

Beaver County YMCA



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



WINTER/SPRING 2020 PROGRAM CATALOG

January 2nd – April 25th

NEW! Table
of Contents
on Inside Cover



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"Verily, verily, I say unto you, He that believeth on me hath everlasting life."

- John 6:47

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.

Year Round At-Risk FOOD SERVICE PROGRAMS

The YMCA partners with multiple locations during the school year to supply a meal 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 serving times.

- | | | |
|--|--|---|
| <ul style="list-style-type: none">• THE CENTER
754 Ohio Ave, Midland
Tues. & Thurs. 6-7 p.m. | <ul style="list-style-type: none">• ALIQUIPPA IMPACT
952 Franklin Ave, Aliquippa
Tues., Wed. & Thurs. 3-6 p.m. | <ul style="list-style-type: none">• FIRST CHRISTIAN CHURCH
6th Ave, Beaver Falls
Tues, Wed & Thurs 3-6 p.m. |
| <ul style="list-style-type: none">• BF JONES LIBRARY
663 Franklin Ave., Aliquippa
Mon.-Fri. 10:30-11:30 a.m.
3:30-4:30 p.m. | <ul style="list-style-type: none">• NEW BRIGHTON METHODIST
1033 6th Ave, New Brighton
Tues., Wed. & Thurs. 3-6 p.m. | <ul style="list-style-type: none">• HARVEST CATHEDRAL
409 11th St, Beaver Falls
Mon., Wed. & Thurs. 5-7 p.m. |
| <ul style="list-style-type: none">• STEPHEN PHILLIPS APARTMENTS
1 Project Road, Monaca
Tues., Wed. & Thurs. 3-6 p.m. | <ul style="list-style-type: none">• LAUGHLIN LIBRARY
99 11th Street, Ambridge
Wed. 4-6 p.m. | <ul style="list-style-type: none">• BEAVER COUNTY YMCA
Snack Served: Mon-Thurs: 6-7 p.m.
Sat. 10 a.m.-1 p.m.
Dinner Served: 1st & 3rd Thurs
6:30-7:30 p.m. |
| <ul style="list-style-type: none">• CRESTVIEW VILLAGE
1100 Larch Street, Ambridge
Tues., Wed. & Thurs. 3-6 p.m. | <ul style="list-style-type: none">• LIFE CENTER
2233 3rd Ave, New Brighton
Wed. 6-7 p.m. | |

This program is Free and OPEN TO THE ENTIRE COMMUNITY regardless of race, color, national origin, sex, age or disability. In accordance with Federal civil rights law and USDA civil rights regulation and policies, the USDA, its Agencies, offices and employees, and institutions participation in or administrating USDA programs are prohibited from discrimination based on race, color, national origin, sex religious creed, disability, age political beliefs or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by the USDA.

*Schedule subject to change due to site and or weather. Please call the YMCA for any questions about site or meal details.

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.)

Financial Assistance Program

The Beaver County YMCA is more accessible and affordable 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 to see if you meet the household income guidelines to qualify for a subsidized rate. All we need is proof of income in the form of your most recent 1040 tax return. The joiner's fee can also be spread over 3 months.

All financial aid made is possible through generous donations and our William A. Parise Scholarship fund.

Building Closings

- April 10th: Good Friday
- April 11th: Holy Saturday
- April 12th: Easter Sunday

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.



"O clap your hands, all ye people; shout unto God with the voice of triumph."
- Psalm 47:1

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. The protein shakes are made with Silk Unsweetened Vanilla Almond Milk or 1% 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 single or multi-day pass or membership must be purchased. All guests 18 and over must present photo ID to gain entry. Guests who are 12 and younger must be accompanied by a parent or guardian with photo identification. Members must accompany their guests when visiting the YMCA.

Day Pass Policy

Single Day Passes and Family Day Passes are available for purchase and are redeemable towards membership should you wish to join at a later date, up to 1 year. You may purchase up to 3 of each type of day passes per year.

- **Single Day Pass - \$10**
Single Day Family Pass - \$15
- **3 Day Pass - \$25**
3 Day Family Pass - \$35
- **7 Day Pass - \$50**
7 Day Family Pass - \$55

Single Day Passes will be sold to guests 13 and older. Family Passes will be sold to individuals living in the same household.

Aerobic Passport

No need to join the YMCA to come to Aerobic classes! You can purchase 10 classes for \$75. There is no expiration date. They can also be redeemed toward membership the month of purchase.

Nationwide Membership

Y's can better strengthen communities when all Y's are open to all Y members and they are dedicated to providing a safe, welcoming environment for everyone. Simply present your active YMCA Membership Card and photo ID at any participating YMCA's nationwide and enjoy free access. Visit www.ymca.net to locate participating Nationwide YMCA's. (Prime, SilverSneakers, Active & Fit and Silver & Fit are excluded). Please don't forget to sign your waiver.

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. Apply online or you can contact the Membership Director at 724-891-8439.

Current volunteer opportunities include:

- Family Events
- Member Appreciation Events
- At-Risk Feeding Programs
- Santa 5K
- Youth Sports

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 Operations.



FIND US

to stay up to date on what's happening @ the Y!



"Let the word of Christ dwell in you richly in all wisdom, teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord." – Colossians 3:16

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

MEMBERSHIP APPRECIATION EVENTS

January

- **Tuesday, January 14
Amnesty Day**
Lost or damaged card? Get a new one, on us!

February

- **Keep it Going! Just Keep Running!**
Run a half marathon each week (13.1 miles) from Monday, January 13 and Thursday, February 13. Complete it to earn a one-of-a-kind Y tee!

March

- **Lucky You Challenge**
The Leprechaun says visit 13 times in the month of March and lucky you earns a newly designed YMCA t-shirt

April

- **Wednesday, April 8 @
11 a.m.-1 p.m. & 4-6 p.m.
Our Members are SOUP-ER**
Warm up with a FREE bowl of soup on Wednesday, April 8 from 11 a.m.-1 p.m. and 4-6 p.m.



COMMUNITY FAMILY EVENTS

January

- **Sunday, January 19 @ 2:30 p.m.:
Family Day Date**
Come enjoy the show and spend some quality time with your family. Feel free to bring blankets, chairs or pillows. Popcorn & water provided. **FREE admission with canned goods to stock our food pantry.**

February

- **Sunday, February 23 @ 2-3:30 p.m.:
YTown USA**
Got a new bike or ride on toy for Christmas? Bring it to the Y and take a ride through YTown USA! **FREE admission with a dessert item for our Youth Supper Program.**

April

- **Saturday, April 4 @ 2-3:30 p.m.
Easter Egg Hunt**
It's beginning to feel a lot like spring when you come the YMCA for an annual Easter Egg Hunt, pictures with an Easter Bunny and much more! **Free admission with a craft supply for our Summer Community Playground program.**
- **Saturday, April 18 @ 11 a.m.-1 p.m.
Healthy Kids Day**
Come celebrate Healthy Kids Day, our national initiative to improve the health and well-being of kids. **Note: Summer Camp Registration opens at event.**

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

AQUATICS

WINTER AQUATICS SCHEDULE

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

Class	Day	Time	Location	Member Rate	Non-Member Rate
Skippers Lessons: Ages 6 Months to 36 Months (30 min. class)					
Skippers	Monday	11:00 - 11:30 a.m.	Therapy Pool	Ages 6-12 Mo. FREE / 13-36 Mo. \$32	\$57
Skippers	Monday	6:15 - 6:45 p.m.	Therapy Pool	Ages 6-12 Mo. FREE / 13-36 Mo. \$32	\$57
Skippers	Saturday	10:20 - 10:50 a.m.	Therapy Pool	Ages 6-12 Mo. FREE / 13-36 Mo. \$32	\$57
Preschool Lessons: Ages 3 Years to 5 Years (30 min. class)					
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	5:00 - 5:30 p.m.	Therapy Pool	Free	\$57
Pike	Thursday	10:30 - 11:00 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	5:40 - 6:10 p.m.	Therapy Pool	\$32	\$57
Eel	Thursday	10:00 - 10:30 a.m.	Therapy 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	Tuesday	5:45 - 6:15 p.m.	Therapy Pool	\$32	\$57
Ray/Starfish	Wednesday	6:15 - 6:45 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 (ages 3-5)	Thursday	5:45 - 6:15 p.m.	Therapy Pool	\$32	\$57
Youth Lessons: Ages: 6 Years and up (45 min. class)					
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	4:30 - 5:15 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	Monday	6:15 - 7:00 p.m.	Lap Pool	\$48	\$64
Fish/Flying Fish/Shark	Thursday	6:15 - 7:00 p.m.	Lap Pool	\$48	\$64
Fish/Flying Fish/Shark	Saturday	11:40 a.m. - 12:25 p.m.	Lap Pool	\$48	\$64
You Can Swim (ages 6 and up)	Thursday	6:15 - 6:45 p.m.	Therapy Pool	\$32	\$57
Adult Lesson: Ages: 18 Years - Beginner and Intermediate (45 min. class)					
Adult Swim Lessons	Saturday	8:00 - 8:45 a.m.	Lap Pool	\$48	\$64

* PLEASE NOTE: Make-Up Lessons for the Preschool and Youth classes will be offered once during session. Parent/Child make-up classes are offered during the regularly scheduled class times. Please register online or with the Member Service Desk.

WINTER I:

Week of Jan. 6th - Week of Feb. 24th

Registration Begins:

- Member On-Line: Register Now
- Member: Register Now
- Non-Member: Register Now

MAKE-UP LESSON: FEB. 21ST

WINTER II:

Week of Mar. 2nd - Week of April 20th

Registration Begins:

- Member On-Line: Jan. 31st
- Member: Feb. 3rd
- Non-Member: Feb. 7th

MAKE-UP LESSON: APRIL 17TH

• Swim Lesson Level Descriptions found on [page 6](#)

• Additional Swim Lessons and Aquatic Programs found on [Page 7](#)

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.

Please register by stopping by the Member Service Desk, by calling the YMCA at (724) 891-8439 or by logging onto www.beavercountyyymca.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. (Members 6-12 months 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, and 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.

You Can Swim

Ages: 3-5 and 6-15. 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 always be held in our warm water Therapy Pool. In addition, parents are welcomed to join the children and assist in the water if they choose.



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

Youth and Adult Private Swimming Lessons

Ages: 3 and Up. Private swimming 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 needs and schedules; the most common is (6) 30 minute classes held once a week. **Register at any time!**

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

Scout Swim Testing

Ages: 6 and Up

The Beaver County YMCA is now offering Scout Swim testing for both Boy Scout and Girl Scout Troops. If you need a swim test completed one of our certified lifeguards can sign off on the test. Need to complete a merit badge? Bring your troop in and complete their badge work (your troop must provide the instructor). Contact the Aquatic Director to reserve your time and date!

Troop Rate: \$35

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 timed event within 1 minute, 40 seconds.
- Must attend 100% of the classes

Dates/Time:

- Friday, December 20th: 5-8 p.m.
- Saturday, December 21st: 9 a.m.-3:30 p.m.
- Sunday, December 22nd: 9 a.m.-3:30 p.m.

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



“Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.”
– Proverbs 3:5-6

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 WATCH



Parents and guardians can utilize our Child Watch service for up to **two hours** while they are participating in a Y class, activity or working out at the Y. Child Watch is a dedicated area for children to be enriched and cared for and is a **FREE** service for all members. Our caring staff uses age-appropriate activities and positive guidance for children. Children will enjoy structured activities, crafts, educational time, and stories as they become part of the YMCA Family. For the safety of your child, parents must remain in the facility.

Child Watch (ages 3 Months–Preschool)

• **Monday–Thursday:**
8:30 a.m.–Noon & 5–8 p.m.

• **Friday:**
8:30 a.m.–Noon

• **Saturday:**
8 a.m.–1 p.m.

Need a Place for the Kids To Go While You Get a Quick Workout In?

YOUTH CENTER

Kids are bored at home and want something to do or somewhere to just chill out? Come hang out at our Youth Center with our dynamic staff where you can do anything you want...well almost anything you want!

A few of the activities offered at our Youth Center:

- **Swimming**
- **Art & Crafts**
- **Playing Lego**
- **Sports**
- **Reading**
- **Board Games**

Parental sign in and sign out procedures are required and you will drop off your child in the Youth Center. Kids will partake in various activities in the Youth Center room or staff will take your child to different parts of our facility to do supervised age appropriate games and activities.

Days: Monday–Thursday **Time:** 5:30–8:30 p.m. **Ages:** Kindergarten–14 years old

A free snack for each child attending between 6–7 p.m. will be provided as well.

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

YOUTH RECREATION LEAGUES

Run, Pass and Score your way into the Beaver County YMCA Youth Sports Leagues. The Beaver County YMCA Youth Sports Leagues will teach the basic fundamentals of soccer, teaching drills and skills, with one practice a week on Wednesday evenings, between 5:00 and 9:00 pm. Games will be held Saturday mornings between 10:00 a.m. and 2:00 p.m. based on the league schedule. The League is 10 weeks long and will consist of 9 games. Each child will need to purchase a YMCA league reversible jersey (if not already owned) to be worn both at practices and games. Once a jersey is purchased, it can be reused for all BCMCA Youth Sports Leagues.

**Practices and game times may be subject to change depending on the final number of participants registered and total teams for the season.*

Winter 2020 Basketball League

Season Duration: Week of January 26th to
Week of March 29nd, 2020

Registration Deadline: Sunday, January 19th, 2020

Day: Wednesday (Practices) & Saturday (Games)

Fee: Members \$30; Non-Members \$50

Spring 2020 Soccer League

Season Duration: Week of April 5th to
Week of June 7th, 2020

Registration Deadline: Sunday, March 29th, 2020

Day: Wednesday (Practices) & Saturday (Games)

Fee: Members \$30; Non-Members \$50

The Following Age Groups, Practice Times & Game Times Apply to Both Leagues

Ages: 4 to 17

- 4-5 years old
- 6-8 years old
- 9-14 years old
- 15-17 years old

Practice Times: 5-9 p.m.

- 4-5 years old 5-6 p.m.
- 6-8 years old 6-7 p.m.
- 9-14 years old 7-8 p.m.
- 15-17 years old 8-9 p.m.

Game Times: 10 a.m.-2 p.m.

- 4-5 years old 10-11 a.m.
- 6-8 years old 11 a.m.-12 p.m.
- 9-14 years old 12 p.m.-1 p.m.
- 15-17 years old 1-2 p.m.

PLEASE NOTE: A reusable jersey must be purchased for \$20. Once a jersey is purchased, it can be used for all YMCA leagues.

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 New Brighton Lions 1 mile/5K race which will be held on Saturday, May 9th, 2020.

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

Dates: March 31st through May 5th

Day: Tuesdays

Time: 5:30-6:30 p.m.

Ages: Kindergarten and up

Location: Main Gym

Dates: March 30th through May 4th

Day: Mondays

Time: 11:30 a.m.-Noon

Ages: 3-5 years

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.

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 and Swim

Home-Schooled children ages 6-18 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 NBSD cancels school due to the weather, Home School Gym and Swim will also cancel.

Day: Tuesdays

Ages: 6-18 years old

Time: 11:30 a.m. - 1:15 p.m.

Session Dates:

- **Session 1:** January 7th-February 25th
- **Session 2:** March 8th-April 21st (8 weeks)

Fee: (For an 8-week session)

Members: Child \$40; Family \$60

Non-Members: Child \$75; Family \$110

Church/Youth Group Nights

Come join us at the YMCA on Sunday evenings 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 email youthprograms@beavercountyyymca.org to request and reserve your date!

Days: Last Sunday of Each Month

Ages: All ages

Time: 5-7 p.m.

Dates: January 26th; February 23rd;
March 29th; April 26th

Fee: \$5/person (chaperones free)

FIT FAMILY FITNESS CHALLENGE

This spring, the Beaver County YMCA is making it easy to get your family active and healthy together. This 30 day special program is designed to get your family eating better, be more physically active and to have fun!

Your 30 Day Fitness Challenge will include:

- An initial family consultation with a Certified Personal Trainer who will prescribe a customized workout plan tailored towards your family goals.
- Unlimited Small Group classes with a trainer, nutritional support, dedicated Facebook Accountability group, community and a fitness assessment for the whole family at the start and end of the challenge.
- Weekly check-ins to set new goals and to update progress on goals via text, email or a phone call.
- Members as well as non-members are welcome to participate in this challenge.
- Ages 9 and up

Important Dates:

- Enrollment will end on February 16th or when the challenge group is full.
- A Personal Trainer will meet with families the week of February 17th.
- The challenge will run March 2nd through March 31st.

Cost: Family (2 Adults and all children in household 9-17): \$99 for Members or Non-Members.



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.

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

Round Up and Help Your YMCA Fulfill Our Mission

The Y. So Much More™



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ANNUAL CAMPAIGN ROUND UP



Here's an Example of the Impact You Can Have:

- Partnered with Heritage Valley Health System to offer community-based wellness prevention programs for 55 participants from the Rochester and New Brighton Area school districts.
- Connected individuals and families at the Y's managed pools in Midland and Ellwood City for 16,429 safe visits.
- Provided free swimming lessons for 182 students.
- Engaged 90 displaced children in Romania with day camp experiences.
- Prayed for staff by name the first Monday of every month.
- Provided Christmas for seven families.
- 245,882 member visits to the facility.
- Provided care for 352 school-age children in the before school, after school, holiday and summer care programs.
- In conjunction with 49 community partners, helped 5,031 people use the Y facility.
- 112 children enrolled in the preschool program in preparation for the next steps in their academic adventure.
- 68 families participated in free community events held at the Ellwood City and Midland pools.

How You Can Help

It's easy and it's a great way for you to help your community by simply rounding up your monthly membership fee. The additional dollars will be donated to our Annual Campaign which funds local programs throughout the year. You'll receive a receipt for your donations at the end of the year.

89% of every contribution made to the Beaver County YMCA went to the direct service of children and families. The Beaver County YMCA provided \$3,243,452 of community support in 2018.

(As calculated in our 2018 Form 990)



"And they said, Believe on the Lord Jesus Christ, and thou shalt be saved, and thy house."

- Acts 16:31

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

HEALTH & WELLNESS

When starting your health and wellness journey keep these following are recommendations by the US Department of Health and Human Services for physical activity in mind:

Children and Adolescents

· Children and adolescents ages 6 through 17 years should do 60 minutes (1 hour) or more of moderate-to-vigorous physical activity daily.

Adults

· For substantial health benefits, adults should do at least 150 minutes (2 hours and 30 minutes) to 300 minutes (5 hours) a week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) to 150 minutes (2 hours and 30 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Additional health benefits are gained by engaging in physical activity beyond the equivalent of 300 minutes (5 hours) of moderate-intensity physical activity a week.

Older Adults

· As part of their weekly physical activity, older adults should do multicomponent physical activity that includes balance training as well as aerobic and muscle-strengthening activities.

Mandatory 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 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 with parent in Wellness Center.
- Children 14 & under are not permitted in free weight room.
- 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

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. Stop by and see attendant on duty for your free orientation.

Ages: 15 years and older

Location: Wellness Center



"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

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

GROUP EXERCISE

Group exercise is one of many ways the Y supports members in achieving their health and wellness goals. The YMCA Group Exercise Programs improve health, encourage social interaction and with motivating music, are one of the most enjoyable ways to move and feel great. Highly trained staff members lead the programs and offer modifications to movements to assist those at different levels or those with injuries. There are class formats that deliver a fun and effective exercise experience in a supportive group setting. Each has been professionally designed and tested through a comprehensive program development process, and all are continually refreshed so the programs evolve with the latest trends in group exercise and to keep you motivated and moving.

Group Exercise Classes are **FREE** and included with a YMCA Membership. No registration is necessary. Non-Members can purchase an Aerobic Passport which gives access to 10 classes for \$75.



SMALL GROUP TRAINING

Join our small group classes to receive more individual attention with the camaraderie of others! Our trainers will guide you on this journey in a safe and fun atmosphere. Benefits of a small group class include:

- Individualized training
- Attention to form and execution
- Motivation from a trainer and peers within the small group
- More cost effective than personal training
- Establish relationships and make friends with others in your group

Upgrade your membership to start reaping these benefits!

CLASSES ARE DESIGNED TO FIT AROUND YOUR SCHEDULE.

Fee for Members:

Individuals: \$25 per month for unlimited small group classes or \$5 per class

Family: \$35 per month for unlimited small group classes

Fee for Non-Members:

Individuals: \$99 per month for unlimited small group classes or \$10 per class



Small Group class registration will close at 9 p.m. the evening before your class. For example, if you are taking a class on Wednesday at 12 p.m., then the registration will close for this class on Tuesday at 9 p.m. If there are no registrants as of 9 p.m., the class will not run the next day.

Small Group Training

The class schedule is posted monthly in each area as well as available online. Please feel free to snap a picture while in the facility to have quick access.

INDIVIDUAL TRAINING

Everyone has personal goals. Let our nationally certified training staff help you reach your destination. Whether it's personal training, nutritional support, or individualized yoga or pilates training we can help you!

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

Sessions are flexible and can be used for the following service:

Client Referral Program

A current training client can earn one complimentary session for each time that they refer a new client for personal training and that new client signs up for 6 or more sessions. Excludes training sessions purchased during a promotion.



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

CYCLING



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.

Frequent Cyclers

You can also sign up to be a frequent cyclist and cycle unlimited.

****Frequent Cyclers can sign up the 20th of month for classes!**

Fee: Members: \$12

FREE classes do not require registration.

Cancellation Policy

If you need to cancel, please do so at least 24 hours prior to class in order to get \$2 refund.

Frequent cyclers also need to cancel at least 24 hours prior to class or will be charged the class fee.

**Monthly Cycling Schedule
Available at Member Service Desk
or beavercountyyymca.org**



"for all have sinned and fall short of the glory of God,"

- Romans 3:23

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 or online. You will receive a cycle class receipt.

Note: Beginner Cycle Class is a FREE class.

Fee:

Members:

- \$1 for 30 minute class
- \$2 for over 30 minutes
- \$12 per month

Non-Members:

- \$3.50 for 30 minute class
- \$7 for over 30 minutes

You will need your receipt for admittance into the Cycle Studio. If class is full, check back throughout day of class in case of cancellations.

If you attend a class and are not on a roster, your account will automatically be charged after class.

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



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

JOURNEY TO LOSE CHALLENGE GROUP

We Are Looking for 20 Dedicated Individuals
Who Are Looking to Transform Their Lives and Bodies

One of the main reasons why people give up on their health and fitness journey is because they don't feel supported at home or even at work. **Do NOT try to do this alone.** Get the fitness support you need!

Put your workouts into overdrive with the Beaver County YMCA.

Your 30 Day Challenge will include:

- A One on One Consultation with a Certified Personal Trainer who will prescribe a customized workout plan tailored towards your individual goals
- Unlimited Small Group Classes with a trainer, nutritional support, dedicated Facebook Accountability Group, community and a fitness assessment and measurements at the start and end of the challenge.
- Members as well as Non-Members are welcome to participate in this challenge.

Important Dates:

- Enrollment will end on January 19th or when challenge group is full.
- A Personal Trainer will meet with participants the week of January 20th
- The challenge will run January 27th through February 25th.

Cost: \$55 for Members and Non-Members



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

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, 2020. In addition to the coached treadmill runs, you will receive accountability, a physical therapist will assess any gait issues, running shoe presentation, and a YMCA t-shirt.

During this half marathon we will run over Pittsburgh's three rivers, across bridges with amazing views of the city skyline, and travel through unique neighborhoods lined with spectators and entertainment that showcases Pittsburgh's history and diversity.

To participate in this program you need be able to run 3-4 miles consistently. This program will get you ready to run 13.1 miles at the end of the 12 weeks.

Dates: February 10th through May 1st

Training (weekly running schedule to be distributed every Sunday):

- Short treadmill run together (intervals, tempo runs, etc)
- Long outside run together (weather permitting)
- Short treadmill run on your own
- 2 cross training sessions: can be done on your own. As part of this program, you will receive two free small group classes each week.

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.*



"The Lord taketh pleasure in them that fear him, in those that hope in his mercy."

- Psalm 147:11

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

ROOM SCHEDULES AND RESERVATIONS



Ever want to use one of our multipurpose spaces for your own private workout? Want to ensure when you get to the YMCA that you can use the racquetball court? Room reservation is just what you are looking for.

Aerobic Room and Fitness Studio Hours

Our Aerobic Room and Fitness Studio are now available to use when classes are not in session. Sign up to reserve a room through the member service desk. Rooms can be reserved for 30 minute blocks of time and reservations will be taken 24 hours in advance. The Aerobic Room is equipped with wood floor and mirrors. The Fitness Studio is equipped with multipurpose flooring, mirrors and a line of totally body selectorized weight equipment.

An item as collateral such as a phone or keys, must be left and the door must remain open and be locked and key returned once you are done using the space. Children must be accompanied by an adult.

Racquetball/Wallyball Court Reservation

Our courts are able to be reserved for member use during operating hours. Each member has the ability to reserve one hour of time per day. The courts can be scheduled one day in advance by phone or in person with the member service desk.



Gym and Pool Schedule

The Gym and Pool Schedules are updated and posted monthly in each area as well as available online. Please feel free to snap a picture while in the facility to have quick access to the best times to use the spaces when visiting the YMCA.



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

EMPLOYMENT OPPORTUNITIES AVAILABLE

Learn, Grow and Thrive at the Beaver County Y

PART-TIME, FULL-TIME & SEASONAL POSITIONS AVAILABLE IN ALL DEPARTMENTS!

Imagine going to work knowing that what you do each day positively affects the lives of the people in your community. Working at the Y, you'll discover more than a job—you'll enjoy the opportunity to make a lasting difference in the lives of those around you in an atmosphere that's second to none. Our staff members of all ages and from diverse backgrounds enjoy the personal satisfaction that comes from nurturing the potential of youth and teens, improving the nation's health and well-being and providing support to our neighbors. You'll also receive a FREE Membership.

WELCOMING

We are open to ALL. We are a place where you can be, belong, and become.

GENUINE

We value who YOU are and encourage you to be true to yourself and others.

HOPEFUL

We believe in you and your ability to be a catalyst for good in the world.

NURTURING

We're with you in your journey to develop your full potential.

DETERMINED

Above all else, we are on a relentless quest to make our community stronger beginning with you.

Interested? Call us at (724) 891-8439 or apply online at 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, Nerf Wars Babydoll Party or Tea Party

Available Times:

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

Party Descriptions

- **Babydoll Party:** 1 hour of play and pretend with babydolls, bibs and bottles galore! We provide a space to make believe, you bring a doll and your imagination.
- **Tea Party:** 1 hour of tea party magic and all of the fun that comes with it. We provide a tea party set up, you bring the laughter & magic.
- **Pool Party:** 1 hour in our warm 90 degree, 4 ft. deep therapy pool. Pool Toys and Noodles will be provided for children.
- **Fun and Fit Party:** 1 hour of gym time will be provided for children. Includes games, parachute, scooters, soccer, basketball and more are available.
- **Nerf War Parties:** 1 hour of Nerf battle fun including obstacle course and barricades. The YMCA will provide the safety goggles, space and obstacles for the game. Party attendees are responsible to bring their own Nerf guns and darts.



Basic Birthday Party for 16 includes:

- **2 Hour Rental:** 1 hour of activity and 1 hour in the Party Room
- **All Paper Products:** Table Cloths, Napkins, Plates, Cups and Forks
- **Food for the Guests:** 4-One Topping Pizzas, 2 Bags of Chips, Capri Sun and Water
- 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 Party Room
- **All Paper Products:** Table Cloths, Napkins, Plates, Cups and Forks
- **Food for the Guests:** 6-One Topping Pizzas, 3 Bags of Chips, Capri Sun and Water
- 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.

Refunds for cancellations within 2 weeks of scheduled party will not be granted.

Add-On Items:

- Pizza \$10
- Additional party guests (17-20) \$10
- Additional birthday child \$25

What is a YMCA Party Planner?

A YMCA Party Planner does everything for you. They set up the party room & activity room. They also clean up so you have a hassle free party! **For more information or to schedule a date, please contact the Member Service Desk at 724-891-8439.**



ACTIVE OLDER ADULTS

Seniors for Safe Driving

If you are 55 or older, join us for a driver-awareness and behavior-modification program. This is a classroom instruction only course. There is NO on-the-road driving or classroom testing. Receive a minimum 5% discount on your Auto Insurance premium for 3 years - as mandated by Pennsylvania State Law.

Dates: February 11th; April 14th

Time: 9 a.m. – 1 p.m.

Location: Board Room

Fee: \$16

Register by Phone 1-800-559-4880 or Online

www.seniorsforsafedriving.com

Beginner Cycling

Join our fellow new to cycle members for a beginner cycle experience to great music. Cycle at your own pace.

Fee: FREE



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

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

ADULT

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.

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

Tuesday & Thursday: 5-6 p.m.

Wednesday: 7-9 p.m.

Saturday: 10-11 a.m.

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! **See Gym Schedule for PICKLEBALL times!**



"For the wages of sin is death, but the gift of God is eternal life in Christ Jesus 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

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)



"He who finds a wife finds a good thing, and obtains favor from the Lord."

- Proverbs 18:22

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

CHILD CARE

Our purpose is to make a difference by valuing children as our own, inspiring them to enjoy every step of life, and challenging them to believe in themselves.

~All Staff...All the Time

Childcare is offered in our YMCA facility Monday – Friday between the hours of 6 a.m. – 6 p.m.

Children are grouped in the below classrooms in order to facilitate age appropriate interactions and development as they progress through our program. Childcare announces enrollment availability on YMCA Facebook page.

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. **Child to Staff Ratio 1:4.**

Young Toddler Room

This room consists of children from ages **1–2 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. **Child to Staff Ratio 1:5.**

Older Toddler Room

Our children **ages 2–3** are very active and curious about the world around them. We introduce formal classroom learning routine which includes circle time, stories, songs, and finger plays. Basic language, math, and social skills are reinforced daily.

Child to Staff Ratio 1:6.

Preschool Room Care

Our preschool room serves potty-trained children **ages 3 to 5**. Our teachers plan and implement lessons that incorporate all areas of the curriculum such as language arts, math, and science. Children in this room 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! **Child to Staff Ratio 1:10.**



Beaver County YMCA Childcare Program Offers More...

Free breakfast and snack everyday

Free membership to the Y • **Free** swim time

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

Please contact us with any questions by calling the Beaver County YMCA at 724-891-8439 or childcaredirector@beavercountyyymca.org.
 Enrollment packets are available by logging onto www.beavercountyyymca.org.
 Enrollment registration fee of \$25 is non-refundable.
 Registration fee is waived for YMCA members.

Rates Effective: January 1st, 2020 (Rates are subject to change.)

Type of Care	Weekly Rates*
Infants = 6 weeks - 12 months	
Infants 3 half days/week (6 a.m.- 1 p.m. or 1-6 p.m.)	\$94
Infants 4 half days/week (6 a.m.- 1 p.m. or 1-6 p.m.)	\$105
Infants 5 half days/week (6 a.m.- 1 p.m. or 1-6 p.m.)	\$114
Infants 3 full days/week	\$130
Infants 4 full days/week	\$150
Infants 5 full days/week	\$173
Young Toddlers = 13 months - 24 months	
Young Toddler 3 half days/week (6 a.m.- 1 p.m. or 1-6 p.m.)	\$91
Young Toddler 4 half days/week (6 a.m.- 1 p.m. or 1-6 p.m.)	\$97
Young Toddler 5 half days/week (6 a.m.- 1 p.m. or 1-6 p.m.)	\$113
Young Toddler 3 full days/week	\$121
Young Toddler 4 full days/week	\$144
Young Toddler 5 full days/week	\$168
Older Toddlers = 25 months - 36 months	
Older Toddler 3 half days/week (6 a.m.- 1 p.m. or 1-6 p.m.)	\$91
Older Toddler 4 half days/week (6 a.m.- 1 p.m. or 1-6 p.m.)	\$97
Older Toddler 5 half days/week (6 a.m.- 1 p.m. or 1-6 p.m.)	\$113
Older Toddler 3 full days/week	\$113
Older Toddler 4 full days/week	\$142
Older Toddler 5 full days/week	\$163
Preschool = 3 years - Kindergarten (Preschool program is included in weekly rates)	
Preschool 3 half days/week (6 a.m.- 1 p.m. or 1-6 p.m.)	\$82
Preschool 4 half days/week (6 a.m.- 1 p.m. or 1-6 p.m.)	\$96
Preschool 5 half days/week (6 a.m.- 1 p.m. or 1-6 p.m.)	\$111
Preschool 3 full days/week	\$109
Preschool 4 full days/week	\$141
Preschool 5 full days/week	\$163



"For God sent not his Son into the world to condemn the world;
 but that the world through him might be saved."

- John 3:17

SCHOOL AGE CARE

Before and After School Programs

Our before and after school program is provided during the school year for students in Kindergarten through age 12 who attend Baden Academy, Hopewell, Rochester and New Brighton, and New Horizon schools. The children are provided with a free after-school meal and an opportunity to complete their homework. They also enjoy gross motor games, outdoor time, indoor games, creative activities, and much more. Each month there is a new theme with daily lesson plans. Our school-age site locations are as follows:

- **New Brighton:**
Beaver County YMCA, Youth Center
- **Hopewell Site:**
Hopewell Memorial Jr. High School, Room 115
- **Baden Site:** Baden Academy, Gymnasium

Scheduled 2 Hr. Delay and Early Dismissals

Our staff will be scheduled to provide care for the additional times for an additional \$15 fee

Registration

School-Age registration can be completed online at beavercountyyymca.org or by phone through our registration office. Once completed, please expect an email with our registration packet. All necessary paperwork, including a physical, must be completed 1 week prior to your child's start date.

Questions or Inquiries: Please email schoolagechildcare@beavercountyyymca.org

In-Service Day Camp

In-service care is available to all members of the community in need of school age care. We offer In-Service care following the New Brighton school calendars. All In-Service care is provided at the Beaver County YMCA in New Brighton. The hours of operation are 6:30 a.m.-6 p.m.

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. Please send a cold lunch with your child. All proper paperwork must be submitted prior to the date of care.

Please see website for scheduled in-service days.

- **Fee:** \$39 for a Full Day; \$22 for a Half-Day

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

Summer School-Age Camp

Summer Camp at the Y is the best place to meet new friends & build relationships with old friends from all across Beaver County. Your child will have the opportunity to learn tons of new skills like problem solving, positive decision making, community engagement, and STEAM. It is the perfect place for your child to GROW this summer! We have an awesome summer planned with great field trips, exciting activities, and lots of chances to swim! Our counselors are already working to create an atmosphere of fun for this summer! Campers at the YMCA location will have the option to swim each afternoon, and our Hopewell campers will visit the YMCA every Friday to swim. Our Summer Camp program serves children entering Kindergarten-Age 12 will be held at 2 locations:

- **Beaver County YMCA** 2236 Third Ave., New Brighton, PA 15066
- **Christ Alliance Church** 1881 Broadhead Rd., Aliquippa, PA 15001

Summer Camp begins June 8, 2020 and runs to August 21, 2020.
Camp runs from Monday-Friday on the following schedules:

- YMCA: 9 a.m.-4 p.m. • Hopewell: 8 a.m.-5 p.m.

Lunch and afternoon snack are provided daily. Before and/or after care is available at the YMCA location for an additional fee.

2020 Summer Camp Pricing (25 day minimum)

- \$39/ Full Day
- \$22/ Half Day Morning: YMCA: 9 a.m.-12:30 p.m.; Hopewell: 8 a.m.-12:30 p.m. (lunch included)
- \$22/ Half Day Afternoon: YMCA: 12:30 p.m.-4 p.m.; Hopewell: 12:30 p.m.-5 p.m. (lunch included and the YMCA location will swim each afternoon)
- \$165/week with no minimum
- \$14/ Week: Before/After Care 6-9 a.m. and/or 4-6 p.m. (YMCA location only.)
- \$25 non-refundable registration fee

(Registration fee waived if enrollment forms are submitted at Healthy Kids Day on April 18th, 2020)

*All prices are subject to change

*Half day care not available at Hopewell location on Fridays (swim day)

*Half day care not available at any locations on field trip days

Weekly Themes/Fieldtrips/Programs:

- **Week 1:** June 8-12: Summer Camp Kickoff
- **Week 2:** June 15-19: Mad Science
On-Site Program: Mad Science Assembly
- **Week 3:** June 22-26: Dinosaurs
Field Trip: Midland Pool
- **Week 4:** June 29-July 3: America The Beautiful
- **Week 5:** July 6-10: Books & Movies
On-Site Program – In-House Drive-in
- **Week 6:** July 13-17: Circus
Field Trip: Brady's Run Park
- **Week 7:** July 20-24: Olympics
On-Site Program: Pittsburgh Zoo
- **Week 8:** July 27-31: Around the World
Field Trip: Midland Pool
- **Week 9:** August 3-7: Super Spies
On-site Program: Rochester Fire Department
- **Week 10:** August 10-14: Happy Campers
Field Trip Raccoon Park
- **Week 11:** August 17-21: Good Bye Summer Fiesta

Please contact us with any questions by calling the Beaver County YMCA at 724-891-8439 or emailing schoolagechildcare@beavercountyyymca.org. Enrollment packets are available by logging onto www.beavercountyyymca.org.

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

Rates Effective: August 29, 2016 (Rates are subject to change.)

Type of Care	Weekly Rates*
School Age = Kindergarten - 6th grade	
Before School - 3 days/week	\$52
Before School - 4 days/week	\$55
Before School - 5 days/week	\$61
After School - 3 days/week	\$52
After School - 4 days/week	\$55
After School - 5 days/week	\$61
Before and After School - 3 days/week	\$57
Before and After School - 4 days/week	\$67
Before and After School - 5 days/week	\$77

Non-Scheduled/Weather Related Delays Cancellations and Early Dismissals

- **Delay** – YMCA before School Care will also be delayed 2 hours.
- **Cancellations and Early Dismissals** – YMCA Care will be canceled

SUMMER CAMP OPEN ENROLLMENT BEGINS AT OUR HEALTHY KIDS DAY EVENT ON SATURDAY, APRIL 18TH.

Healthy Kids Day: April 18th; 11 a.m. – 1 p.m.

Registration packets are available online

* \$25 Registration fee waved if forms are completed and turned in on Healthy Kids Day.



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.

- **Dates:** January 13th; February 14th; March 17th; April 8th
- **Time:** 11 a.m. – 3 p.m.

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
- McDanel Vending
- McGaffic Advertising
- Knepper Press
- WesBanco
- Vollmer Sales & Service
- Rochester Manor + Villa
- RAM Acoustical
- Beaver County Educational Trust
- Horace Mann/Randy Mitchell
- Healthcare Licensed Personnel
- Homer Nine & Sons Inc.
- Covenant Partners, LLC
- Liptak Family
- Parise Family
- Center One
- Complete Family Vision Care
- Venezie Sporting Goods and Apparel
- PA Cyber School
- Bruster's
- Lincoln Park Performing Arts & Charter School
- Beaver County Auto Group
- Fragasso Financial Advisors Inc. - Paul Mehno

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!

"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.



"For all have sinned, and come short of the glory of God;"

– Romans 3:23

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.

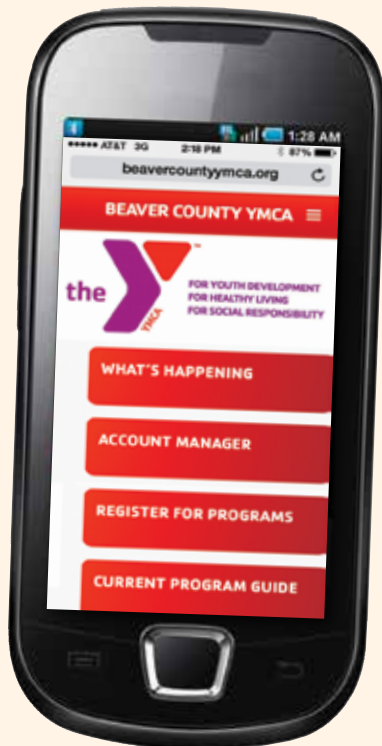
Under no circumstance should staff release children to anyone other than the authorized parent, guardian, or other adult authorized by the parent or guardian (written parent authorization on file with the YMCA).

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.

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 continues to partner up with the Beaver County YMCA to offer both clinic and aquatic physical therapy. Christina Johnson, DPT is the new treating therapist at the YMCA location. Chrissy is well versed in treating all PT related injuries and has advanced her skills to include many new manual techniques that have proved to be very beneficial in patient recovery. Chrissy has her Direct Access Certification and can see most patients without a physician prescription. The hours of operation are Monday, Tuesday and Thursday 8 a.m.-5:30 p.m., Wednesday 8 a.m.-3 p.m. and Friday 8 a.m.-2 p.m. Call or stop in to schedule your appointment. 724-846-1633.

SUPPORT OUR MISSION... **MAKE THE Y YOUR CHARITY OF CHOICE**

When you shop with



they'll donate to



To support the Beaver County YMCA, always shop at
smile.amazon.com

On your first visit to [AmazonSmile](https://smile.amazon.com), you will select Beaver County YMCA before you begin shopping. Amazon will remember your selection, and then every eligible purchase you make at smile.amazon.com will result in a donation to help us continue to live our mission in Beaver County.

Bring an assembly to our YMCA!

Register for

SHOP'n SAVE
just right.

SEEDS Program

at

ShopnSaveFood.com/community

School Code: 364



Apples
for the
Students

[Sign Up @ GiantEagle.com/afts](https://GiantEagle.com/afts)

**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, Food Service Director

Casey Biser, Child Watch/Party Director

Beth Boffo, Wellness Director

Susan Brothers, Assistant Finance Manager

Tim Kraemer, Youth Director

Stephanie Martin, Child Care Director

Paige McStay, Member Service Specialist

Laura Paugh, Curriculum Director

Jennifer Priest, Director of Healthy Living

Yancy Sannan, Aquatic Director

Chasity Smith, Office Manager

Jerrib Terrell, School Age Child Care Director

Kathryn Wilson, Group Supervisor

Lauren Zemcik, Membership Director

Beaver County YMCA

2236 Third Ave. • New Brighton, PA 15066

724-891-THE-Y • Fax: 724-847-3923

www.beavercountyyymca.org

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