



JANUARY 2019

BEAVER COUNTY YMCA NEWS

Member in the Spotlight Gavin Crivelli



Gavin Crivelli has been a member at the Beaver County YMCA for 2 years. He originally came to us to get stronger so that he could improve his hockey skills. Now, Gavin has an overall focus in working out and enjoys his time here strengthening all muscle groups. Many instructors and trainers here have influenced his journey. Jared taught Gavin to push his limits. LeAnn, Beth and Marissa encouraged technique. Liz pushed Gavin in cycling. It is safe to say that it takes a village to shape and mold a person and the YMCA is no stranger to that. Thank you, Gavin, for sharing the talents of your village and we cannot wait to cheer you on in the NHL someday! Best of luck, we are behind you!

Half Marathon Training Program

Looking to run your first half marathon? Our YMCA fitness coaches share your passion for running. And their experience and expertise can help you get the most from every mile. Your best runs are ahead. This 12 week program will prepare you for your first half marathon. As a group we will train for and run the UPMC Health Plan Pittsburgh Half Marathon on Sunday, May 5, 2019. In addition to the coached treadmill runs, you will receive accountability, a physical therapist will access any gait issues, running shoe presentation, and a YMCA t-shirt.

Dates: February 4th through May 3rd
Location: Wellness Center

Fee: Members \$100; Non-Members \$150

This fee only includes the training portion which will be held at the YMCA. The race entry fee must be paid individually by each runner through the UPMC marathon website



Flash Personal Training Sale January 2-12

- Buy 1 Session.....Get 10% Off
- Buy 6 Sessions.....Get 1 Free
- Buy 12 Sessions...Get 2 Free
- Buy 24 Sessions...Get 3 Free

Beaver County



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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1,000 Mile Club (January – December)



Track your day to day mileage and watch your running total climb. There are several ways to add to your running total. There are 3 categories to earn mileage club milestones: Run, Bike or Swim. You can enter as many categories as you choose. Run on the treadmill or indoor track, go for a ride on one of the recumbent bicycles, upright bikes, Espresso bikes, or take a dip in the pool and swim laps. Each machine will calculate your mileage. For reference to the indoor track, 16 laps equal 1 mile and in the pool 36 laps equal 1 mile. A swimming lap consists of swimming down and back to your original point. Record your mileage in the 1,000 Mile Club binder located in the Wellness Center. Hit the following milestones and win a reward!

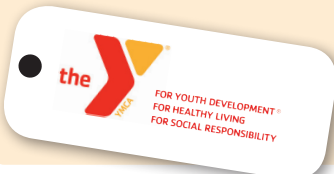
- 100 Mile Club – Water Bottle
- 500 Mile Club – Workout Towel
- 750 Mile Club – Keychain
- 1,000 Mile Club – T-Shirt

MEMBERSHIP APPRECIATION EVENTS

Wednesday, January 9th,
5 a.m.-9 p.m

Amnesty Day

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



Friday, January 18th,
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 January 11th, 2019

Fee: Members: \$15 per child;
Non-Members: \$25 per child

Sunday, January 20th,
2-3:30 p.m.:

Pool Party

Join us for a fun family Sunday with swimming, snacks and silliness!



Thursday, January 31st,
Noon-2 p.m.:

Soup Day

We are SOUP-er excited that you are a member! Join us for soup in the lobby!



Beaver County YMCA • 2236 Third Ave. • New Brighton, PA 15066

724-891-THE-Y • beavercountyymca.org