



FEBRUARY 2019

BEAVER COUNTY YMCA NEWS

Fall in Love with Fitness Sale: February 13th – 15th
Upgrade to Small Group Training, Get 1 Free Personal Training Session

MEMBERSHIP APPRECIATION EVENTS

Tuesday, February 5th,
5:30-6:30 p.m.

Healthy Happy Hour

After you work out, grab a healthy treat to keep away unhealthy temptations later in the evening!

Thursday, February 14th,
5:30-6:30 p.m.:

Glow Yoga

Stretch and strengthen in a whole new way. Practice tradition poses with an untraditional twist and of course, snacks! *Pre-registration required by February 7th, 2019*

Sunday, February 17th,
2-3:30 p.m.:

Date Day at the YMCA

Grab a loved or come alone and dance with a nationally accredited ballroom dance instructor

Member in the Spotlight

Paula Delon



Paula Delon has been a member here for almost 2 years. She initially came to the Beaver County YMCA in order to lose weight and get healthier. Since her original join date, Paula has found a new love for high impact aerobics classes. Her favorite is Beth Boffo's class, Turbokick. She loves the challenge and enjoys that it never gets old. Paula would like to get to the Y more often and try a F.I.T. class in the near future. On top of everything else, Paula loves seeing all of the friends that she has made in class. We agree, Paula and love seeing you, too!

Y Runners

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. This session will support the Lions 5k and 1 mile fun run which will be held on Saturday, May 11, 2019 in New Brighton, PA.

- **Dates:** March 5th through May 7th
- **Day:** Tuesdays
- **Time:** 5:30-6:30 p.m.
- **Ages:** Kindergarten and up
- **Location:** Main Gym

- **Dates:** March 4th through May 6th
- **Day:** Mondays
- **Time:** 11:30 a.m.-Noon
- **Ages:** 3-5
- **Location:** Main Gym

- **Fee:** Members \$25; Non-Members \$50

This fee includes the program at the YMCA along with race entry for the 1 mile race.

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

American Red Cross Lifeguard Certification 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
- Must attend 100% of the classes

Dates/Time:

March 23rd and 24th; 9 a.m.-3:30 p.m.



Spring Soccer League

Run, Kick and Score your way into the Beaver County YMCA Youth Soccer League. The League will teach the basic fundamentals of soccer with one practice a week teaching drills and skills. Games will be held on Saturday mornings between 9 a.m. and Noon based on the league schedule. The League is 10 weeks long and will consist of 8 games. After the game each child will receive a free snack.

Registration Deadline: March 4th

- **Dates:** March 25th -June 1st
- **Game Times:** 9 a.m.-Noon
- **Ages:** 4 and up
- **Fee:** Members \$30; Non-Members \$50



Pickleball

Come join us for PICKLEBALL! A paddle sport (similar to a racquet sport) that combines elements of badminton, tennis, and table tennis. Two, three, or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a wiffle ball, over a net to increase agility and endurance and fun! Please see monthly gym schedule for dates and times!

Beaver County



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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY