



Beaver County YMCA



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WINTER/SPRING 2024

PROGRAM CATALOG

January 2nd – April 30th

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

- January 1: New Year's Day
- March 29th: Good Friday
- March 30th: Holy Saturday
- March 31st: Easter Sunday

Hours of Operation

- Monday-Friday: 5am-8:30pm
- Saturday: 6am-6pm
- Sunday: 12*-5pm

*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

JANUARY through APRIL 2024

Kids in the Kitchen

- **Saturdays: January 20th, February 17th and March 16th from 9-11am**

Got kids who like to cook or would like to learn? Our Kids in the Kitchen program is geared for ages 8-14, and helps kids build confidence and skills in the kitchen. Classes take place TBD at the YMCA Commons. Cost is \$10 per session or \$25 for all three sessions. Pre-registration is required. More information is available at www.beavercountyyymca.org.

Youth Supper @ The YMCA Commons

- **Wednesdays, January 3rd & 17th, February 7th & 21st, March 6th & 20th, April 3rd & 17th, May 1st & 15th from 4:30-6pm**

All Beaver County youth ages 18 or younger are welcome to enjoy a home-cooked meal from 4:30 to 5pm at the YMCA Commons, followed by free supervised youth activity at the Y from 5:15-6pm. Parents can pick up their kids at 7:30pm in the main lobby. Each student will also receive a bag filled with snacks to take home. Join us @ The YMCA Commons on Thursdays.

YMCA Food Locker @ The YMCA Commons

- **Saturdays: January 20th, February 17th, March 16th, April 20th, May 18th from 9-11am**

As part of our commitment to fight hunger in Beaver County, we are launching a new food locker system in 2024. Sign-up today for more information on how you can participate by either receiving food, donating food, or volunteering to help. The food locker is open to everyone and is free of charge.

**Contact Kourtney Shoop,
foodservice@beavercountyyymca.org (724) 891-8439 x 310**

YOUTH SUPPER

**Providing the Youth of Beaver County
with a Safe Place to Go and Just Be Kids!**

Throughout the school year, the Beaver County YMCA hosts a Youth Supper on the 1st and 3rd Wednesday of each month. Dinner is served from 4:30-6pm in the YMCA Commons Building, followed by a free supervised youth activity. Each student will also receive a bag filled with snack foods to take home.



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



We're More Than a Gym

- Provided Christmas for six families
- Provided 30 families with a Thanksgiving meal
- Served 200 families through our food pantry
- Fed 32,000 meals and served 23,000 snacks to youth of Beaver County
- Provided over \$133,000 in membership financial assistance
- Provided 250 free swim lessons

How Can You Help?

- Volunteer
- Sponsor an event/program
- Donate towards our mission
- Become a mission partner.



\$.88 of every dollar raised by the Beaver County YMCA went to the direct service of children and families. The Beaver County YMCA provided \$3,094,355 of community support in 2022.
(As calculated in our 2022 financial statements)



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

- Acts 16:31

Please register on our website at www.beavercountyyymca.org
or visit the Member Service Desk.

FAMILY EVENTS

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

Event	Date	Time	Location	Fee
Father/Daughter Tea Party	Saturday, February 3rd	12-2pm	The Commons	Free to the Community
Easter Egg Hunt	Sunday, March 17th	12-3pm	Gymnasium	Free to the Community
Healthy Kids Day	Saturday, April 27th	12-3pm	YMCA	Free to the Community

Father/Daughter Tea Party

Calling all super dads! Bring your little girl(s) to the Y for some quality daddy-daughter time. There will be games, crafts and TEA! **Please register on our website or at our Member Service Desk.**

Easter Egg Hunt

He is RISEN! Celebrate by joining us for an Easter Egg Hunt, crafts, games and more. **Please register on our website or at our Member Service Desk.**

Healthy Kids Day

Healthy Kids Day is all about getting our community excited to make healthy choices! Join us for some healthy fun around the Y. **Please register on our website or at our Member Service Desk.**

Registration for Summer Day Camp opens during Healthy Kids Day.

Free Learn to Swim

Dive into Free Swim Instruction. Summer and Swim Lessons: they go hand and hand. As soon as school is out, kids are clamoring to get in the water for fun, exercise and break from the heat. But learning to swim is also a valuable life skill. Though this session, instructors will teach children to feel confident in the in the water and teach them maneuvers that one can use unexpectedly find themselves submerged and in a drowning situation. Classes are appropriate for beginner swimmers from ages 3 and up. Instruction is for the first time beginner learn to swim.

Registration:

- **Session Dates:** March 26th-28th
- **Members:** Monday, March 4th
- **Non-Members:** Monday, March 11th
- **Closes:** Wednesday, March 20th

Member Appreciation Weeks

- **Week of February 12-16**
- **Week of March 18-22**

Daily giveaways, well deserved treats, special promotions and fun contests and competitions.



"O clap your hands, all ye people; shout unto God with the voice of triumph."

- Psalm 47:1

Please register on our website at www.beavercountyyymca.org or visit the Member Service Desk.

AQUATICS

SAFETY • FUN • FITNESS

BUILDING STRONG AND CONFIDENT SWIMMERS

Dive into our Aquatics Programs

Our certified and experienced instructors emphasize personal safety, swimming skills and endurance, while guiding students with praise and encouragement.

Swimming is a necessary life skill as well as great exercise and a challenging sport. Our Y offers swim lessons for all ages, family swim, competitive swimming teams, and many kinds of adaptive swim programs for kids with special needs, so we can all safely enjoy the water.

What Class Should I Choose? Lesson Selector

Can the student respond to verbal cues and jump on land?

Not Yet ➤ **Water Babies**

Is the student comfortable working with an instructor without a parent in the water?

Not Yet ➤ **Water Explorers**

Can the student swim without a floatation device?

Not Yet ➤ **Anchors and Oars**

Will the student go under the water voluntarily?

Not Yet ➤ **Station One: Bubble Blowers**

Can the student do a front and back float on their own?

Not Yet ➤ **Station Two: Floats and Gliders**

Can the student kick with straight legs?

Not Yet ➤ **Station Three: Kickers**

Can the student swim 10–15 yards on their front with crawl?

Not Yet ➤ **Station Four: Crawlers**

Can the student swim 25 yards or more on their front and back?


Not Yet ➤ **Station Five: Stroke Development**

Can the student swim all 4 strokes but needs work with fundamentals and mechanics?

Not Yet ➤ **Stroke School**

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or visit the Member Service Desk.


STAGE DESCRIPTIONS



**WATER DISCOVERY
A**

SWIM STARTERS


Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.



**WATER DISCOVERY
A**

WATER BABIES & SPLASHERS


Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.



**WATER EXPLORATION
B**

WATER EXPLORERS

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.




ANCHORS & OARS

SWIM BASICS


Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim-sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab



ANCHORS & OARS


Young children will enjoy the individualized instruction of a group lesson, building their comfort in and around the water. Beginning skills such as proper air exchange, floating, and kicking are introduced. Children learn and develop at different paces, so some may be ready for introductory freestyle skills. Instructors will teach to each child's ability level.



**BUBBLE BLOWERS
1**

BUBBLE BLOWERS

Swimmers learn how to blow bubbles, open their eyes, submerge their faces, and basic air exchange. 10 relaxed bobs in a row with bubbles must be completed to move to station 2.



**FLOATS AND GLIDERS
2**

FLOATS AND GLIDERS

Swimmers learn Back and Front floats along with streamlining and continuing air exchange skills. Proper body position is the base that good swimming is built upon. Swimmers will also be taught to roll over and float on their backs. Front Glide and recover and Back Glide and recover for 5 seconds are the goals to move to station 3.

STAGE DESCRIPTIONS

SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.



KICKERS

The foundation of swimming starts in Station 3. Swimmers learn Porpoising, Dolphin kick, and body balance, all of these skills are needed to be a proficient swimmer. Front Kick streamlined and Back Kick streamlined for 15 feet are the goals to move to station 4.



CRAWLERS

The Crawl stroke is taught and swimmers swim for 20 feet. Swimmers learn the safety skill of Rollover-front to back, back to front and how to call for help while on their back. Somersaults both forward and back are learned, along with Finning, Sculling. Side Glide Kick for 20 feet is the Crawl Stroke for 20 feet (no breathing) are the goals to move to station 5.



STROKE DEVELOPMENT

In this final Station swimmers will extend swimming technique refinement in all major strokes, turns and dives. Swimmers will be able to swim 300 yards Freestyle, 100 yards Backstroke, and 100 yards of the Individual Medley.



STROKE SCHOOL

BCYMCA Stroke School is for intermediate and advanced swimmers ages 9+. Swimmers must have a basic understanding of the stroke and be able to swim an uninterrupted lap in order to participate. Classes will be one hour long, consisting of 30 minutes of stroke development and technique work and 30 minutes of speed and endurance work. Classes will run in our lap lanes and are limited to five swimmers per hour.



ADULT LEARN TO SWIM

Did you know that one-third of adults in the United States cannot swim the length of the pool? Swimming is a life skill everyone should learn. Whether you are a true beginner, want to improve your stroke technique for fitness swimming or train for a triathlon, our program is for you.

PRIVATE SWIM LESSONS

If you feel that you or your child would work better in a one on one setting, want to work on a specific stroke or skill, or would like more flexible class times, private lessons may be a better option for you. Private lessons are by request only, and limited to 1:1 ratios. Semi-Private lessons 2:1 ration or 3:1 ratio, we do encourage participants (especially children) to do 30 minute lessons.

*A private swim lesson request does not guarantee lessons. Instructor availabilities are limited; we will try our best to fulfill your request as soon as possible.

Private (1:1)
Members: \$120
Non-Members: \$180

Semi-Private (2:1)
Members: \$165
Non-Members: \$255

Semi-Private (3:1)
Members: \$210
Non-Members: \$330

SWIM LESSON STAGE SCHEDULE



CLASS REMINDERS:

Children who are not potty-trained need to be in a swim diaper.

Make up classes are only made if the Y cancels. If you miss a class for any reason, you will not be able to make up the class.

Classes will run with a 3 participant minimum. If you signed up for a class with 2 or less participants, you will be asked to move to another day and time. If it does not work with your schedule, a refund or online credit will be given upon request.



WATER BABIES & SPLASHERS
6 Months-2 Years

Mon.-Wed.
Tues.-Thurs.
5:45-6:15pm
Sat.
9-9:30am
10:15-10:45am



WATER EXPLORERS
2.5-3 Years

Mon.-Wed.
Tues.-Thurs.
4-4:30pm
Sat.
10:50-11:25am



ANCHORS & OARS
Preschool 3-5 Yrs.

Mon.-Wed.
Tues.-Thurs.
4:30-5:00pm
5:05-5:35pm
6:30-7:00pm
Sat.
9:35-10:05am
11:30am-12:00pm



BUBBLE BLOWERS
School Age
5-12 Years

Mon.-Wed.
Tues.-Thurs.
4:30-5:00pm
5:05-5:35pm
6:30-7:00pm
Sat.
9:35-10:05am
10:50-11:20am
11:30am-12:00pm



FLOATS AND GLIDERS
School Age
5-12 Years

Mon.-Wed.
Tues.-Thurs.
4:30-5:00pm
5:05-5:35pm
6:30-7:00pm
Sat.
9:35-10:05am
10:50-11:20am
11:30am-12:00pm

SWIM STARTERS
Members: \$45
Non-Members: \$85

SWIM BASICS
Ratio: 1-5
Members: \$55
Non-Members: \$95

SWIM LESSON STAGE SCHEDULE

SWIM STROKES

Ratio: 1-5

Members: \$55
Non-Members: \$95



KICKERS

School Age
5-12 Years
Mon.-Wed.
Tues.-Thurs.
4:30-5:00pm
5:05-5:35pm
5:45-6:15pm
Sat.
9:00-9:30am
9:35-10:05am
10:15-10:45am
10:50-11:20am



CRAWLERS

School Age
5-12 Years
Mon.-Wed.
Tues.-Thurs.
5:45-6:15pm
Sat.
10:15-10:45am



STROKE DEVELOPMENT

School Age
5-12 Years
Mon.-Wed.
Tues.-Thurs.
5:45-6:15pm
Sat.
10:15-10:45am



STROKE SCHOOL

School Age
9-18 Years
Mon.-Wed.
Tues.-Thurs.
6:00-7:00pm
Sat.
11:00am-12:00pm



ADULT LEARN TO SWIM

Adult
13 Years & Up
Sat.
10:00-11:00am
Members: \$90
Non-Members: \$112

SESSION DATES

SWIM LESSONS

Registration Dates:

- January: 8th - 25th
Members: Dec. 11th; Non-Members: Dec. 18th
Closes: Dec. 27th
- February: 5th - 22nd
Members: Jan. 15th; Non-Members: Jan. 22nd
Closes: Jan. 31st
- March: 4th - 21st
Members: Feb. 12th; Non-Members: Feb. 19th
Closes: Feb. 28th
- April: 1st - 18th
Members: Mar. 11th; Non-Members: Mar. 18th
Closes: Mar. 27th
- April 29th - May 16th
Members: Apr. 8th; Non-Members: Apr. 15th
Closes: Apr. 24th

SAT. LEARN TO SWIM

Registration Dates:

- January 6th - February 10th
Members: Dec. 11th; Non-Members: Dec. 18th
Closes: Dec. 27th
- February 17th - March 23rd
Members: Jan. 15th; Non-Members: Jan. 19th
Closes: Jan. 31st
- April 6th - May 11th
Members: Mar. 11th; Non-Members: Mar. 18th
Closes: Mar. 27th

FREE SWIM (MARCH 25-28TH)

Registration Dates:

Members: Mar. 4th; Non-Members: Mar. 11th; Closes: Mar. 20th

Free Learn to Swim

Dive into Free Swim Instruction. Summer and Swim Lessons: they go hand and hand. As soon as school is out, kids are clamoring to get in the water for fun, exercise and break from the heat. But learning to swim is also a valuable life skill. Though this session, instructors will teach children to feel confident in the in the water and teach them maneuvers that one can use unexpectedly find themselves submerged and in a drowning situation. Classes are appropriate for beginner swimmers from ages 3 and up. Instruction is for the first time beginner learn to swim.

Registration:

- Session Dates: March 26th–28th
- Members: Monday, March 4th
- Non-Members: Monday, March 11th
- Closes: Wednesday, March 20th

Water Based Tai Chi

Water Tai Chi is an exercise and relaxation program, used to help people keep fit and prevent diseases. It is ideal for improving range of motion, balance and mobility, increasing circulation and oxygen levels. It can also be used for relaxation. Our classes are 60 minutes

Why would this class be good for me?

If you are looking for a slower-paced water class, which integrates both mental and physical health, and leaves you feeling relaxed, this one is ideal for you.

- Days/Times: Wednesdays 2:25pm
Saturdays at 12:05pm

****All children under the age of 12, must be accompanied by an adult (18+).****

AQUATICS DEPARTMENT HAVE TEAMED UP
EJ FELTES MEMORIAL FOUNDATION

Bring Your Appetite to Support a Great Cause

Spaghetti Dinner

Saturday, January 13th, 2024
3–7pm
YMCA Commons
Located Behind the Beaver County YMCA

Chinese Auction
50/50 Held and Pulled
Every Hour

COME SUPPORT A WORTHY CAUSE

CHILDREN'S COMMUNITY
FUN EVENT

Saturday, July 27th, 2024
3–7pm
John A. Antoline Memorial Park in Monaca

Bounce Houses • Yard Games
Chinese Auction • Face Painting
Snow Cones • Delicious Food

Purchase Spaghetti Dinner Tickets or RSVP for the Fun Event by scanning the following QR Code



“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 on our website at www.beavercountyyymca.org or visit the Member Service Desk.

WATER SAFETY STARTS WITH YOU

BEAVER COUNTY YMCA IS CERTIFYING LIFEGUARDS



These classes provide 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. Classes are American Red Cross Lifeguard Certification courses.

Beaver County YMCA



SWIM LEARN GUARD

**Saturday, March 2nd and
Sunday, March 3rd
9am-5pm**

Last day to register is Wednesday, February 28th.

**Saturday, April 20th and
Sunday, April 21st
9am-5pm**

Last day to register is Wednesday, April 17th.

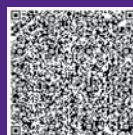
Must attend both days of training.

Swim test must be completed and passed before you can register and take the course.

Requirement: 300 yards, 150 freestyle, 150 breaststroke, 25 yards freestyle retrieve brick from bottom of the pool, back float with brick to shallow end.

This is a full in-person course. All hours are mandatory. Held at our YMCA.

Scan Here
to Register



**For Info, Email: aquatics@beavercountyyymca.org
or Call: 724-891-THE-Y**

Please register on our website at www.beavercountyyymca.org
or visit the Member Service Desk.

WINTER/SPRING LAP POOL SCHEDULE

(January 2nd-April 30th, 2024)

Mon./Wed.	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:00 – 7:00am	Lap Swim				Open Swim	
7:00 – 8:00am	Lap Swim				Open Swim	
8:00 – 9:00am	Lap Swim			Total Aqua Body – Deep Water		
9:00 – 10:00am	Lap Swim			HydroFit – Shallow Water		
10:00 – 11:30am	Lap Swim			Volleyball		
11:30 am – 1:00pm	Lap Swim				Open Swim	
1:00 – 3:00pm	Lap Swim				Open Swim	
3:00 – 4:30pm	Lap Swim				Open Swim	
4:30 – 5:30pm	Lap Swim			Swim Lessons 4:30–7:00pm (Lane 5 – Shallow End Only)		Open Swim
5:30 – 6:30pm	Stroke School 6:00–7:00pm (Jan. 8th–May 15th)	Lap Swim				Open Swim
6:30 – 7:05pm		Lap Swim				Open Swim
7:05 – 8:15pm	Lap Swim				Open Swim	
8:30pm	YMCA Closed					
Tues./Thurs.	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:00 – 7:00am	Lap Swim				Open Swim	
7:00 – 8:00am	Lap Swim				Open Swim	
8:00 – 9:00am	Lap Swim				Open Swim	
9:00 – 10:00am	Lap Swim				Open Swim	
10:00 – 11:00am	Lap Swim				Open Swim	
11:00am – Noon	Lap Swim				Open Swim	
Noon – 1:00pm	Lap Swim				Open Swim	
1:00 – 3:00pm	Lap Swim				Open Swim	
3:00 – 4:00pm	Lap Swim				Open Swim	
4:00 – 6:00pm	Stroke School 6:00–7:00pm (Jan. 8th–May 16th)			Swim Lessons 4:30–7:00pm (Lane 5 – Shallow End Only)		Open Swim
6:00 – 7:00pm		Lap Swim				HydroFit – Shallow Water*
7:00 – 8:15pm	Lap Swim				Open Swim	
8:30pm	YMCA Closed					
Fri.	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:00 – 6:00am	Lap Swim				Open Swim	
6:00 – 8:00am	Lap Swim				Open Swim	
8:00 – 9:00am	Lap Swim			Total Aqua Body – Deep Water		
9:00 – 10:00am	Lap Swim			HydroFit – Shallow Water		
10:00 – 11:30am	Lap Swim			Volleyball		
11:30am – Noon	Lap Swim				Open Swim	
Noon – 1:00pm	Lap Swim				Open Swim	
1:00 – 3:00pm	Lap Swim				Open Swim	
3:00 – 4:00pm	Lap Swim				Open Swim	
4:00 – 5:00pm	Lap Swim				Open Swim	
5:00 – 6:30pm	Lap Swim				Open Swim	
6:30 – 7:00pm	Lap Swim				Open Swim	
7:00 – 8:15pm	Lap Swim				Open Swim	
8:30pm	YMCA Closed					
Sat.	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00 – 8:00am	Lap Swim				Open Swim	
8:00 – 9:00am	Lap Swim				Open Swim	
9:00 – 10:00am	Lap Swim			Swim Lessons 9:00am–12:00pm (Lane 5 – Shallow End Only)		Open Swim
10:00am – Noon	Stroke School 11:00am–12:00pm (Jan. 6th–May 11th)	Lap Swim				Open Swim
Noon – 12:30pm		Lap Swim				Open Swim
12:30 – 3:00pm	Lap Swim				Open Swim	
3:00 – 4:00pm	Lap Swim				Open Swim	
4:00 – 5:00pm	Lap Swim				Open Swim	
5:00 – 5:45pm	Lap Swim				Open Swim	
6:00pm	YMCA Closed					
Sun.	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Noon – 2:00pm	Lap Swim				Open Swim	
2:00 – 3:00pm	Lap Swim				Open Swim	
3:00 – 4:45pm	Lap Swim				Open Swim	
5:00pm	YMCA Closed					

*HydroFit - Shallow Water - Thur. 6:15-7pm

All children under the age of 12, must be accompanied by an adult (18+).

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or visit the Member Service Desk.

BEAVER COUNTY YMCA POOL SCHEDULE

WINTER/SPRING '24 THERAPY POOL (January 2nd-April 30th, 2024)

MONDAY	
5:00 – 7:30am	CLOSED
7:30 – 9:00am	Open Swim
9:00 – 11:30am	Child Care Swim
11:30am – 12:00pm	Open Swim
12:00 – 1:00pm	Arthritis Class
1:00 – 2:00pm	Arthritis Class
2:00 – 3:00pm	Jamie's Physical Therapy
3:00 – 4:00pm	Open Swim
4:00 – 7:00pm	Swim Lessons
7:00 – 8:00pm	Open Swim
8:00	CLOSED

THURSDAY	
5:00 – 7:30am	CLOSED
7:30 – 9:00am	Open Swim
9:00 – 10:00am	Poolates
10:00 – 11:00am	Jamie's Physical Therapy
11:00am – 12:00pm	Silver Splash
12:00 – 4:00pm	Open Swim
4:00 – 7:00pm	Swim Lessons
7:00 – 8:00pm	Open Swim
8:00	CLOSED

TUESDAY	
5:00 – 7:30am	CLOSED
7:30 – 9:00am	Open Swim
9:00 – 10:00am	Poolates
10:00 – 11:00am	Jamie's Physical Therapy
11:00am – 12:00pm	Silver Splash
12:00 – 4:00pm	Open Swim
4:00 – 7:00pm	Swim Lessons
7:00 – 8:00pm	Open Swim
8:00	CLOSED

FRIDAY	
5:00 – 7:30am	CLOSED
7:30 – 9:00am	Open Swim
9:00 – 11:00am	Child Care Swim
11:00am – 12:00pm	Open Swim
12:00 – 1:00pm	Arthritis Class
1:00 – 2:00pm	Arthritis Class
2:00 – 3:00pm	Jamie's Physical Therapy
3:00 – 8:00pm	Open Swim
8:00	CLOSED

WEDNESDAY	
5:00 – 7:30am	CLOSED
7:30 – 9:00am	Open Swim
10:00 – 11:00am	Watson Institute
11:00am – 12:00pm	Open Swim
12:00 – 1:00pm	Arthritis Class
1:00 – 2:00pm	Arthritis Class
2:00 – 2:25pm	Open Swim
2:25 – 3:25pm	Tai Chi
3:25 – 4:00pm	Open Swim
4:00 – 7:00pm	Swim Lessons
8:00	CLOSED

SATURDAY	
6:00 – 8:00am	CLOSED
8:00 – 9:00am	Open Swim
9:00am – 12:00pm	Swim Lessons
12:00 – 1:00pm	Tai Chi
1:00 – 3:00pm	Open Swim
1:00 – 3:00pm	Birthday Party
3:00 – 4:00pm	Open Swim
4:00 – 5:45pm	Open Swim
4:00 – 6:00pm	Birthday Party
6:00pm	CLOSED

SUNDAY	
12:00 – 1:00pm	Open Swim
1:30 – 2:30pm	Open Swim
1:00 – 3:00pm	Birthday Party
3:00 – 5:00pm	Open Swim
5:00	CLOSED

The last day of lessons will be Thursday, May 16th. Schedule subject to change after Thursday, May 16th.

****All children under the age of 12, must be accompanied by an adult (18+).****

Please register on our website at www.beavercountnymca.org
or visit the Member Service Desk.

YOUTH

CHILD WATCH



Our Child Watch program is specifically for members of the YMCA to utilize while they exercise or participate in a YMCA activity. Members of the YMCA can use this service for children aged 6 months through 7 years for up to two hours. Our staff provide loving care for your little ones giving you peace of mind and giving children a safe, fun place to play. Child Watch is dedicated to offer children age-appropriate activities and is a FREE service to all members. With our Child Watch program, your child will have the opportunity to:

- **Connect with other children**
- **Engage in staff-led activities and crafts**
- **Play in the gymnasium**
- **And so much more!**

In order to utilize Child Watch, parents must remain inside the YMCA and adhere to the Child Watch Handbook. *(Child Watch Handbook is readily available upon request.)

NOTE:

If there are no children in Child Watch at 10:45am, Child Watch will close at that time.

If there are no children in Child Watch at 7:15pm, Child Watch will close at that time

Child Watch

(ages 6 months-7 years)

- **Monday – Thursday:**
8:30-11am & 5-7:30pm
- **Friday:**
8:30-11am
- **Saturday:**
8am-12pm

*Hours are subject to change.

Child Watch Schedule:

8:30-11am:

- 8:30-9:30am: Drop Off/Free Play
- 9:30-10:30am: Staff Led Activity/Table Activities
- 10:30-11:00am: Story Time/Pick Up

5-7:30pm:

- 5:00-5:30pm: Drop Off/Free Play
- 5:30-6:30pm: Staff Led Activity/Table Activities
- 6:30-7:30pm: Story Time/Pick Up

**For additional information regarding our Child Watch program, please contact:
Paige Mannerino - Assistant Childcare Director
724-891-8439 ext. 314 or assistantchildcaresdirector@beavercountyyymca.org**

Parents Night Out

Bring your kids to the YMCA Child Watch where we will play games and do crafts with your children while you and your spouse enjoy a night out. (For YMCA members only)

Registration Opens on January 2nd

Dates: January 19th, February 16th, March 22 and April 19th

Time: 5-7pm

Fee: \$5 per child

Biddy Basketball

Join the YMCA's nationally recognized, award-winning hoops program. Participants learn the fundamentals of basketball using smaller balls and lower baskets. This program focuses on fun, healthy competition, participation and skill development.

Day: Saturdays

Date: January 13th-February 10th

Time: 10-11am

Ages: K-5th Grade

Fee: Members \$32; Non-Members \$50

***Registration Now Open!**

Junior Basketball League

This program is designed for individuals who have a strong competitive spirit. Each player will be put on a team and we will have games each Saturday.

Day: Saturdays

Date: January 13th-February 10th

Time: 11:30 am-12:30 pm

Ages: 4th-8th Grade

Fee: Members \$32; Non – Members \$50

***Registration Now Open!**

Homeschool Gym & Swim

Home-Schooled children ages 5-18 can fulfill their physical education requirement with this YMCA program. This program offers a YMCA sports 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.

Registration Dates:

Members

- **Session 1:** Monday, January 1st
- **Session 2:** Monday, February 26th

Non-Members

- **Session 1:** Monday, January 8th
- **Session 2:** Monday, March 4th

Dates: Session 1

Mondays: February 5th – March 18th

Dates: Session 2

Mondays: April 8th – May 13th

Time: 12:30-2:00pm

Ages: 5-18 Years Old

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

**Please register on our website at
www.beavercountyyymca.org
 or visit the Member Service Desk.**

Paint and Sip

Our painting event is the perfect opportunity to relax, express yourself, and create a masterpiece on a blank canvas. So, grab a brush, sip on some delicious sparkling juice, and let your creativity flow at our Zen painting event!

Registration Dates:

Members: December 31st; **Non-Members:** January 8th

Date: Tuesday, February 6th

Time: 5:30-7pm

Ages: Bring the entire family!

Fee: Members \$10; Non – Members \$15

Mini Sports

This program teaches the basic skills of hockey, basketball, soccer and tee ball for younger athletes. This will help children develop motor skills while having fun.

Registration Dates:

Members: January 14th; **Non-Members:** January 21st

Day: Saturdays

Date: February 24th-March 16th

Time: 10-11 am

Ages: 2-5 Years Old

Fee: Members \$30; Non-Members \$40

March Madness Tournament

Calling all ballers! Join us for our YMCA March Madness Tournament. Either come with your team or we will assign you a team. Lace up and see you on the court!

Registration Opens on February 4th

Date: Thursday March 21st

Time: 5-8 pm

Ages: 6th-8th Grade

Fee: FREE

Date: Friday March 22nd

Ages: 9th-12th Grade

Time: 5-8pm

Fee: FREE

Registration is Required!

The Rochester Elks Club will be holding their annual free throw Hoops Shooting Tournament! Mark your calendars for Sunday, January 7th from 1-3pm. Free!

Dine Experience

Join us for an unforgettable dining experience! Immerse yourself in the magical world of Willy Wonka and the Chocolate Factory as we bring your favorite scenes to life. Sit back, relax, and let your taste buds embark on a delightful journey while enjoying the timeless classic on screen. Don't miss out on this enchanting opportunity to relive childhood memories and create new ones with your children.

Registration Dates:

Members: March 25th; **Non-Members:** April 1st

Date: Friday, April 26th

Time: 6-8pm

Location: YMCA Commons

Ages: Bring the entire family!

Fee: FREE

***Registration Now Open!**

YOUTH LEADERSHIP CLUB

The YMCA Youth Leadership Club is for anyone in grades 9 through 12 who is interested in getting better prepared for life after high school through a year long program of leadership training and volunteer experience. The program will focus on five pillars of youth development; academics, character, leadership, and life skills. This will help young people prepare for college and career, while also learning things like financial management, healthy living, goal-achievement, communication skills, and leadership experience.

We meet monthly. Come and bring a friend.

1. ACADEMIC ACHIEVEMENT

Youth are equipped with skills needed to be accepted and excel in college. Youth will have access to enrichment opportunities.



2. CHARACTER DEVELOPMENT

Youth identify as successful students in the present and future setting working toward goals with support.



3. LEADERSHIP GROWTH

Youth will have the ability to analyze his or her own strengths and weaknesses, set personal and vocational goals and have the self-esteem, confidence, motivation and abilities to carry them out.



4. LIFE SKILLS

Youth have the non-cognitive skills that predict long term success in life, including goal directed behavior, self management, personal responsibility and teamwork.



5. PRESIDENTIAL VOLUNTEER SERVICE AWARD

The Beaver County YMCA is a Certifying Organization for the PVSA. This means you can be awarded honor for your community service!



6. BENEFITS

Free YMCA Membership
Resume Builder
Community
Social Events



Please register on our website at www.beavercountyyymca.org
or visit the Member Service Desk.

MARTIAL ARTS PROGRAM

Children will primarily learn striking techniques that involve the hands, feet, knees and elbows. As they move up in rank they will also begin to learn blocking/deflecting techniques, break falls/rolls, and some basic escapes from being pinned or held along with the proper way to get too their feet under pressure.

Teens ages 13 to 16 will learn the same skill set as the children with more emphasis on using escapes or controlling their opponent/attacker on the ground.

The adult program incorporates everything from the children and teen program with the addition of submission holds on the ground along with stick and staff drills and techniques.

The majority of the training at each age group will make use of various targets, shields, or other training tools. This means that a student is almost always working opposite of a partner, which builds teamwork and cooperation with an emphasis on learning from the drill on both sides of the pads. This type of drilling builds focus by providing instant feedback with each drill. The goal is to teach students practical self defense skills in all ranges starting out slowly and gradually building their skills, strength, and confidence.

Days: Tuesday & Thursday Nights – One Day/Two Days

Time: Children: Ages 6 to 13 – 6-6:45pm

Teens and Adults: Ages 13 & up – 6:50-7:50pm

Fee: Non YMCA Members: \$40 for One Day; \$70 for Two Days

YMCA Members: \$30 for One Day; \$50 for Two Days

There is a one time registration fee of \$40 in addition to the program cost for new martial arts students with a uniform, future belts, belt testing, and certificates all included.

Please follow this link to register prior to your first session and we will try to have your uniform ready before you start. <https://cp.mystudio.io/m/?=GlX/3869/45743//1665618545>

Sparring Gear will eventually be required for sparring and drilling to progress. All gear should be purchased through your instructor for safety reasons. This will not be needed until your second 8 week session but can be purchased sooner if desired. Cost will vary depending on your needs and can range anywhere from \$120 to \$160. You can view and purchase the recommended youth and adult sparring gear bundles with a discount at the following links.

- **Youth** – <https://cp.mystudio.io/r/?=GlX/3869/80220//1665618971>
- **Adult** – <https://cp.mystudio.io/r/?=GlX/3869/80219//1665618971>

There is an optional online curriculum available with study guides and instructional videos that is very beneficial for new students and to maintain progress between sessions. “Maintaining is gaining” The cost is only \$8.50/month.

You can sign up for the online curriculum here:

<https://cp.mystudio.io/m/?=GlX/3869/17937//1665619339>

I am including a complimentary lesson on how to tie your belt.
<https://youtu.be/D5zkTIeU4Q>

Thank you for your time,
Terry Burnsworth
S.O.T.A. Martial Arts, LLC.



Please register on our website at www.beavercountyyymca.org
or visit the Member Service Desk.

HEALTH & WELLNESS

RALLY *for the* Y February 1-28, 2024

Help support our mission and gear up for our annual campaign while getting your workouts in! While riding our Espresso bikes, you will help us earn 10 cents per mile completed which will go directly toward feeding children in our county!



PERSONAL TRAINING

Let us help you meet your goals and live healthier.

Member Fee: 1 One-Hour Session: \$30
6 One-Hour Sessions: \$157
12 One-Hour Sessions: \$301
24 One-Hour Sessions: \$579

Non-Member Fee: 1 One-Hour Session: \$45
6 One-Hour Sessions: \$235
12 One-Hour Sessions: \$453
24 One-Hour Sessions: \$879



Packages and sessions are non-refundable, non-transferable and expire after 24 months.
Failure to cancel within 24 hours will result in being charged for that session.

PERSONAL TRAINING SALE

New Year, New Me Sale : January 1-8, 2024

Spring Shape Up Sale: April 1-8, 2024

Personal Training Promotional Sales:

- Buy 1 Session, Get 10% Off
- Buy 6 Sessions, Get 1 Free
- Buy 12 Sessions, Get 2 Free
- Buy 24 Sessions, Get 4 Free



"For by grace you have been saved through faith, and that not of yourselves; it is the gift of God, not of works, lest anyone should boast."
- Ephesians 2:8-9

Please register on our website at www.beavercountyyymca.org
or visit the Member Service Desk.

SPLASH-FLASH-DASH INDOOR TRIATHLON TO STOP YOUTH HUNGER

8% of Beaver County is affected by food insecurity.
In 2022, we served 124,284 free meals to those in need.



**Register
Now**



This will be a 60 minute race against the clock with the breakdown as follows:

- 10 minute swim in the lap pool
- 5 minute transition time
- 20 minute bike ride using our Keiser cycle bikes in the cycle studio
- 5 minute transition time
- 20 minute run on our Precor Treadmills in the Wellness Center

Point System will be as follows:

- 2 points per length swim
- 3 points per bike trip mileage
- 15 points for every half mile ran or walked
- Final score based upon all 3 events

Sunday, January 28th

You will be assigned to waves after registration. Max of 10 participants per wave. Waves will begin every 20 minutes.

Race swag will be given to registrants who sign up before January 8, 2024.

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

Ages: 10 and up

Register Online or at the Member Service Desk

GIVE THE TRI A TRY!



"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 on our website at www.beavercountyyymca.org
or visit the Member Service Desk.

SPECIALIZED PROGRAMMING FOR FUNCTIONAL FITNESS AND CHRONIC DISEASES

Our new chronic disease/functional training area is a multifaceted space to benefit ALL members! We are holding classes that include strengthening for osteoporosis, fall prevention/balance workshops, off-season sports conditioning, low-impact strengthening for individuals with chronic diseases, cross-fit style workouts, and much more! Classes will be taught by a variety of different specialists, including certified personal trainers, group exercise instructors with a chronic disease focus, and doctors of physical therapy.

Classes offered:

Arthritis FIT:

This 45-minute class will move all your joints through their comfortable range of motion as well as adding muscular conditioning and endurance. Seated and standing using body weight and machines.

Osteoporosis Management:

This 45-minute class focuses on improving strength, flexibility, posture, balance, and body awareness. We will be using weights, resistance bands, and body weight to strengthen all muscle groups.

Parkinson's – Level 1:

This blended live and virtual exercise class offers a unique blend of functional exercise along with a presentation of a weekly health and wellness topic. This class is the only one of its kind – in addition to providing effective Parkinson's-specific exercises, Duane will blend in health and wellness coaching topics to help with your overall health knowledge and allow you to make healthy choices and lasting change. The exercises can be completed in a chair or standing, and those who prefer to challenge themselves can adapt to using light weights or training bands. All exercises shown can be progressed or regressed to meet the individual needs of each participant. There's something for everyone in this class, and it's geared towards helping people with Parkinson's live a healthy life, continue to maintain activities of daily living, and enjoy hobbies and retirement. Clients have reported improvements in balance, gait, posture, rigidity, multitasking, and overall health by participating in Duane's programs.

Parkinson's Advanced Training- Level 2:

This live class offers more intense training to those with Parkinson's and their caregivers. Training incorporates exercises from Delay the Disease and offers advanced training on strength and balance. Participants must be able to get on and off the floor to participate in this class. All exercises shown can be progressed or regressed to meet the individual needs of each participant.

Brain and Body Class:

This evidence-based course contains physical and mental exercises to help seniors improve cognition, strength and balance.



"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

LEARN • GROW • THRIVE

PICKLEBALL

Pickleball Clinics

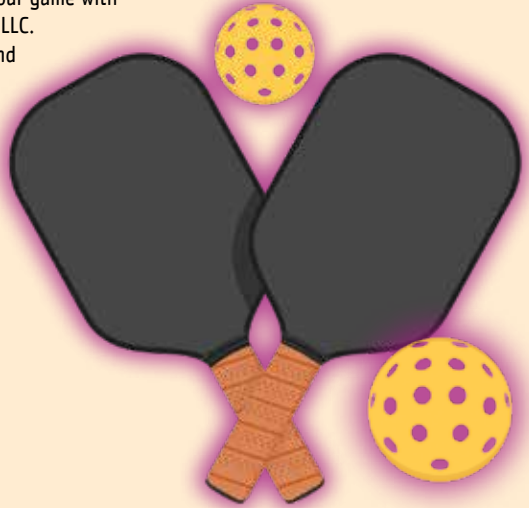
New to pickleball? Learn the basics and step up your game with Coach Duane from Pittsburgh Sports and Fitness, LLC. Choose your day, either Monday or Wednesday, and get more from your pickleball play!

Days/ Time: Mondays and Wednesdays
12:30–1:30pm

Days/ Time: Tuesdays 6–8pm

Jan. 9th; Feb. 13th; Mar. 12th; Apr. 9th

Fee: Members: \$25
Non-Members \$40



Pickleball Lessons

Days: Mondays and Wednesdays

Time: 1:30pm

Fee: Individual: \$50
2 People: \$30 each
3 People \$20 each
4 People \$15 each

Pickleball Business Networking Meetings / Team Building

Have your networking/team building meeting at our Y! Spend a morning playing pickleball and networking or holding your team meeting with some fun attached!

Fee: \$250



Please register on our website at www.beavercountyyymca.org
or visit the Member Service Desk.

BEAVER COUNTY YMCA AEROBICS CLASSES

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



Class Descriptions

7-Minute Circuits – This 45-minute class challenges you to get through as many rounds as possible in 7-minutes! 4 exercises each round, 2 circuits, 2 times. A great way to challenge your body at your own pace! Also great if you're short on time!

Abs and More – This class focuses on strengthening the abdominals, glutes, lower back, hips, and shoulders either as the primary or supportive muscles.

Active Stretch – This 30 minute class will focus on flexibility, giving your body a chance to recover appropriately!

Aerobics Plus – This traditional aerobics style class will incorporate low impact cardio movements to get your heart rate up and light to moderate weighted strength exercises to improve your strength and sculpt your body!

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.

Bags, Bells, and SLAM Balls – This class will torch calories using a mix of our new Bulgarian Bags, kettlebells, and slam balls for strength training and cardio. A great way to change up your routine!

Barre – In our Barre class you will achieve a full-body workout concentrating on toning the hips, thighs, glutes, abdominals, and arms. This low-impact workout focuses on isometric exercises that will strengthen your legs, core and back, while improving your posture and flexibility. After working each muscle group to the point of fatigue, muscles are stretched for relief to create long, lean muscles without bulk.

Boot Camp – An interval training class that mixes calisthenics and body weight exercises with HIIT and strength training. With a new workout

every week, these classes are designed to push participants harder than they'd push themselves and to always keep the body guessing.

Cardio + Core – High-energy aerobics to get your heart pumping, followed by moves to strengthen your abdominal muscles. A great overall workout!

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.

Circuit – Circuit training is a class in which you do one exercise for 30 seconds to 5 minutes and then move on to another exercise. This will give attention to all major postural muscles and trigger a tabata like effect activating both fast and slow twitch muscle fibers. You will be sure to sweat!

Cross Training – Includes elements of cardio, strength, and flexibility training. It's perfect for anyone looking to mix up their current routine.

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 \$10 for Non-Members (half price for 30 minute classes).

Cycle Bootcamp – In a cycle bootcamp class, you alternate your time on and off the bike with floor work using bodyweight or weights and then jump back onto the bike. It is structured as a HIIT class to give you a full body workout that will complement each other to offer a comprehensive time-effective workout. While cardio exercise is great for the heart, strength training builds muscle. Plus, weight training improves your metabolism, which helps you to burn more calories throughout the day.

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

BEAVER COUNTY YMCA AEROBICS CLASSES

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

F.I.T. - This class is designed to help shed that excess fat while building strength and endurance. This class includes circuit training, cardio exercise, body weight exercises and finishes with core training and stretching for a complete workout.

HIIT and Flow - This class will combine high intensity interval training with a PiYo style workout to incorporate low impact strengthening movements. The best of both worlds!

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.

Low Impact FIT Circuit - Join us in our multi-purpose room for a stations-style workout incorporating strength training and cardio movements! This class is perfect for those who want a more challenging workout than our traditional Silver Sneakers-style classes, but need a lower impact option for their joints!

MX4 - Combines best-in-class training tools with exciting workouts to help you improve cardiovascular fitness, power, strength and endurance in a way that's right for your body and abilities.

Penalty Box - A complete body workout program with exercises based around a patented fitness product that is an agility grid and hurdle all in one. A perfect blend of strength and agility to shed fat and have fun!



This low-impact workout will increase your fitness level – core strength, flexibility, stability, balance, and posture – as you move from one exercise to the next.



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.

Sprint 8 – This 30 minute cycle class will be held in our cycle studio and will consist of 8 rounds of full out max effort sprints with a recovery interval in each round. A great way to maximize your time while maximizing your calorie burn!

Step Tabata + Core – 30 minutes of intense, interval training using an aerobics step, followed by abs and core strengthening. No choreography, just lots of sweat!

Strength and Sculpt – This class will focus on low impact high rep strengthening exercises to strength and sculpt your body without added stress on your joints! Class formats will run for 4-6 weeks so you can keep track of your progression. It doesn't get easier, you get stronger!

Super Sets – Strength and toning class in which you move quickly from one exercise to a separate exercise. This can lead to muscle, cardiac and other health gains in a shorter exercise session.

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.

WAR – This 45-minute mixed martial art athletic training meets strength training workout is set to motivating music with easy to follow fight patterns and drills to create a HIIT effect that will improve your cardiovascular strength and endurance.

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.

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

ACTIVE OLDER ADULT

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!

AOA Cycle - Cycling class designed for both beginners and the active older adult community. Ride on the flats, up hills, through the rolling country side led by a certified instructor motivated by great music. It is perfect for everyone since you control the resistance and pedal speed creating just the right intensity for you. We will fit your bike and get you started so you feel comfortable.

Chair Chisel - This seated boxing style workout will help you burn calories while working on coordination and footwork. **Great for people with Parkinson's as there is research to prove these style workouts help reduce tremors.**

Chair Volleyball - A fun way to exercise and be active. Chair volleyball provides a level playing field for both men and women of all activity levels because players are required to remain seated. It is a game that promotes rowdy comradeship and friendly competition among participants. The game is played with a large lightweight ball and a lower net.

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.

Drumercize - Works not only your body, but also your brain. It's different than a typical cardio dance class because you are doing choreographed movements with your body while doing synchronized movements with your hands. Think of it like learning to play an instrument while working out.

Dynamic Dumbbells/Senior Strong - Join us for a strength workout using dumbbells exclusively. A total body workout for lean muscles and burning calories. Grab a pair of dumbbells, whatever weight you choose, and join us for this 30 minute strength session! **This class is especially great for individuals with concerns about osteopenia/osteoporosis.**

Fit Circuit - Be ready to do a range of low to high impact moves, modified by you, and weighted exercises in stations for 45 minutes. We will be using rowers, battle ropes, aerobic platforms, etc. along with body weight exercises to improve your overall fitness!

Flexibility Focus - This class will get you out of your comfort zone and stretch muscles you didn't know were tight! This class will be held in our fitness studio and will utilize stretching straps and resistance bands (you will be on and off the floor).

Jam with Pam (Seated Dancing) - Join Pam as she plays latin, western, and oldies music and helps you get your heart rate up and practice your dance moves without the risk of falling or pounding your joints.

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.

Just 4 You Studio Class - This 45 minute program is an extended combination of cardiovascular and strength components. Participants perform 1 ½ minutes of strength exercises using Life Fitness Circuit Series equipment and 1 ½ minutes of cardiovascular exercise. 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.

Low Impact FIT Circuit - Join us in our multipurpose room for a 45 minute stations-style workout incorporating strength training and cardio movements! We will use rowers, battle ropes, and step platforms with modifications for every fitness level. This class is perfect for those who want a more challenging workout than our traditional Silver Sneakers-style classes, but need a lower impact option for their joints.

Saturday Fit Circuit - A new "not just for seniors," senior/low impact option offered on Saturdays for the first time! Perfect for beginners, this class will use machines and other equipment with some added guidance.

Senior Step - Improve your day to day activities by practicing a safe step aerobics class designed specifically for seniors. Class is designed to help you improve gait, balance, and reaction time.

Step Circuit - Join us for this 45 minute beginner/intermediate step circuit class. We will move through 15 step calls, from basic to complex, at a slower pace than an advanced class while still hitting peak heart rates for cardiovascular health improvement! A great way to have some fun and learn new moves!

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.

SilverSplash – A fun, shallow-water exercise class that uses a signature splash-board to improve agility, flexibility and cardiovascular endurance. SilverSplash is suitable for all skill levels and is safe for non-swimmers. The pool provides many benefits when used for aerobic exercise and resistance training.

Total Aqua Body – Get yourself in shape while suspended in deep water with the assistance of aqua belt. Using the water resistance, body weight, noodles, and aqua dumbbells you will be engaging core, arms, legs, back and chest for a full body workout!

Water Based Tai Chi – Water Tai Chi is an exercise and relaxation program, used to help people keep fit and prevent diseases. It is ideal for improving range of motion, balance and mobility, increasing circulation and oxygen levels. It can also be used for relaxation. Our classes are 60 minutes

Why would this class be good for me?

If you are looking for a slower-paced water class, which integrates both mental and physical health, and leaves you feeling relaxed, this one is ideal for you.

- **Days/Times:** Wednesdays 2:25pm
Saturdays at 12:05pm

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



“For God did not send His Son into the world to condemn the world,
but that the world through Him might be saved.”

– John 3:17

Off-Site Active Older Adult Aerobics Program

Wildwood Chapel
2850 Jack St, Aliquippa, PA 15001
Tuesday, Thursday, and Fridays 9:30-10:15am

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.

Class Schedule

Tuesday – Aerobics; Thursday – Silver Sneaker Circuit; Friday – Yoga



“Be of good courage, And He shall strengthen your heart, All you who hope in the Lord.”

- Psalm 31:24

AOA Monthly Meet Ups

Attention active older adults: need something to do? Join us on the first Monday of each month at our YMCA for monthly birthday celebrations! Not a cake eater? The first Wednesday of each month meet with us for our lunch meet ups at various community restaurants (pay your own way). Avid movie watcher? We meet at Cinemark the third Tuesday of each month for matinee Tuesdays (pay your own way). There's no time like the present to get out and have fun (and maybe make a friend or two)!

Birthday Celebration Dates:

- January 8, 2024
- February 5, 2024
- March 4, 2024
- April 1, 2024

Lunch Meet Up Dates:

- January 3, 2024
- February 7, 2024
- March 6, 2024
- April 3, 2024

Movie Dates:

- January 16, 2024
- February 20, 2024
- March 19, 2024
- March 16, 2024

Special Events for Winter of 2024:

Circuit Challenge

Keep your New Year's resolutions going with this 8-week challenge. Attend Pam's Senior Circuit class 2x a week for 8 weeks and get rewarded with a special treat!

Members: \$15; Non-Members: \$25

*spots are limited, registration required

AOA Spring Wreath Making

Join us and Artsy Doodle on Wednesday March 6th at 2pm in our YMCA Commons for a spring wreath making event! Register online or at our Member Service Desk!

Members: \$25; Non-Members: \$35

Fall Prevention Balance Training Program

**Tuesdays & Thursdays, 1-2 pm,
March 19th- April 25**

There is more to balance training than just balance! This 6 week program will help you develop flexibility, posture and core stability, strength for a purpose, balance and mobility, and cardiorespiratory endurance.

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

Seniors for Safe Driving

Join seniors for safe driving in our boardroom for an in classroom (only) refresher for safety for seniors who get behind the wheel daily. Classes are from 9am-1pm.

2024 Dates (all Tuesdays)

- **February 6th; August 6th; November 19th**

Three ways to register:

1. Phone: 1-800-559-4880
2. Web: www.SeniorsForSafeDriving.com
3. Fill out/send in a form (available at our front desk)

TOPS (Take Off Pounds Sensibly)

This nationwide weight loss support group meets in our board room Wednesdays at 10am. Join them for a weekly weigh in and tips and tricks to sensibly and sustainably lose weight and keep it off! For more information, visit www.tops.org



**Please register on our website at www.beavercountyyymca.org
or visit the Member Service Desk.**

CHILD CARE

Watch for
Openings on
our Facebook
Page

The Beaver County YMCA is dedicated to providing high-quality, affordable childcare for families in our community. As one of the Nation's largest providers of childcare, the YMCA is committed to providing family-centered, value-based programs to nurture your child's healthy development.

The Beaver County YMCA Child Care Center has been granted a PA Keystone Stars Level 2 Certification. Licensed by the PA Department of Public Welfare.

Our center prides itself in creating a safe and respectable environment in which children can reach their full potential. Our center follows Gee-Whiz, an age-appropriate curriculum to meet the needs of children in all age groups from 6 weeks to Pre-Kindergarten age.

Open from 6:45am to 6pm. Our nurturing teachers are here to make sure parents have peace of mind while they work.

Infant Room

We accommodate the needs and routines of each individual infant. Children in this classroom are exposed to a variety of activities that promote emotional, social, and physical growth.

Child to Staff Ratio: 1:4

Young Toddler Room

Children in our Young Toddler classroom are transitioned into a classroom environment by following a classroom schedule and participating in activities including crafts, story time, gross motor time, and sensory exploration.

Child to Staff Ratio: 1:5

Older Toddler Room

Our Older Toddler classroom encourages children to begin engaging in cooperative play through an introduction to play centers, sensory play, and open-ended art and table activities. Children in this classroom learn how to take turns, share, and support each other in an environment designed just for them.

Child to Staff Ratio: 1:5

Preschool Room

Our Preschool program introduces children to classroom rules and routines that help prepare them for future academic success. Children in our preschool classroom will work on skills such as potty training, playing in centers, cleaning up when leaving a play area, following one and two step directions, participating in daily routines such as circle time and small group table activities, and arts and crafts. **Child to Staff Ratio: 1:6**

Introduction to Pre-Kindergarten

This classroom is a safe and positive learning environment for children ages 3 to 4 years old. These children will engage in play, multi-sensory early learning, self-care, and social emotional language. This student-centered classroom will ensure children are introduced to early literacy, math, and science in order to prepare them for their next Pre-Kindergarten experience

Child to Staff Ratio: 1:10

Pre-Kindergarten

Children in our Pre-Kindergarten classroom will be advancing their knowledge from the Intro to Pre-Kindergarten Room through a learning environment structured to prepare them for kindergarten. We learn letter sounds, name writing, numbers 1-20, shapes, fine motor skills (using scissors, holding a pencil, etc.), social-emotional skills, and so much more! Activities range from art projects, sensory activities, science experiments, hand writing work, games, and other forms of early learning. Our classroom is focused on independence and self-responsibility, as well as creating a positive and engaging environment for each other!

Child to Staff Ratio: 1:10

For more information regarding rates and availability in our childcare program, please contact the Childcare Director, Erin Mott, at childcaredirector@beavercountyyymca.org. Please include your name, your child's name, and your child's birthday in the email message.

Beaver County YMCA Childcare Program Offers More...

Free breakfast and snack everyday
Free membership to the Y • **Free** swim time

SCHOOL AGE CARE

SCHOOL AGE CHILDCARE: KINDERGARTEN-AGE 12

During the school year, we provide before and after school care for students in Kindergarten through age 12. We currently offer care for children attending Baden Academy and South Side Area Elementary School. The children are provided with a FREE after-school snack 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 6:45 am-6:00 pm depending on the location:

Baden site:

Baden Academy, Gymnasium

- Before School Care: 6:45-8:30 am
- After School Care: 3-6 pm (includes snack)

Southside site:

Southside Elementary School

Opens January 2nd, 2024

Before School Care: 6:45-8:30 am

After School Care: 3:00-6:00 pm

Registration open on our website

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 prior to your child's start date.

Program Questions or Inquiries: School Age Assistant Director

Call 724-891-8439 ext 306 or

Email: Schoolagechildcare@beavercountyyymca.org

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

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



"Start children off on the way they should go, and even when they are old they will not turn from it."

- Proverbs 22:6

If you have any questions or concerns, please contact the School Age Assistant Director, at 724-891-8439 ext. 311 or email at youthdirector@beavercountyyymca.org

SUMMER DAY CAMP

Registration for Summer Day Camp Opens on Healthy Kids Day – Fee Waived!

Summer Camp at the Y is an exciting place for kids to be this summer. Your child will have plenty of opportunities to make new friends, practice positive decision-making and problem solving as well as experience engaging field trips and hands-on fun all within a safe and energetic environment. Our summer camp serves children entering first grade through age 12.

Dates: June 17th–August 9th

Fee: \$195/week for Members

\$225 for Non-Members

\$15/Week for Before Care

\$20/Week for After Care

\$25.00 Non-Refundable Registration Fee

Watch our
Website &
Facebook Page
for More Details.



CAMP RISE

**Registration for Camp Rise Opens:
Wednesday, March 6th**

Camp Rise offers six (6) weeks of summer day camp which will be full of fun, exciting and challenging activities designed for school-aged children with intellectual disabilities (ID). Our goal is to model and expect appropriate socialization within the community and to help every individual be more independent. Drop off and pick up will be at St. John the Baptist Church, 1501 Virginia Avenue, Monaca, PA 15061. Camp will be held Monday through Friday from 9am–3pm Campers can choose to participate on individual days or can register for a complete week(s). Camp Rise focuses on socialization and independence. We encourage our campers to be kind, patient and behave appropriately for each given situation. Some activities include: bowling, swimming, dancing, trips to the park, and more! Check out our brochure for more details.

Dates: June 17th–July 26th **Fee:** \$85/day

*If you are using FSS/ESY funds, please contact our Office Manager, Chasity Smith at 724-891-8439 ext. 312 or officemanager@beavercountyyymca.org

If you have any questions or concerns, please contact the Youth Director, at 724-891-8439 ext. 311 or email at youthdirector@beavercountyyymca.org

MISSION ADVANCEMENT



Good Friday Breakfast

Plan to join us on March 29 in the YMCA Commons at 7:30 am for an annual Beaver County YMCA tradition, our Good Friday Breakfast. For only \$5 you can enjoy an assortment of breakfast foods followed by a brief reflection regarding the significance of Good Friday in the life of Christian believers today. **Please register on our website at www.beavercountyymca.org or visit the Member Service Desk.**

The Alpha Program

The Alpha Program has been used worldwide as a way to introduce people to the basics of the Christian faith. If you or someone you know has questions about life, faith, and the Bible, then join us in the board room on Thursdays at 6 PM for dinner and discussion. This free 8-week session runs from January 4 through February 22. **Please register on our website at www.beavercountyymca.org or visit the Member Service Desk.**

Weekly Bible Study

Make plans to be part of our weekly Bible study on Wednesday mornings from 9-10 AM in the Board Room. Along with working out your body, take some time to strengthen your soul. Be inspired, be encouraged, and make some new friends in the process.

Chaplain Chat

Life isn't always easy to figure out. We could all use some prayer or just someone to talk to. As part of our commitment to support your well-being, we now have our very own YMCA chaplain stationed in the lobby throughout the week. Stop by and let us know how we can help.

Mission Partnerships

We take our mission seriously, to put Christian principles into practice through programs that build healthy spirit, mind, and body for all. If you and/or your organization would like to help us advance that mission in Beaver County, please contact our Director of Mission Advancement, Pastor John Merola at DOMA@beavercountyymca.org for more information.

MIND, BODY & SPIRIT

Beaver County YMCA



BIBLE STUDY

Held Each Wednesday

9-10am • In the Boardroom



Have Your Birthday Party at the YMCA! Parents Sit Back and Relax, Kids Have a Blast.

Types of Parties:

- Pool; Sport; Life Size Games

Available Times:

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

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.
- **Sport:** 1 hour game of gaga or basketball or BOTH in the gym.
- **Life Size Game:** 1 hour of maneuvering and strategizing through a variety of life size (and regular size) board games



Basic Birthday Party includes:

- **Activity:** 1 hour of activity
- **All Paper Products:** Table Cloths, Napkins, Plates, Cups and Forks
- **Food for the Guests:** 2-One Topping Pizzas, 30 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 \$250; Non-Members \$300 *\$100 deposit due at registration.**

Note: The birthday child must be a member or live in a member household to receive member rate.

Deposits are non-refundable

Add-On Items:

Additional Pizza (21 slices), Chips (30 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! **Please call the Y at 724-891-8439 for more information.**

The YMCA Commons is available to rent for your next event!

2232 Third Avenue • New Brighton

Birthday Parties • Wedding Showers
Baby Showers • Family Reunion
Fundraisers



Rental Fees

Monday Through Thursday:

- **Member:** \$150
- **Non-Member:** \$200

Friday:

- **Member:** \$275
- **Non-Member:** \$375

Saturday:

- **Member:** \$375
- **Non-Member:** \$425

Sunday: Member: \$225 • Non-Member: \$275

Non-Refundable Security Deposit: \$150

For More Information, Call: 724-891-8439 Ext 30, Email: membership@beavercountyyymca.org

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

Bring an assembly to our YMCA!

Register for

SHOP'n SAVE
just right.

SEEDS Program

at

ShopnSaveFood.com/community

School Code: 364



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



Visit
<https://bit.ly/WalmartRoundUP>
to join

**If you have any questions regarding the Beaver County YMCA
or its programs, contact our professional staff:**

Michael B. Harich, President/CEO

Mandy DeFilippi, Vice President of Healthy Living

Janna Basham, Membership Director

Susan Brothers, Assistant Finance Manager

Paige Mannerino, Assistant Childcare Director

John Merola, Director of Mission Advancement

Erin Mott, Childcare Director

Alexis Sheffield, Youth Director

Kourtney Shoop, Food Service Director

Danielle Simoni, School Age Assistant Director

Chasity Smith, Office Manager

Jewell Solomon, Member Service Specialist

Dana Tabay, Vice President of Aquatics

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.**