



FALL 2021 PROGRAM CATALOG

August 30th - December 31st



Beaver County YMCA



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



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

Building Closings

- Monday, September 6th: Labor Day
- Thursday, November 25th: Thanksgiving
- Friday, December 24th: Christmas Eve (Close at 5 pm)
- Saturday, December 25th: Christmas
- Friday, December 31st: New Year's Eve (Close at 5 pm)
- Saturday, January 1st: New Year's Day

Hours of Operation

- Monday-Friday: 5 am-8:30 pm
- Saturday: 6 am-6 pm
- Sunday: 1*pm-4 pm

*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 FEEDING PROGRAMS SEPTEMBER through DECEMBER 2021

Youth Supper @ The Life Center

- Sept. 16th, Oct. 7th, Oct. 21st, Nov. 4
Nov. 18th, Dec. 2nd, Dec. 16th

Anyone aged 18 or younger is welcome to enjoy a home-cooked meal from 4-6 PM at the Life Center, followed by a fun-filled evening of activities at the YMCA pool/gym from 6-8 PM. Each student will also receive a back pack filled with snacks to take home.

Empty Bowls Event @ The Life Center

- Tuesday November 30th from 11 am – 7 pm

Every year, the Tuesday after Thanksgiving marks the National Day of Giving. Come out of the cold and enjoy a warm bowl of soup for lunch and/or dinner to support the YMCA Youth Feeding Program. Take-out is available. Many thanks to Stray Cat Studio of Beaver Falls for providing us with special hand-made bowls for this fundraising event. Don't miss it.

YMCA Food Pantry @ The Life Center

- Fridays: Sept. 24th, Oct. 22nd, Nov. 19th,
Dec. 17th from 10 am to Noon

As part of our commitment to fight hunger in Beaver County, we offer a food pantry for local residents in partnership with the Greater Pittsburgh Community Food Bank. Everyone is welcome to take what they need and share with a friend. Pre-registration is required.

Junior Chef Cooking Class @ The Life Center

- Oct. 2nd, Nov. 6th and Dec. 4th from 11 am-1 pm

Do you have a child who loves to cook or a child who is interested in learning how to cook? Sign them up for our Junior Chef Youth Cooking Classes where they will learn some basic skills for planning and preparing easy and healthy entrees. Must be ages 8 or older.

Cost is \$10 for each session or \$25 for all three. Pre-registration is required.

Senior Boxes @ The Life Center

- Mondays Sept. 24th, Oct. 22nd, Nov. 19th,
Dec. 17th from 10 AM – 12 noon

Through our partnership with the Greater Pittsburgh Community Food Bank, eligible seniors ages 60 and over can receive a box of shelf-stable foods each month. Registration required.

New Years Eve Race

- Dec. 31st @ Noon

Help us prepare for the new year by supporting our mission to feed kids and their families in Beaver County. Our goal is to collect 5000 canned goods for our food pantry as part of our annual 5K race. Can we do it? Yes we can!



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

– Romans 6:23

MEMBER APPRECIATION EVENTS

*Free for you...Bring a guest *standard Guest Policy Applies*

September

- **Thursday, September 9th**
Monster Sudoku Puzzle in the Lobby
Can we complete the puzzle in 1 day?! Stop by and help us out! Don't forget to register to win a fall prize pack!
- **Sunday, September 12th - 1-3 pm**
Popsicles with Ma & Pop
Bring (grand)Ma and (grand)Pop for an afternoon full fun at the Y or bring your grandkids! Celebrate Grandparent's Day together at the Y. Free to members. Please register at the Member Service Desk
- **Monday, September 27th**
National NO EXCUSES Day
Come to the Y and try a class for FREE. Check out the Small Group classes. Bring a friend, no guest pass needed! No excuse not to come try it out!

October

- **Sunday, October 10th**
World Mental Health Day
Resources for focusing on self-care.
- **Thursday, October 21st**
National Apple Day
Grab your Free Apple at the Front Desk!
- **Sunday, October 24th - 1:30-3:30 pm**
Trunk or Treat
Back Parking lot in front of The Life Center. Two ways to join in on the fun! Decorate your car and pass out treats! Prize for the best decorations/themed car! Two, trick-or-treat with us and enjoy the fun! Registration required. Please register at the Front Desk.
- **Monday, October 25th-Friday, October 29th**
Jack-O-Lantern Contest
Do you have the meanest carving skills in the county? Show it off in our lobby. Votes will be tallied all week and the winner announced on Friday. Please drop off your Jack-O-Lantern on Saturday October 23 or Sunday October 24, to be in the contest!

November

- **Friday, November 5th - 5-7 pm**
Bonfire Night
Back Parking lot. Join us for S'mores and games. Please Register at the Member Service Desk
- **Friday, November 12th - 5:30 pm**
Happy Hour
Free Small Group Class followed by Fellowship.

December

- **Sunday, December 12th - 1:30-3:30 pm**
Ice Cream with Santa
Main Gymnasium – Registration Required, register at the Front Desk.
- **Monday, December 13th-Saturday, December 18th**
Ugly Christmas Sweater Week
Wear your Ugly Christmas attire to the Y! Don't forget to pose for a picture in front of the tree! Only the best one wins!



"For all have sinned and fall short of the glory of God;"
- Romans 3:23

AQUATICS

FALL I & FALL II AQUATICS SCHEDULE

(FALL I: Week of Sept. 13th-Week of Oct. 30th • FALL II: Week of Nov. 1st-Week of Dec. 18th)

Daytime, Evening, and Weekend Lessons (Once each week for 7 weeks)

Class	Day	Time	Location	Member Rate	Non-Member Rate
Parent/Child : Ages 6 Months to 3 Years (30 min. class)					
Skippers	Monday	11:00 - 11:30 am	Therapy/Lap Pool	Ages 6-12 Mo. FREE / 13-36 Mo. \$38	\$60
Skippers	Monday	6:20 - 6:50 pm	Therapy/Lap Pool	Ages 6-12 Mo. FREE / 13-36 Mo. \$38	\$60
Skippers	Tuesday	6:30 - 7:00 pm	Therapy/Lap Pool	Ages 6-12 Mo. FREE / 13-36 Mo. \$38	\$60
Skippers	Saturday	8:20 - 8:50 am	Therapy/Lap Pool	Ages 6-12 Mo. FREE / 13-36 Mo. \$38	\$60
Skippers	Saturday	10:20 - 10:50 am	Therapy/Lap Pool	Ages 6-12 Mo. FREE / 13-36 Mo. \$38	\$60
Preschool Lessons: Ages 2.5 Years to 5 Years (30 min. class)					
Pre-Pike	Monday	5:40 - 6:10 pm	Therapy/Lap Pool	\$38	\$60
Pre-Pike	Thursday	10:00 - 10:30 am	Therapy/Lap Pool	\$38	\$60
Pre-Pike	Saturday	9:00 - 9:30 am	Therapy/Lap Pool	\$38	\$60
Pike	Monday	10:20 - 10:50 am	Therapy/Lap Pool	\$38	\$60
Pike	Monday	5:00 - 5:30 pm	Therapy/Lap Pool	\$38	\$60
Pike	Tuesday	7:00 - 7:30 pm	Therapy/Lap Pool	\$38	\$60
Pike	Thursday	10:40 - 11:10 am	Therapy/Lap Pool	\$38	\$60
Pike	Saturday	11:00 - 11:30 am	Therapy/Lap Pool	\$38	\$60
Eel	Monday	9:40 - 10:10 am	Therapy/Lap Pool	\$38	\$60
Eel	Monday	6:50 - 7:20 pm	Therapy/Lap Pool	\$38	\$60
Eel	Tuesday	5:10 - 5:40 pm	Therapy/Lap Pool	\$38	\$60
Eel	Thursday	11:20 - 11:50 am	Therapy/Lap Pool	\$38	\$60
Eel	Saturday	9:40 - 10:10 am	Therapy/Lap Pool	\$38	\$60
Ray	Monday	9:00 - 9:30 am	Therapy/Lap Pool	\$38	\$60
Ray	Tuesday	4:30 - 5:00 pm	Therapy/Lap Pool	\$38	\$60
Ray	Saturday	10:20 - 10:50 am	Therapy/Lap Pool	\$38	\$60
Youth Lessons: Ages: 6 - 15 Years (45 min. class)					
Polliwog	Monday	4:30 - 5:15 pm	Lap Pool	\$60	\$82
Polliwog	Tuesday	5:25 - 6:10 pm	Lap Pool	\$60	\$82
Polliwog	Wednesday	6:20 - 7:05 pm	Lap Pool	\$60	\$82
Polliwog	Saturday	9:00 - 9:45 am	Lap Pool	\$60	\$82
Guppy	Monday	5:25 - 6:10 pm	Lap Pool	\$60	\$82
Guppy	Tuesday	6:20 - 7:05 pm	Lap Pool	\$60	\$82
Guppy	Wednesday	5:25 - 6:10 pm	Lap Pool	\$60	\$82
Guppy	Saturday	9:55 - 10:40 am	Lap Pool	\$60	\$82
Minnow	Monday	6:20 - 7:05 pm	Lap Pool	\$60	\$82
Minnow	Wednesday	4:30 - 5:15 pm	Lap Pool	\$60	\$82
Minnow	Saturday	10:50 - 11:35 am	Lap Pool	\$60	\$82
Fish	Tuesday	4:30 - 5:15 pm	Lap Pool	\$60	\$82
Fish	Saturday	11:45 am - 12:30 pm	Lap Pool	\$60	\$82
Adult Lesson: Ages: 18 Years - Beginner and Intermediate (45 min. class)					
Adult Swim Lessons	Saturday	8:00 - 8:45 am	Lap Pool	\$60	\$82
Private Swim Lessons*	Flexible	6-30 Min. OR 4-45 Min	Lap Pool	\$90	\$150

*Private Swim Lessons are for those over the age of 2

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

FALL I:

Week of Sept. 13th-Week of Oct. 30th

Registration Begins:

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

FALL II:

Week of Nov. 1st-Week of Dec. 18th

Registration Begins:

- Member On-Line: Sept. 30th
- Member: Oct. 4th
- Non-Member: Oct. 7th

• Swim Lesson Level Descriptions found on page 4



"The Lord is not slack concerning His promise, as some count slackness, but is longsuffering toward us, not willing that any should perish but that all should come to repentance." - 2 Peter 3:9

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.)

Pre-Pike (2-1/2-3 years years Beginners): This new 30 minute class is designed for advanced swimmers age 2-1/2 – 3years of age that have progressed through Parent Child Class but aren't old enough for the Preschool Classes. Pre-Pike will cover the same skills as Pike but with younger children in mind. Parents do NOT get in the pool with their child at this level.

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. Children can swim independently with assistance from floatation device by completion of this level.

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, surface, 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 wetball (lead-up game to water polo) movements. Children can swim across the pool with assistance by the end of this level and 20' without assistance.

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 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 and rescue skills.

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 and develop better wetball playing skills.

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 as well as personal 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.

Weekly Pool Schedule

Available at Member Service Desk, on our website and Facebook page

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

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-5 years)

- **Monday-Friday:**
9 am-11 am &
5 pm-7 pm



Home-School Gym & Swim

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 NBSD cancels school due to the weather, Home-School Gym and swim will also cancel.*

Day: Thursday

Ages: Group A: 5-10 years, Group B: 11-17 years

Time: Group A: 11:00 am-12:00 pm,

Group B: 12:00-1:00 pm

Session Dates:

• **Session 1:** September 7th - November 5th

• **Session 2:** November 8th - January 21st

Fee: Members: \$45; Non-Members: Child \$63

Youth Soccer

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 either Monday or Wednesday evenings, between 5:00 and 7:00 pm Games will be held Saturday mornings between 10:00 am and 2:00 pm based on the league schedule. The League is 8 weeks long and will consist of 7 games. After each game each child will receive a snack.

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

Days: Practice - Monday & Wednesday

Games - Saturday

Ages: Group A: 4-5 years, Group B: 6-8 years,

Group C: 9-14 years, Group D: 15-17 years

Time: Practices:

• Monday: Group A: 5:00-6:00 pm

Group B: 6:00-7:00 pm

• Wednesday: Group C: 5:00-6:00 pm

Group D: 6:00-7:00 pm

Games

• Group A: 10:00-11:00 am

• Group B: 11:00 am-12:00 pm

• Group C: 12:00-1:00 pm

• Group D: 1:00-2:00 pm

Dates: September 13th - November 6th

Fee: Members: \$60; Non-Members: \$80

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



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

Fall T-Ball

Throw, catch and hit your way into the Beaver County YMCA Youth Sports Leagues. The Beaver County YMCA Youth Sports Leagues will teach the basic fundamentals of T-Ball, teaching drills and skills, with one practice a week on either Tuesday or Thursday evenings, between 5:00 and 5:45 pm. The League is 8 weeks long and will consist of 7 practices and one game. After each practice the child will receive a snack.

**Practices and game times may be subject to change depending on the final number of participants registered and total teams for the season. The game may have to be substituted for another practice, depending on the number or participants.*

Day: Group A: Tuesday, Group B: Thursday

Ages: Group A: 3-5 years, Group B: 6-11 years

Time: Practice:

• Group A - 5:00-5:30 pm

• Group B - 5:00-5:45 pm

Session Dates:

• September 13th - November 6th

Fee: Members: \$45; Non-Members: \$65

WaterColors

Would you like something fun and different to do with your little ones? Come out and try our new WaterColors program. Parents and young children, ages six months to four years are welcome. We will be offering activity time, craft time, as well as aquatics lessons and time in the pool with your little ones! Parents and/or guardians must stay with their child at all times - including our time in the pool. Don't forget your swimwear!

Day: Tuesday

Ages: 1-4 Years **Parents MUST attend*

Time: 10:00 am - 12:00 pm

• 10:00-10:30 am - Activity

• 10:30-11:00 am - Craft

• 11:00- 11:30 am - Aquatics Lesson

• 11:30 am- 12:00 pm - Free Swim

Session Dates:

• **Session 1:** September 15th-29th

• **Session 2:** October 13th-27th

Fee: Members: \$15/session;

Non-Members: \$45/session

Mini-Sports

Welcome to our Mini-Sports sessions! This program is designed specifically for our younger children. Ages 2 years to 4 years old are welcome to join us on a journey throughout the sports world. They may need a passport throughout both sessions as we introduce them to sports such as hockey, basketball, soccer, tee ball, volleyball, and even tumbling! Adults should plan to join their child on this adventure.

Day: Thursday

Ages: 2-4 Years

Location: Gym A

Dates: 2 Sessions

September 15th - November 3rd,

November 10th - December 29th

Time: 10:00-11:00 am

• 10:00-10:30 am Lessons

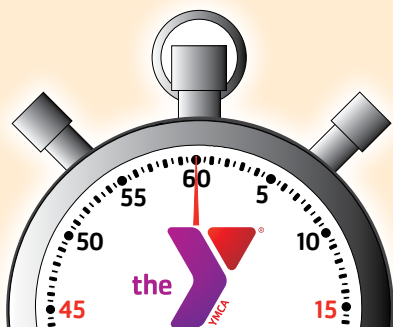
• 10:30-11:00 am Parent Play

Fee: Members: \$40/session;

Non-Members: \$55/session

HEALTH & WELLNESS

NEW YEAR'S EVE RACE



NEW YEAR'S EVE 5K & 1 MILE RUN

HELP THE
BEAVER COUNTY
YMCA
STOP YOUTH
HUNGER

Date: Friday, December 31st,
staggered starts from 12-12:15 pm
Location: Beaver High School Tennis Court
Registration: Must register online before
December 10th to receive a race shirt

Fee: 1 Mile Race:

- Now until November 15th - \$15
- November 16th-December 30th - \$20
- Race Day: December 31st - \$30

5k Race:

- Now until November 15th - \$18.91
- November 16th-December 30th - \$25
- Race Day: December 31st - \$35

*****Please bring 2 can goods to help us reach
our goal of 5k of cans to stop youth hunger.**



Register
Now



Y Runners Club

Date: Runs from November 8th-December 13th

Day: Mondays

Ages: Kindergarten and up: 5:00-6:00 pm;
3-5 years 11:30 am-12:00 pm

Location: Main Gym

Fee: Members: \$25, Non-Members: \$50

Fee includes Race entry into 1 mile fun run. All
Y runners participants will receive a medal at
the 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

BEAVER COUNTY YMCA AEROBICS CLASSES

Aerobics Classes are **FREE** & included with
Beaver County YMCA Membership. No registration needed.

Class Descriptions

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.

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

Chair Yoga – In Chair Yoga the focus is on warming up the body with small movements and breath awareness with the use of a chair for support. You may remain seated for the duration of class, or work towards a short, modified standing series with hip and heart openers, forward stretching, and balancing. The class finishes with gentle seated stretches and relaxation. All levels are welcome.

Cycle – If you think riding a stationary bike is dull, you've never tried indoor cycling! Our cardiovascular classes strengthen your whole leg. You must register online, on the phone or at the Member Service Desk. \$2 for Members and \$7 for Non-Members (half price for 30 minute classes).

Hydro Fit – This is a one hour class using water as resistance targeting all muscle groups. This class is suitable for all fitness levels and is held in the shallow end of the lap pool.

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.

Line Dancing – A fun low impact dance class designed to get you moving.

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.

Step Up – Intermediate to advanced level. Highly choreographed and challenging step moves combined with sculpting exercises for muscular strength and endurance.

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® 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.

Tai Chi – Looking for a healthy, low-impact way to find balance and harmony with your fitness program? This mind-body exercise will introduce 24 beginner Tai Chi movements that help to achieve balance, flexibility, focus, and breath control.



Combines traditional kickboxing moves with high-intensity interval training (H.I.I.T.) for an unbelievable calorie burn.

Yoga – This class introduces a wide range of key postures that help build towards an experienced yoga practice. Warm up stretches and breathing exercises may be practiced seated on the floor, standing up, and lying down. Modifications to full postures and the use of props, such as yoga blocks and straps, are offered for assistance. Yoga helps provide relaxation, improves flexibility, balance, posture, increases strength, and enhances self-awareness.

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.

**Weekly Aerobic Schedule Available
at Member Service Desk or
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 October 18th or when challenge group is full.
- A Personal Trainer will meet with participants the week of October 25th
- The challenge will run November 1st-30th.

Cost: \$55 for Members and Non-Members

ADULT

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!**



Personal Trainers Wanted

Are you a highly motivated fitness enthusiast with a passion for helping others improve their lives? The Beaver County YMCA would love to have you on our Training Team. Candidates must have a nationally accredited personal training certificate to be considered. Apply online at www.beavercountyyymca.org/careers.

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

CHALLENGES



100 Mile Challenge

Everyone who completes the 100 miles will be entered to win: 1 month individual membership, 1 personal training session and 1 month of free small group training.

Date: November 1st through December 31st

- Walk or run on the treadmill, indoor track or outside
- Miles tracked in wellness center binder

Fee: Please bring 5 can goods to help us reach our goal of 5k of cans to stop youth hunger

20th Anniversary of September 11th - 2,226 Steps to Never Forget

To Complete the challenge - 110 Floors on the Power Mill, 8,458 Walking Steps (representing the steps taken from bottom of tower to top)

Date: Challenge runs Sunday, September 5th - Saturday, September 11th

Fee: \$11 For a Challenge themed T-Shirt



"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.beavercountyyymca.org

BURNALONG

11

Active Older Adult Land Classes



CLASS DESCRIPTIONS



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!

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.

Line Dancing - A fun low impact dance class designed to get you moving.

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.

**Weekly Aerobic Schedule Available
at Member Service Desk or beavercountyyymca.org**

Active Older Adult Water Classes



CLASS DESCRIPTIONS

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 Class – This class is designed to center the body while lengthening and strengthening your muscles. We will work on core to promote better posture, balance, range of motion and enhance performance in everyday activities. This class is offered on land and in the therapy pool.

Hydro Fit – This is a one hour class using water as resistance targeting all muscle groups. This class is suitable for all fitness levels and is held in the shallow end of the lap pool.

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.



"Let not your heart be troubled: ye believe in God, believe also in me."
- John 14:1

**Weekly Aerobic Schedule Available
at Member Service Desk or 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 am

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, Silver & Fit and Renew Active.
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.



"For the Son of man is come to seek and to save that which was lost."

- Luke 19:10

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

CHILD CARE

The Beaver County YMCA Childcare Center is a Certified Star 2 facility serving infants through Pre-Kindergarten aged children in Beaver County. For more information about rates and current enrollment opportunities, please contact the Childcare Director at childcaredirector@beavercountyyymca.org or by phone at (724) 891-8439 ext. 314.

Childcare is offered in our YMCA facility Monday – Friday between the hours of 6 am – 6 pm

Children are grouped in the below classrooms in order to facilitate age appropriate interactions and development as they progress through our program.

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.

SCHOOL AGE CARE

School-Age registration MUST be completed online. 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.

Program Questions or Inquiries: School Age Child Care Director

Call 724-891-8439 ext 310 or

Email: Schoolagechildcare@beavercountyyymca.org

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

SCHOOL AGE CHILDCARE: KINDERGARTEN-AGE 12

IMPORTANT UPDATES TO OUR PROGRAMS:

Due to the labor shortage that is affecting us, and many others, we will not be able to open our Hopewell Before School program nor our New Brighton YMCA Before and After School programs until further notice. The Before and After school program at Baden Academy and the Hopewell After School program will still be opening on August 26th with limited capacity. We will be updating our status weekly depending on increased staffing. Once we are able to open these sites up to families, it will be updated on our website and Facebook page. We appreciate your patience and understanding during this time. Our main goal here at the Y is to offer safe and reliable care for you and your children.

During the school year, we provide before and after school care for students in Kindergarten through age 12. As of now, we are offering care for children who attend school at Hopewell and Baden Academy. The children are provided with a FREE after-school meal and an opportunity to complete their homework. They also enjoy gross motor, outdoor time, games and fun activities, and much more. Our school-age sites provide care from 6:30 am-6:00 pm depending on the location:

Hopewell site:

Hopewell Memorial Jr. High School, Room 119

- After School care until 6:00 pm (includes snack)

Baden site:

Baden Academy, Gymnasium

- Before School begins at 6:30 am
- After School care until 6:00 pm (includes snack)

Scheduled Two Hr. Delay and Early Dismissals:

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

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



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**

Available Times:

- Saturday and Sunday 1-3 pm and 4-6 pm
- Sunday 1:30-3:30 pm

Party Descriptions

- **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.

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:** 2-One Topping Pizzas, 50 Bags of Chips 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:

- Additional birthday child - \$25
- Additional Pizza (21 slices), Chips (50 bags) or Water (30-8 oz. bottles) - \$15

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 Youth Director, Kristen Cain or the Member Service Desk at 724-891-8439.**



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 smile.amazon.com](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

Megan Bever, School Age Child Care Director

Beth Boffo, Wellness Director

Susan Brothers, Assistant Finance Manager

Kristen Cain, Youth Director

Calista Harty, Aquatics Director

John Merola, Food Service Director

Erin Mott, Child Care Director

Chasity Smith, Office Manager

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.**