed and challenging step moves combined with sculpting exercises for muscular strength and endurance. I = 3 C = 4

Tabata - 20 minutes of intense, interval cardio designed to burn more calories and improve aerobic capacity. I = 3/4 C = 0

Total Body - A low to moderate impact aerobics class. Interval training and step aerobics combine with a variety of toning equipment to give you a total body workout. I = 3 C = 2/3

Turbo THICK Combines traditional kickboxing moves with high-intensity interval training (HIIT) for an unbelievable calorie burn. I = 3/4 C = 3/4

War - An exhilarating total body workout where a fusion of martial arts meets chart-topping music. Be prepared to kick fat cells in the gut, knockout stress, and win the war on gaining strength, heart-lung function, and flexibility. I = 0

Water Boot Camp - Join us for a combination of land and water exercises for a total body workout! Registration is required. I = 0

Yoga - This class consists of a specific flow of physical postures, breathing and body awareness. The key elements in the class will be mindfulness, breath, concentration, focus, increased flexibility, strength building, endurance development, improvements of posture and create stress reduction and relaxation. I = 0

Zumba® - A Latin inspired dance fitness class that blends dynamic dance movements with a unique balance of cardiovascular benefits and total body toning. If a Zumba instructor is unavailable, a similar class style will be offered. I = 3 C = 4

Class Guide

I = Intensity C = Choreography

0 = Adjust to Personal

2 = Beginner

Fitness Level

3 = Intermediate

1 = Senior Start

4 = Advanced

The numbers are a guide to let participants know what to expect. Please do not let a number keep you out of a class. Feel free to adjust your workout to fit your needs. Work harder or lighter!

* All aerobics classes listed on this page are **FREE**. No registration needed.

ACTIVE OLDER ADULTS

Seniors for Safe Driving

If you are 55 or older, join us for a driver-awareness and behavior-modification program. There is no on-the-road driving or classroom testing. Students must attend both sessions. Course completion may qualify you for an auto insurance discount of 5%. Check with your insurance agent. Two-day certification classes are for first-time attendees. Single-day classes are for recertification only.

Dates: February 14th; April 11th; June 13th

Time: 9 a.m. – 1 p.m.

Location: Board Room

Fee: \$16

Call: 1-800-559-4880 to register

EnhanceFitness

EnhanceFitness is an evidence-based group exercise program that uses simple, easy-to-learn movements that motivate individuals with arthritis to stay active throughout their life. EnhanceFitness participants overcome the obstacles of living with arthritis and revitalize their well-being within a safe community of support. Individuals in the EnhanceFitness program experience improved physical strength, increased flexibility, better balance, enhanced cardiovascular fitness, and reduced arthritic pain which leads to empowered independent living for people with arthritis.

Next Session Scheduled for May 2017

Location: Multi-Purpose Room

Fee: FREE for YMCA Members

\$25/month for Non-Members which includes a YMCA Membership (payments must be auto drafted)



The Beaver County YMCA is a Silver & Fit® & SilverSneakers® participating facility.



SilverSocials Events

Potluck Game Luncheon

Join us for an afternoon of games, food and fellowship! Bring your favorite covered dish to share. (And your favorite game/cards if you'd like.) We will supply the drinks and place settings! Please register at the Member Service Desk.

Day: Tuesday

Date: April 4th

Time: 12:30-2:30 p.m.

Location: Multi-Purpose Room



"These things have I written unto you that believe on the name of the Son of God; that ye may know that ye have eternal life, and that ye may believe on the name of the Son of God."

- 1 John 5:13

Please register by stopping by the Member Service Desk,
by calling the YMCA at (724) 891-8439 or by logging onto www.beavercountyymca.org

Off-Site Active Older Adult Aerobics Program

Wildwood Chapel
2850 Jack St, Aliquippa, PA 15001
Tuesday, Thursday, and Fridays 9:30–10:15 a.m.

Join us for **FREE Coffee and Social time 15 minutes prior to class**

Fee: FREE for YMCA Members and the following qualifying insurance programs: SilverSneakers and Silver & Fit
Non-Members: \$20 a month (with automatic monthly draft)

Classes offered include:

SilverSneakers Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises. See aerobic schedule for class times!

Silver & Fit Experience

This class is for the moderately active older adults. The class is designed to increase the participants flexibility, joint stability, dynamic balance, coordination, agility, reaction-time, muscular strength and cardiovascular endurance.



SilverSneaker Yoga

Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.



“Wherefore, as by one man sin entered into the world, and death by sin; and so death passed upon all men, for that all have sinned.”
– Romans 5:12

Please register by stopping by the Member Service Desk,
by calling the YMCA at (724) 891-8439 or by logging onto www.beavercountyymca.org

Active Older Adult Land Classes



CLASS DESCRIPTIONS

SILVER&FIT: EXPERIENCE This class is for the moderately active older adults. The class is designed to increase the participants flexibility, joint stability, dynamic balance, coordination, agility, reaction-time, muscular strength and cardiovascular endurance.

SilverSneakers® Classic - Have fun and move to the music through exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing and a ball are offered for resistance; a chair is used for seated and/or standing support.

SilverSneakers® Circuit - Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises. See aerobic schedule for class times!

SilverSneakers® Yoga - Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Chair Yoga - This class introduces a variety of yoga poses seated and standing to increase flexibility, balance and range of motion using a chair for modification.

Just 4 You - This 30 minute program is a combination of cardiovascular, strength and flexibility components. Participants perform strength exercises using Life Fitness Circuit Series equipment. Circuit Series Strength Training equipment is designed for exercisers of all ages and every fitness level.

Active Older Adult Orientation

Start out on the right foot by getting to know your YMCA facility by taking advantage of the program orientation. The orientation consist of an in-depth review of the fitness program and classes along with a visit to the Wellness Center, Fitness Studio and pools.

Members MUST register at the Member Service Desk.
Day: 1st and 3rd Wednesday of each month.
Time: 9:30 a.m.
Location: Meet in the lobby
Fee: This is a FREE training

Senior Cycling

Join our fellow active older adults for a beginner cycle experience to great music. Cycle at your own pace.
Fee: Members: FREE; Non-Members: \$7

Monthly Aerobic Schedule Available at Member Service Desk or beavercountyymca.org

Please register by stopping by the Member Service Desk,
by calling the YMCA at (724) 891-8439 or by logging onto www.beavercountyymca.org

Active Older Adult Water Classes



CLASS DESCRIPTIONS

Aqua Aerobics - This is a one-hour workout using water as a cushion. The exercises target the arms, legs, thighs, hips, and abdominal region. This class suits a wide range of fitness levels.

Aqua Jog - This is a one-hour workout in the deep water using flotation belts for support. The exercises target the arms, legs, thighs, hips and abdominal region and suits a wide range of fitness levels.

Aqua Pilates - This class takes Pilates to the pool! Aqua Pilates combines the principles of Pilates with all the benefits of aquatic exercise by using the buoyancy, resistance, and gentle movement of water to strengthen muscles, enhance flexibility and posture, sharpen coordination and balance, and relax body and soul.

Arthritis - This one-hour class helps individuals who have arthritis feel better as they exercise with a purpose. This class is filled with range of motion exercises for joint and muscle movement.

Hydro Dance - This is a one-hour class combining music of all genres to fun choreography using the resistance of the water to provide a full cardio and strength workout.

HydroMix - This hour and a half class will mix the best of three intense aqua classes; Hydro Dance, HydroTabata and HydroKick. Hydro Dance, HydroTabata and HydroKick combines the benefits of aquatic exercise by using the resistance of water to help strengthen muscles. When exercising in water, you work against 12 times the resistance of air, according to an article published in "American Fitness" in 1996. Simply kicking and cupping the water helps contribute to muscle development, which translates into a higher metabolism and healthier body. Classes will be held the last Saturday or each month: January 28, February 25, March 25 and April 29 from 8-9:30 a.m. Classes are free to members, be sure to register at the desk.

HydroTabata - Tabata interval training is one of the most effective types of high intensity interval training. Mixing this format with the properties of water through a variety of simple, yet intense exercises, allows each class to blast away the calories and provide noticeable results in a short amount of time. Whether your goal is muscle tone, weight loss, or both, this class will provide what you are looking for.

Instructor's Mix - This one-hour workout will use a variety of techniques. This class may be taught in the shallow or deep end.

Just My Speed - This is a slower paced Aerobic class based on strength building and easy movement.

SilverSneakers® Splash - Activate your aqua exercise urge for variety! SilverSneakers Splash® offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required and a special SilverSneakers® kickboard is used to develop strength, balance and coordination.

ATTENTION SILVER & FIT & SILVERSNEAKERS MEMBERS!!!

Just a reminder, you will need to renew your membership at the YMCA annually. If you have any questions, please feel free to contact the Member Service Desk 724-891-8439.



Monthly Aerobic Schedule Available at Member Service Desk or beavercountyyymca.org

Please register by stopping by the Member Service Desk, by calling the YMCA at (724) 891-8439 or by logging onto www.beavercountyyymca.org



CHILD CARE

Infant Room

Our infant room serves children from age 6 weeks to 1 year. We accommodate each child's needs and routines to help the infant and parents feel secure. Our staff assists in all developmental stages of each child with exposure to a variety of activities that promote their emotional, social, and physical growth.

Young Toddler Room

This room consists of children from ages 1 to 2 years. Our staff encourages each child's individual growth and independence. There is a consistent routine including outdoor exploration and various learning activities like crafts, musical awareness, reading, and gross motor development.

Older Toddler Room

Our children ages 2 to 3½ are very active and curious about the world around them. We introduce a formal classroom learning routine which includes circle time, stories, songs and finger plays. Basic language, math, and social skills are reinforced daily.

Preschool Room Care

Our preschool room serves potty-trained children ages 3½ to 5. Children in this room who come for childcare receive their preschool classes for free! In addition, they are actively engaged in a variety of activities throughout the day, such as arts and crafts, gym and playground time, nature walks, songs and stories, and more!

School-Age Care

We provide before and after school care for students through age 12 who attend New Brighton, Hopewell and Baden Academy. The children enjoy gross motor and outdoor time, quiet and homework time, games and fun activities, and much more. Our school-age sites are located at the following:

- New Brighton site: Beaver County YMCA, Youth Center
- Hopewell site: Hopewell Memorial Jr. High School, Room 115, 724-650-4193
- Baden site: Baden Academy, Gymnasium, 724-709-1539

In-Service Day/Holiday Care

School Age Care

Care is provided at the Beaver County YMCA for In-Service and holidays when school is not in session. Children will have the opportunity to experience a wide variety of activities including swimming, gymnasium time, arts and crafts, science and so much more! Each program includes breakfast and afternoon snack. The following are a list of dates we will provide care for the 2016-2017 school year:

- Monday, January 2nd
- Monday, January 16th
- Monday, February 13th
- Thursday, April 13th
- Monday, April 17th

Fee: \$27 Full Day of Care; \$15 Half Day of Care

School Age Summer Day Camp

June through August , 2017

Get ready for some fun! Children will have the opportunity to experience a wide variety of activities, including swimming, outdoor play, gymnasium time, arts and crafts, science, and so much more! Also included each day is lunch and an afternoon snack. This Camp is designed for children entering Kindergarten-6th grade and is held from 9 a.m. to 4 p.m.

We offer before and after care for an additional fee for early drop-offs and late pick-ups (6-9 a.m. and/or 4-6 p.m.).

- **Full-Day Child Care (more than 5 hours): \$27 per day**
- **Half-Day Child Care (five hours or less): \$15 per day**
- **Before and/or After Care (6-9 a.m. and/or 4-6 p.m.): \$5 per week – fee covers before and/or after care.**

EARLY ENROLLMENT: If you enroll in summer camp at our Healthy Kids Day Event on April 29th from 11-1 p.m. we will waive the annual enrollment fee and each child will receive a YMCA Camp Shirt.

Beaver County YMCA Childcare Program Offers More...

Free breakfast and snack everyday
Free membership to the Y • **Free** swim lessons

Licensed by the PA Department of Public Welfare. We accept funding from CCIS.

Rates Effective: August 29, 2016

Enrollment registration fee of \$25 is non-refundable. Registration fee is waived for YMCA members.

Type of Care	Weekly Rates*
Infants = 6 weeks - 12 months	
Infants 3 half days/week (less than 5 hours/day)	\$79
Infants 4 half days/week (less than 5 hours/day)	\$89
Infants 5 half days/week (less than 5 hours/day)	\$99
Infants 3 full days/week	\$115
Infants 4 full days/week	\$135
Infants 5 full days/week	\$158
Young Toddlers = 13 months - 24 months	
Young Toddler 3 half days/week (less than 5 hours/day)	\$76
Young Toddler 4 half days/week (less than 5 hours/day)	\$82
Young Toddler 5 half days/week (less than 5 hours/day)	\$98
Young Toddler 3 full days/week	\$106
Young Toddler 4 full days/week	\$129
Young Toddler 5 full days/week	\$153
Older Toddlers = 25 months - 36 months	
Older Toddler 3 half days/week (less than 5 hours/day)	\$76
Older Toddler 4 half days/week (less than 5 hours/day)	\$82
Older Toddler 5 half days/week (less than 5 hours/day)	\$98
Older Toddler 3 full days/week	\$98
Older Toddler 4 full days/week	\$127
Older Toddler 5 full days/week	\$148
Preschool = 3 years - Kindergarten (Preschool program is included in weekly rates)	
Preschool 3 half days/week (less than 5 hours/day)	\$67
Preschool 4 half days/week (less than 5 hours/day)	\$81
Preschool 5 half days/week (less than 5 hours/day)	\$96
Preschool 3 full days/week	\$94
Preschool 4 full days/week	\$126
Preschool 5 full days/week	\$148
School Age = 1st - 6th grade	
School Age- Before or after school 3 days/week	\$52
School Age- Before or after school 4 days/week	\$55
School Age- Before or after school 5 days/week	\$61
School Age- Before and after school 3 days/week	\$57
School Age- Before and after school 4 days/week	\$67
School Age- Before and after school 5 days/week	\$77

Early dismissal \$15 additional fee. Rates are subject to change.



PRESCHOOL

2-Year-Old Preschool Program

(must be 2 by September 1st, 2017):

In our 2-year-old preschool program many skills will be touched upon. Children will begin to gain independence, develop responsibility, strengthen motor skills, and to associate with other children in an appropriate manner.

Days: Tuesday & Thursday

Time: 9 – 11 a.m.

Fee: Members: \$50 per month

Non-Members: \$70 per month, plus one-time \$15 registration fee.

PARENT OR GUARDIAN MUST STAY ON-SITE DURING CLASS.

3-Year-Old Preschool Program

(must be 3 by September 1st, 2017):

In our 3-year-old preschool program, we will continue to build character development. The children will enter the emerging learning stages, while the teachers plan and implement lessons that incorporate all areas of the curriculum such as language arts, math, science and many more!

Days: Monday & Wednesday

Time: 9 – 11:30 a.m.

Fee: Members: \$60 per month

Non-Members: \$80 per month, plus one-time \$15 registration fee.

4-Year-Old Pre-K Program

(must be 4 by September 1st, 2017):

By this stage, children are ready to jump into academics! They will be exposed to all areas of the curriculum, such as math, language arts, science and social studies. In addition, they will be exposed to a physical education/health class to ensure healthy choices and a well-balanced routine. They will learn to recognize and correctly write letters, numbers, and common sight words. With the help of our brand-new curriculum, our 4-year-old preschool program will help prepare the children for kindergarten!

Days: Monday, Tuesday, Wednesday, Thursday

Time: 9 a.m. – Noon (snack provided)

Fee: Members: \$75 per month

Non-Members: \$110 per month, plus one-time \$15 registration fee

Preschool Open House and Open Enrollment For 2017-2018 School Year



Preschool will host an Open House on Saturday, April 29th from 11-1 p.m. for all Parents and Children interested in enrolling in our Preschool and Pre-K classes for the 2017-2018 school year. Registration fees will be waived for all students signing up at the Healthy Kids Day Event on April 29th. Parents and children will be able to explore the classrooms, meet the teachers, and get any questions answered by our Preschool Director.



**Our Preschool Program follows the New Brighton School District calendar. If New Brighton School District has a delay, preschool will begin at 10 a.m.
If New Brighton School District cancels, there will be no preschool.**

Please register by stopping by the Member Service Desk, by calling the YMCA at (724) 891-8439 or by logging onto www.beavercountyyymca.org



MISSION PARTNERS

Meeting Our Mission through Community Support

Mission Partners help the Beaver County YMCA meet its mission of putting Christian principles into practice through programs that build healthy spirit, mind and body for all.

Mission Partner criteria include:

- substantial financial contributions;
- event sponsorships, such as annual YMCA Golf Outing and Christmas of Giving;
- in-kind donations;
- services and/or partnerships that help us meet our mission; and
- volunteerism/board representation/
Annual Support campaigns.

The Beaver County YMCA proudly recognizes the following businesses and organizations as Beaver County YMCA Mission Partners:

- Grossi & Associates
- Bob Tracy Insurance
- McDanel Vending
- McGaffic Advertising
- Knepper Press
- WesBanco
- Nationwide Insurance
- Vollmer Sales & Service
- Farmers Insurance Parise Agency
- Brighton Hot Dog Shoppe
- Desmone and Associates
- Rochester Manor + Villa
- RAM Acoustical
- Beaver County Educational Trust
- Horace Mann
- Healthcare Licensed Personnel
- McCarter Transit
- Homer Nine & Sons Inc.
- Fort McIntosh Group LLC.
- Beaver County Bar Association
- Liptak Family
- Parise Family
- Center One
- Beaver County Auto
- Paycor
- Paul Mehno - AXA Advisors

The Life Center

"Reaching people with the love of Christ and extending life in Christ"

The Life Center is a ministry of New Brighton Christian Assembly, created in partnership with the Beaver County YMCA. Located next to YMCA, it houses the following ministries, offering love and life to all generations.

Powersource Youth Ministry – Grades 7 to 12

Redeem your past, reclaim your present, and fulfill your future! Powersource is a diverse student ministry comprised of Jr. & Sr. High students (7th-12th grade) from all areas of Beaver County. They meet every Wednesday night from 7:00 - 8:15 p.m. at The Life Center for dynamic worship, teaching, and fun. Special events are offered every month and they attend camps, conferences, and retreats all through the year. All this for ONE purpose — to go deeper in our relationship with God! Come check it out!

"Living Free" – Christian Recovery Group

"Living Free" is a Small Group strategy open to those fighting addictions and life-controlling issues, as well as their family members, to help them learn to face life's struggles and move toward freedom and wholeness in Christ. They meet every Monday from 6:30-8:00 p.m. at the Life Center.

"55 & Better Coffee Klatch" – Senior Citizens Fellowship

An informal gathering for Senior Citizens where coffee is served. A place to meet, fellowship, pray and share your need. A brief devotional will be offered. All are welcome!! Every Monday from 10 a.m. to 12 p.m. Please join us!

"Garments of Love" – Free Children's Clothing Distribution

A ministry designed to express the love of Christ by providing free children's clothing for families in need. Donations of gently used clothing, sizes infant through teen, may be dropped off at any time in the specially marked bin at the side of The Life Center building or on Tuesdays from 6-8 p.m. Clothing distributions are held on various Saturdays throughout the year, from 9 a.m. to Noon.

"City Reach Beaver County" – Church Plant

City Reach Beaver County is part of a national church planting network that specializes in planting in urban areas. CRB is an outward focused fellowship that has a vision to visibly demonstrate the love of Jesus Christ through compassion based ministry. Through an amazing partnership with New Brighton Christian Assembly and the Beaver County YMCA, this new church plant is hoping to reach the ONE far from God. Learn more about the CRB at whatisthecrb.com, or join us at The Life Center on Sunday nights at 5 p.m.



"But as many as received him, to them gave he power to become the sons of God, even to them that believe on his name."

- John 1:12

CODE OF CONDUCT

The Beaver County YMCA is fanatically committed to the safety and well being of all participants. All employees go through a mandatory child-abuse-prevention training, receive CPR/ AED training, and must be issued Act 34 and 151 clearances. Any staff directly working with children are mandatory to have FBI background check. Some departments participate in First Aid, O2 and Blood Borne Pathogens training. In addition, each staff member signs the following Staff Pledge. We take great pride in being equipped to build strong kids, strong families and strong communities.

YMCA of the USA Child Abuse Prevention CODE OF CONDUCT

In order to protect YMCA staff, volunteers, and program participants – at no time during a YMCA program may a staff person be alone with a single child where they cannot be observed by others. As staff supervise children, they should space themselves in a way that other staff can see them.

Staff shall never leave a child unsupervised.

Restroom supervision: Staff will make sure the restroom is not occupied by suspicious or unknown individuals before allowing children to use the facilities. Staff will stand in the doorway while children are using the restroom. This policy allows privacy for the children and protection for the staff (not being alone with a child). If staff are assisting younger children, doors to the facility must remain open. No child regardless of age should ever enter a bathroom alone on a field trip. Always send children in pairs, and whenever possible, with staff.

Staff should conduct or supervise private activities in pairs - diapering, putting on bathing suits, taking showers, etc. When this is not feasible, staff should be positioned so that they are visible to others.

Staff shall not abuse children including:

- physical abuse – strike, spank, shake, slap;
- verbal abuse – humiliate, degrade, threaten;
- sexual abuse – inappropriate touch or verbal exchange;
- mental abuse – shaming, withholding love, cruelty;
- neglect – withholding food, water, basic care, etc.

Any type of abuse will not be tolerated and may be cause for immediate dismissal.

Staff must use positive techniques of guidance, including redirection, positive reinforcement and encouragement rather than competition, comparison and criticism. Staff will have age appropriate expectations and set up guidelines and environments that minimize the need for discipline. Physical restraint is used only in pre-determined situations (necessary to protect the child or other children from harm), is only administered in a prescribed manner and must be documented in writing.

Staff will conduct a health check of each child, each day, as they enter the program, noting any fever, bumps, bruises, burns, etc. Questions or comments will be addressed to the parent or child in a non-threatening way. Any questionable marks or responses will be documented.

Staff respond to children with respect and consideration and treat all children equally regardless of sex, race, religion, culture.

Staff will respect children's rights to not be touched in ways that make them feel uncomfortable, and their right to say no. Other than diapering, children are not to be touched in areas of their bodies that would be covered by a bathing suit.

Staff will refrain from intimate displays of affection towards others in the presence of children, parents, and staff.

While the YMCA does not discriminate against an individual's lifestyle, it does require that in the performance of their job they will abide by the standards of conduct set forth by the YMCA. Staff must appear clean, neat, and appropriately attired. Using, possessing, or being under the influence of alcohol or illegal drugs during working hours is prohibited.

Smoking or use of tobacco in the presence of children or parents during working hours is prohibited.

Profanity, inappropriate jokes, sharing intimate details of one's personal life, and any kind of harassment in the presence of children or parents is prohibited.

Staff must be free of physical or psychological conditions that might adversely affect children's physical or mental health. If in doubt, an expert should be consulted.

Staff will portray a positive role model for youth by maintaining an attitude of respect, loyalty, patience, courtesy, tact, and maturity.

Staff may not be alone with children they meet in YMCA programs outside of the YMCA. This includes babysitting, sleepovers, and inviting children to your home. Any exceptions require a written explanation before the fact and are subject to administrator approval.

Staff are not to transport children in their own vehicles.

Staff may not date program participants under the age of 18 years of age.

Under no circumstance should staff release children to anyone other than the authorized parent, guardian, or other adult authorized by the parent or guardian (written parent authorization on file with the YMCA).

Staff are required to read and sign all policies related to identifying, documenting, and reporting child abuse and attend trainings on the subject, as instructed by a supervisor.

Beaver County YMCA

2236 Third Ave.

New Brighton, PA 15066

724-891-THE-Y

Fax: 724-847-3923

www.beavercountymca.org

**If you have any questions regarding the Beaver County YMCA
or its programs, contact our professional staff:**

Michael B. Harich, President/CEO

Renee Sannan, V.P. of Operations

Aaron Bingle, Youth Director

Beth Boffo, Wellness Director

Susan Brothers, Assistant Finance Manager

Mareena Anderson, Preschool Director

Jason Hoover, Association Childcare/Food Service Director

Mary Ann Miller, Membership Director

Howdy Mohrbacher, Property Manager

Jennifer Priest, Healthy Living Director

Yancy Sannan, Aquatic Director

Chasity Smith, Administrative Assistant

724•891•THE•Y (8439)

**The YMCA serves all ages, abilities, incomes and faiths.
Financial assistance is available for programs and/or membership.**

