



# APRIL 2019

## BEAVER COUNTY YMCA NEWS

### Member in the Spotlight

## Bob Funkhouser

Bob Funkhouser has been a member at the Beaver County YMCA since even before the New Brighton location existed, from the beginning of our time! He originally came to us to get in shape and to rise to the challenge. Now, Bob uses "the guys" to help inspire him and keep him going. Many instructors and members here have influenced his journey by pushing and encouraging him. "Bicep Beth" tells Bob to always keep going. Bob's goals include keeping in shape, staying healthy, remaining sharp, adapting and "making the cut". We can only hope to help you achieve those goals, Bob! Never give up!



## Conditioning Matters

Increase your youth's speed, power and explosiveness! The goal, focus and direction are to enhance each individual's speed, strength, agility, flexibility, balance and body control. Groups of 4-10.

**Ages:** 9-17

**Day/Time:** Appointment set-up will be through the Wellness Director and the Personal Trainer within 24 hours of registration.

**Fee:**

**Member:**

- 6 one-hour sessions = \$40
- 12 one-hour sessions = \$70
- 24 one-hour sessions = \$132

**Non-Member:**

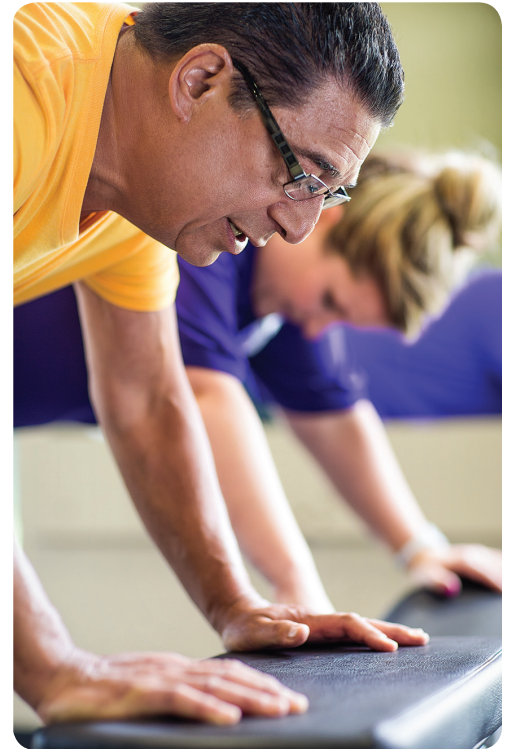
- 6 one-hour sessions = \$54
- 12 one-hour sessions = \$100
- 24 one-hour sessions = \$195

\* 24 hour cancellation policy.

\* No makeup sessions. Group must train together on scheduled day and time or each person is charged for a session.

\* Minimum of 4 participants for each session

\* Maximum of 8 participants for each session.



## Fun & Fit Games

You have heard of the Hunger Games, the Titan Games and the Olympic Games, but what about our Fun & Fit Games class for kids? Learn about healthy competition as you get ready to try out a bunch of fun games that keep you active and fit. Based off physical education classes and games that focus on fundamental locomotor movements, cooperation and both skill and health related components, this class will have you leaving with a sweat and a smile!

**Ages:** 6-11 years old

**Time:** Group A Tuesday 4-5 p.m.

Group D Saturday 11-Noon

## MEMBERSHIP APPRECIATION EVENTS

**Friday, April 12th**  
5:30-8:30 p.m.

### Parent's Night Out

Enjoy some time together as a couple while a trusted team of caregivers learn and grow with your child.

\*Pre-registration required by April 4th, 2019\*

**Tuesday, April 23rd**  
5 a.m.-9 p.m.

### Amnesty Day

Lost or damaged card? Get a new one, on us!



**Saturday, April 27th**  
11 a.m.-2 p.m.

### Healthy Kids Day

Come celebrate Healthy Kids Day, our national initiative to improve the health and well-being of kids.

Beaver County



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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