

Beaver County YMCA



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# SUMMER 2024

## PROGRAM CATALOG

May 1st–August 31st

# 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

- May 27th: Memorial Day
- July 4th: Independence Day

## 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.

## Summer Food Service Program: Summer Food Service At-Risk FOOD SERVICE PROGRAMS

The YMCA partners with multiple locations during the summer to supply a meal program to youth of Beaver County through the SFSP Program. The following locations are Open Sites where any child under the age of 18 may go to receive lunch or a snack during the weekly serving times.

**Dates: June 10, 2024- August 16, 2024**

The Center  
754 Ohio Ave, Midland  
Tues., Wed., Thurs.:  
5:30-6:30pm  
Take home meals available on Thurs.

BF Jones Library  
663 Franklin Ave, Aliquippa  
Tue., Wed., Thurs.:  
11:30am-12pm

Ellwood Pool  
Pershing Street, Ellwood City  
Tues. & Thurs.: 2-3pm

SOMA- Trails  
1401 6th Ave, Beaver Falls  
Mon.-Fri.: 11:30am-12pm

Beaver Falls Library  
1217 7th Ave  
Mon.-Thurs.: 10-11am

Homeboys Football Camp  
Date TBD  
11am-12pm

Rochester School District  
540 Reno Street, Rochester  
Mon.-Fri.: 12-1pm

Neighborhood North  
716 14th St, Beaver Falls  
Tues.-Fri.:  
11:30am-12:30pm

Ewing Park  
Pershing St, Ellwood City  
Mon.-Fri.: 11:30am-12pm/  
1:30-2pm

Hunk Alley  
314 7th Ave, New Brighton  
Mon.-Fri.: 11:30am-12pm/  
1:30-2pm

Rocco Bovalino  
1116 8th Ave, Freedom  
Mon.-Fri.: 11:30am-12pm/  
1:30-2pm

Washington Ave  
1522 Washington Ave, Monaca  
Mon.-Fri.: 11:30am-12pm/  
1:30-2pm

Beaver Falls Band Camp  
1701 8th Ave, Beaver Falls  
August 5-16: 12-1pm

Aliquippa Impact  
952 Franklin Ave, Aliquippa  
Mon.-Thurs.:  
11:30am-12pm

Monaca Library  
99 Indiana Ave, Monaca  
Tues.: 11:30am-12pm

Brightwood Manor  
2024 3rd Ave., New Brighton  
Mon.-Fri.: 11:30am-12pm/  
1:30-2pm

Big Brother/Sisters of  
Beaver County  
1475 3rd Ave, New Brighton  
June 13 Only: 12-1pm

Gordon Camp Apartments  
500 Bedford Ave, Rochester  
Mon.-Fri.: 11:30am-12pm

Salvation Army Aliquippa  
514 Franklin Ave, Aliquippa  
Mon.-Wed.-Thurs.:  
11:30am-12:30pm

Antoline Memorial  
2500 Marshall Rd, Monaca  
Mon-Fri 11:30-12/130-2p

Fallston  
87 Main St, New Brighton  
Mon.-Fri.: 11:30am-12pm/  
1:30-2pm

Midcrest Homes  
Midland Heights  
Mon.-Fri.: 11:30am-12pm/  
1:30-2pm

Stephen Phillips  
1 Project Rd, Monaca  
Mon.-Fri.: 11:30am-12pm/  
1:30-2pm

Carnegie Free Library  
1217 7th Ave, Beaver Falls  
Mon.-Thurs.: 12-1pm

Economy Borough Pool  
5 Forcey Ave, Baden  
Mon.-Fri.: 2-3pm

Salvation Army Beaver Falls  
414 16 Street, Beaver Falls  
Mon.-Fri.: 12-1pm

Baden UMC  
420 Dippold Ave, Baden  
Mon-Fri 12-1p

Center for Hope  
740 Park Road, Ambridge  
Mon.-Thurs.: 12-3pm

Pleasant View Homes  
16th Ave & 16th Street,  
Beaver Falls  
Mon.-Fri.: 11:30am-12pm

YMCA Day Camp  
2232 3rd Ave, New Brighton  
Mon.-Fri.: 12-12:30pm

Crestview Village  
14th & Larch St, Ambridge  
Mon.-Fri.: 11:30am-12pm/  
1:30-2pm

Grove Valley Playground  
901 Penn Ave, New Brighton  
Mon.-Fri.: 11:30am-12pm/  
1:30-2pm

Oak Hill  
251 N 16 Ave, New Brighton  
Mon.-Fri.: 11:30am-12pm/  
1:30-2pm

Hardy Field  
4900 Tusca Rd, Beaver  
Mon.-Fri.: 11:30am-12pm/  
1:30-2pm

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

# The Beaver County YMCA FOOD LOCKER IS HERE!

Helping Those in Need of Food Assistance.



## YMCA Food Locker Located at the Main Lobby Available during the YMCA Hours of Operation

As part of our commitment to fight hunger in Beaver County, we offer a food locker for residents in partnership with the Greater Pittsburgh Community Food Bank. Everyone is welcome to register for a locker and take what they need and share with a friend. Pre-registration is required. Please sign up at the front desk, or by emailing [foodservice@beavercountyyymca.org](mailto:foodservice@beavercountyyymca.org).

### *Making an Impact:*

- Helped 68 families with supplemental food items since February 2024.
- 1,375 pounds of food has been distributed in February and March.
- We offered fresh produce, poultry and meat, along with shelf-stable food items.
- In the next monthly offering we will be providing families with healthy supplemental food items.

### Know Someone in Need?

Sign-ups are available on our website, at our membership desk, on [NeighborlyPA.com](http://NeighborlyPA.com) or by emailing [foodservice@beavercountyyymca.org](mailto:foodservice@beavercountyyymca.org)

Are You Ready to Explore a Musical Adventure...  
Look No Further!

Beaver County YMCA



# CHORUS PROGRAM



A brand-new a cappella chorus is being started at the Beaver County YMCA, and we're thrilled to invite you to join us. Meetings will be on the first and third Thursdays beginning April 4th. Our focus is on fun, fellowship, and making music together. Rehearsals are more than just practice sessions; they're joyful gatherings full of laughter and music. We believe that singing together creates lasting bonds.

- All Voices Age 12\* and Over are Welcome
- No Auditions - Just Bring Your Enthusiasm
- Free Singing Lessons Offered

SCAN  
HERE TO  
REGISTER



Whether you're a seasoned vocalist or a shower-singing enthusiast, we will help you. From vocal techniques to stage presence, we've got you covered. We're not just about hitting the right notes; we're about making a difference in the community. Imagine the thrill of captivating audiences with our voices. Together, we'll create harmonies and memories.

**For More Information: Contact Karl 724-846-9740**



"Finally, brethren, farewell. Be perfect, be of good comfort, be of one mind, live in peace; and the God of love and peace shall be with you."

- II Corinthians 13:11

Please register on our website at [www.beavercountyyymca.org](http://www.beavercountyyymca.org)  
or visit the Member Service Desk.



# MEMBER APPRECIATION EVENTS

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

Event	Date	Time	Location	Fee
Mother's Day	Thursday, May 9th	All Day	YMCA	Free to Members Only
Memorial Day	Friday, May 24th	All Day	YMCA	Free to Members Only
Father's Day	Thursday, June 13th	All Day	YMCA	Free to Members Only
4th of July	Wednesday, July 3rd	All Day	YMCA	Free to Members Only

## Mother's Day

Treat your mama like the queen she is! Stop by for all of her favorite things! **Enter by checking into the Y May 1st-9th. The more you check in, the better. Winner will be drawn May 10th.**

## Father's Day

Let's give our dads a giant pat on the back. Join us in celebrating all of the wonderful dads! **Check in June 1st-13th. Increase your chances by checking in more! Winner will be drawn June 14th.**

## Memorial Day

In honor of those who gave the ultimate sacrifice, we have a special giveaway. **Stop by our member service desk to collect your special token.**

## 4th of July

Happy Birthday USA! We're celebrating by serving cake in the lobby 10-12 and 4-6.



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

- Psalm 47:1

# 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**

Please register on our website at [www.beavercountyyymca.org](http://www.beavercountyyymca.org)  
or visit the Member Service Desk.

# STAGE DESCRIPTIONS



## 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 EXPLORERS

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

## 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.



## 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

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

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.

## 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

# 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



## 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.

10:50-11:20am

### 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.

## SWIM STARTERS

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



## 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 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

Ratio: 1-5

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

## SESSION DATES

### JUNE SWIM LESSONS

- Saturday, June 1 - Saturday, July 6  
Registration: Members: Monday, May 13th  
Non-Members: Monday, May 20th  
Registration Closes: Wednesday, May 29th

### JULY SESSION

- Saturday, July 13 - Saturday, August 17  
Registration: Members: Monday, June 10th  
Non-Members: Monday, June 17th  
Registration Closes: Wednesday, June 26th

## FREE SWIM - June 24th - 27th

Registration: Members: Monday, June 3rd; Non-Members: Monday, June 10th • Registration Closes: Wednesday, June 19th

**AQUATICS DEPARTMENT HAVE TEAMED UP  
EJ FELTES MEMORIAL FOUNDATION**

# CHILDREN'S COMMUNITY FUN EVENT

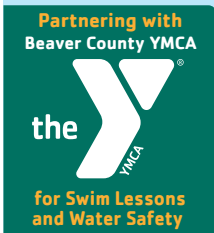
Come Support a Worthy Cause

**Saturday, July 27th, 2024**

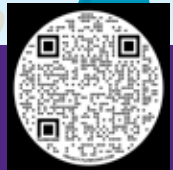
**3-7pm**

**John A. Antoline Memorial Park in Monaca**

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



**RSVP on our website [ejfmemorialfoundation.org](http://ejfmemorialfoundation.org)  
or 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

# SUMMER LAP POOL SCHEDULE

(May 1st - August 31st, 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 (4 lanes only if 15 people are in attendance)			
11:30 am - 1:00pm	Lap Swim				Summer Camp	
1:00 - 3:00pm	Lap Swim				12:45-3pm	
3:00 - 4:30pm	Lap Swim				Open Swim	
4:30 - 5:30pm	Lap Swim				Open Swim	
5:30 - 6:30pm	Stroke School 6:00-7:00pm (Jan. 8th-May 15th)	Lap Swim			Swim Lessons 4:30-7:00pm (Lane 5 - Shallow End Only)	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				Kinder Camp	
10:00 - 11:00am	Lap Swim				9:30-10:30am	
11:00am - Noon	Lap Swim				Open Swim	
Noon - 1:00pm	Lap Swim				Summer Camp	
1:00 - 3:00pm	Lap Swim				12:45-3pm	
3:00 - 4:00pm	Lap Swim				Open Swim	
4:00 - 6:00pm	Stroke School 6:00-7:00pm (Jan. 8th-May 16th)	Lap Swim			Water Walking - Tues. 5:00-6:00pm	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 (4 lanes only if 15 people are in attendance)			
11:30am - Noon	Lap Swim				Open Swim	
Noon - 1:00pm	Lap Swim				Summer Camp	
1:00 - 3:00pm	Lap Swim				12:45-3pm	
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		
10:00am - Noon	Stroke School 11:00am-12:00pm (Jan. 6th-May 11th)	Lap Swim		9:00am-12:00pm (Lane 5 - Shallow End Only)		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 • Summer Camp - Starting July 29 - 10:30am-Noon

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

Please register on our website at [www.beavercountyyymca.org](http://www.beavercountyyymca.org)  
or visit the Member Service Desk.

# BEAVER COUNTY YMCA POOL SCHEDULE

## SPRING/SUMMER '24 THERAPY (May 1st - August 31st, 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 - 1:00pm	Open Swim
4:00 - 7:00pm	Summer Camp (7-29)
4:00 - 7:00pm	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
9:00 - 11:00am	Summer Camp (10:30am-12:00pm)
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

**Kinder Camp - 10:30am-12pm - July 29th-August 7th**

The last day of lessons will be Saturday, August 17th. Schedule subject to change after Sunday, August 18th.

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



# SUMMER SCHEDULE

## OLD ECONOMY PARK POOL

WE WILL BE OPEN MEMORIAL DAY!

### 2024 Season Details

- **Dates of Operation:**  
Saturday, May 25th – Sunday, August 18th  
*Open only weekends starting Saturday, August 24th*
- **Hours of Operation:**  
Open 7 days a week (Weather Permitting)  
- Lap Swim: 11-11:50am  
- Public: Noon-6pm
- **Pool and air temperature must be 73 degrees to open.**
- **Phone Number:** 724-266-2200

### Pool Passes

#### Early Bird (May 1st-31st)

- Individual (5-61) ..... \$80
- Senior Citizen (62+) .. \$55
- Family\* ..... \$160

Scan Here to Purchase



#### Regular (After May 31st)

- Individual (5-61) ..... \$90
- Senior Citizen (62+) .. \$70
- Family\* ..... \$180

\* Family consist of 2 adults only and dependents in a household 18 or younger

All season passes purchased after May 31st must be purchased at Old Economy Pool.

### Daily Rates

- Individual (5-61) ..... \$8
- Senior Citizen (62+) .. \$6
- Lap Swim ..... \$3 (only available 11-11:50 am)

### Group Rate (during normal hours):

- All Ages ..... \$5 (minimum 20 people)

## LAP SWIM PASS

Open from 11-11:50am prior to public swimming Daily Rate is only \$3

• All children under 12 years of age and all non-swimmers MUST be accompanied by a parent in the facility at all times.

### Dive into FREE Swim Instruction

These 4 days of FREE Swim instruction and water safety orientation for children ages 3 and up who have never received any previous swim instruction. Class Size is limited. Pre-registration is required.

- **Ages/Time:** 3-5 11:15 to 11:45am  
6-12 10:45 to 11:15am
- **Session Dates:** June 24th, 25th, 26th and 27th

Registration begins on Monday, May 6th

### Swim Lessons

Introducing our new Weekly Summer Learn to Swim Schedule. Three lessons per week for 2 weeks.

- **Time:** Session 1: 10:30 to 11:15am  
Session 2: 11:30am to 12:00pm
- **Days:** Monday, Wednesday and Friday  
3x a week for 2 weeks
- **Dates:** Session 1: June 10th to June 20th  
Registration: PH May 13th; NPH May 20th  
Session 2: July 8th to July 19th  
Registration: PH June 10th; NPH June 17th  
Session 3: July 22nd to Aug 1st  
Registration: PH June 24th; NPH July 1st
- **Price:** \$55 with Pass; \$95 without a Pass

## Water Babies

This 30-minute class is for children ages 6 to 36 months and their parents. The primary objective is to get both the parent and child comfortable in the water by focusing and having fun, playing games, bonding, and interacting with others. Children will be exposed to games that use basic movements in the water, such as kicking, arm strokes, and breath control. Wall work will be incorporated into every class for safety.

- **Time:** 11:15 to 11:45am
- **Days:** Tuesday and Wednesday 2x weeks for 3 weeks  
Session 1: June 11th-27th  
Registration: PH May 13th - NPH May 20th  
Session 2: July 9th-25th  
Registration: PH June 10th - NPH June 17th
- **Price:** \$45 with Pass; \$85 without a Pass



## 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)	Semi-Private (2:1)	Semi-Private (3:1)
PH: \$120	PH: \$165	PH: \$210
NPH: \$180	NPH: \$255	NPH: \$330

## Have a Party at the Pool this Summer!

Schedule your gathering or party this summer in style, keeping cool at the pool!

- **Time:** 6:30-8:30pm, 7 days-a week
- **Fee:** \$150 with Pool Pass; \$200 without Pool Pass

All inquiries for Private Parties must be made to Dana Tabay, 724-891-8439 ext 308.

## SUMMER SNACK PROGRAM

The Beaver County YMCA summer food service program offers a snack to anyone ages 18 and under. This program helps ensure that no child goes hungry this summer. Snacks are served all day till we are out beginning Monday, June 10th and ending Friday, August 16th.

# SUMMER SCHEDULE

## ELLWOOD CITY VETERANS' MEMORIAL POOL

### 2024 Season Details

- **Dates of Operation:**  
June 8th to Labor Day (June 1st Weekend only)
- Pool will be closed any days that school is in session.
- Opening date may be subject to change due to the extension of the school year for Ellwood City School District.
- Pool will only be open on Weekend with Lifeguard coverage provided after Sunday, August 18th.
- All children under 12 years of age and all non-swimmers MUST be accompanied by a parent in the facility at all times.
- **Hours of Operation:**  
Open 7 days a week  
- 12:00 pm – 6:00 pm
- Pool will open as scheduled pending the pool and air temperatures reaching 73 degrees.
- **Phone Number:** 724-758-3740

### Rates for the 2024

#### Season:

#### Pool Passes

- Youth Resident .....	\$47
- Youth Non-Resident .....	\$63
- Adult Resident .....	\$65
- Adult Non-Resident .....	\$83
- Family .....	\$113
- Family Non-Resident .....	\$143
- Senior Citizens Resident .....	\$47
- Senior Citizen Non-Resident ...	\$63

Join Online and Skip the Long Lines on Opening Day! Scan Here



#### Daily Pool Pass

#### Resident Pricing

- Youth and Senior .....	\$5
- Adult .....	\$6

#### Non-Resident Pricing

- Youth and Senior .....	\$6
- Adult .....	\$8

\* Family consist of 2 adults only and dependents in a household 18 or younger

## LAP SWIM PASS

Open from 11-11:50am prior to public swimming  
Daily Rate is only \$3

### Dive into FREE Swim Instruction

These 4 days of FREE Swim instruction and water safety orientation for children ages 3 and up who have never received any previous swim instruction. Class Size is limited.

Pre-registration is required.

- **Ages/Time:** 3-5 11:15 to 11:45am  
6-12 10:45 to 11:15am
- **Session Dates:** June 24th, 25th, 26th and 27th

Registration begins on Monday, May 6th

### Swim Lessons

Introducing our new Weekly Summer Learn to Swim Schedule. Three lessons per week for 2 weeks.

- **Time:** **Session 1:** 10:30 to 11:15am  
**Session 2:** 11:30am to 12:00pm
- **Days:** Monday, Wednesday and Friday  
3x a week for 2 weeks
- **Dates:** **Session 1:** June 10th to June 20th  
Registration: PH May 13th; NPH May 20th  
**Session 2:** July 8th to July 19th  
Registration: PH June 10th; NPH June 17th  
**Session 3:** July 22nd to Aug 1st  
Registration: PH June 24th; NPH July 1st
- **Price:** \$55 with Pass; \$95 without a Pass

## Water Babies Swimming Lessons: Ages 6-36 Months

This 30-minute class is for children ages 6 to 36 months and their parents. The primary objective is to get both the parent and child comfortable in the water by focusing and having fun, playing games, bonding, and interacting with others. Children will be exposed to games that use basic movements in the water, such as kicking, arm strokes, and breath control. Wall work will be incorporated into every class for safety.

- **Time:** 11:15 to 11:45am
- **Days:** Tuesday and Wednesday 2x weeks for 3 weeks  
**Session 1:** June 11th-27th  
Registration: PH May 13th - NPH May 20th  
**Session 2:** July 9th-25th  
Registration: PH June 10th - NPH June 17th
- **Price:** \$45 with Pass; \$85 without a Pass



## 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.

<b>Private (1:1)</b> PH: \$120 NPH: \$180	<b>Semi-Private (2:1)</b> PH: \$165 NPH: \$255	<b>Semi-Private (3:1)</b> PH: \$210 NPH: \$330
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## Have a Party at the Pool this Summer!

Schedule your gathering or party this summer in style, keeping cool at the pool!

- **Time:** 6:30-8:30pm, 7 days-a week
- **Fee:** \$150 with Pool Pass; \$200 without Pool Pass

All inquiries for Private Parties must be made to Dana Tabay, 724-891-8439 ext 308.

## SUMMER SNACK PROGRAM

The Beaver County YMCA summer food service program offers a snack to anyone ages 18 and under. This program helps ensure that no child goes hungry this summer. Snacks are served all day till we are out beginning Monday, June 10th and ending Friday, August 16th.

# OLD ECONOMY PARK POOL & ELLWOOD CITY VETERANS' MEMORIAL POOL

# SUMMER OUTDOOR POOL EVENT SCHEDULE



## GRAND OPENING EVENT

**Friday, June 7th**  
**3:00 - 6:00 pm**

This event would serve to excite the patrons about the upcoming season and to showcase the work that the Borough has completed this past year. We are happy to assist in this event and have compiled the following list of highlights for the day:

- Carnival Games and Meet the Lifeguards Booths
- Information for general operating procedures, swim lessons, and upcoming events for the summer
- Advanced sales for season passes
- SPLASH: Begin to Swim Lesson (depending on the event date and the opening date for the season)
- Raffle Prizes of one Free Family Pass and one Free Swim Lesson Session

### SPLASH: Begin to Swim Week

This is 4 days of FREE swim instruction and water safety orientation for children ages 3 and up who have never received any previous swim instruction. Class Size is limited. Pre-registration is required.

- **Ages/Time:** 3-5 11:15 to 11:45am  
6-12 10:45 to 11:15am
- **Session Dates:** June 24th, 25th, 26th and 27th

**Register During the Grand Opening Event!**

## FREE COMMUNITY EVENTS

- **Flag Day Give Away - Friday, June 14th**  
To honor our American Flag everyone will receive an America flag that day.
- **Father's Day Swim - Sunday, June 16th**  
All dads get to swim for free.
- **4th of July Free Swim**  
To celebrate our Independence, we would like to offer a Free Swim to all that day. Happy Birthday America.

### Family Float Night Swim

Family night swims are held in June and July at the community pools. Join us for a night of fun and floats. We will provide a variety of inflatable toys and floats for your entertainment from 7-8 pm followed by an open swim from 8-9 pm. Children under the age of 12 MUST be accompanied by an adult in the pool area at all time. Children who cannot pass the swimming test MUST wear a lifejacket unless accompanied by a parent IN the water. Admission is free but space is limited.

**Date:** Friday, June 21st & Friday, July 19th  
**Time:** 6:30 - 8:00 pm  
**Fee:** \$5 for Family (Limited to 100 people)

### Christmas in July

**Date:** Thursday, July 25  
**Time:** 6:30 - 8:00 pm

### King Kamehameha Day

**Date:** Tuesday, June 11  
**Time:** 6:30 - 8:00 pm

### Teen Night Swim

Kick off your summer at the Ellwood City Pool with music and friends and join us for a night of fun. Teens ages 13-17 are welcome. \$3 Admission fee but space is limited to the first 100 people. Deep end of pool will be closed for this event. All entries will receive a glow n dark wrist band.

**Date:** Friday, June 14th & Friday, July 12th  
**Time:** 6:30 - 8:00 pm  
**Fee:** \$3 (Limited to 100 people)

### Dancing to the Oldies

Let Franko travel you back in time to your high school prom where you twisted, shimmed, and boogied. This summer the Ellwood City Pool will be hosting our Monday Night Oldies Night. Older adults are welcome. \$3 Admission fee but space is limited to the first 100 people. The deep end of the pool will be closed for this event.

**Date:** Monday, June 17th, Monday, July 15th & Monday, August 12th  
**Time:** 6:30 - 8:30 pm  
**Fee:** \$3 (Limited to 100 people)

### Borough Employee's End-of-Season Picnic

Enjoy an evening with family and friends at the Ellwood City Pool.

**Date:** Friday, August 16th  
**Time:** 6:30 - 8:00 pm  
**Fee:** FREE for all Borough Employees and Families

# YOUTH

## CHILD WATCH



Members of the Y can utilize the Child Watch service for up to **two hours** while working out or participating in a Y class or activity. Our staff provides loving care for your little ones giving you peace of mind and giving children a safe, fun place to play. Child Watch is a dedicated area for children to be enriched with age-appropriate activities and is a **FREE** service for all members. Here at the Y, we believe the importance of physical activity is not just for parents! With our Child Watch program, your child or infant will have the opportunity to:

- Connect with other kids
- Play in the gymnasium
- Engage in activities and crafts
- Utilize dramatic play items
- Participate in reading activities
- Using sensory items
- And so much more!

### Child Watch

(ages 6 month to 7 years)

- **Monday and Wednesday:**  
9-11 am & 5-7:30 pm
- **Tuesday and Thursday:**  
9-11 am & 5-8 pm
- **Friday:**  
9-11 am
- **Saturday:**  
8am- 12pm

\*Hours are subject to change.

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For additional information regarding our Child Watch program, please contact:  
Paige Mannerino, Assistant Childcare Director  
[assistantchildcaresdirector@beavercountymca.org](mailto:assistantchildcaresdirector@beavercountymca.org)

Beaver County YMCA



# CAMP RISE

(Formerly Camp Achieva)

## Camp Rise

Camp Rise offers seven (7) weeks of summer day camp which will be full of fun, exciting and challenging activities designed for school-aged children with special needs.

Our goal is to model and expect appropriate socialization within the community and to help every individual to 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 9 a.m.-3 p.m. 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 of the activities include:

- Martial Arts
- Music
- Swimming at Sunrise Pool
- Crafts
- Movies & Popcorn
- Ice Cream Sundae Days
- Bowling



## 2024 Session Dates & Details

June 24th - August 9th • 9 a.m. - 3 p.m.

(Monday through Friday)

\$85/day

### PAYMENT OPTIONS:

- Authorization by your school district, as written in the IEP, to use as an ESY program for socialization
- Family Support Service (FSS) as authorized by your Supports Coordinator (SC)
- Private Pay



## Registration

To register, visit us on our website under the Childcare tab. Day camp can accommodate up to 50 campers each day. If registration is received after the maximum is met, you will be placed on a waiting list.

After the registration is received at the Beaver County YMCA, the enrollment information will be emailed to you. The forms will need to be completed by the camper's parent or guardian. You can scan and email these to [camprise@beavercountyyymca.org](mailto:camprise@beavercountyyymca.org) or mail to the Beaver County YMCA.

The completed forms must be received no later than noon (12 p.m.) on Friday, May 10th, 2024 to keep the camper's spot for camp.

**If you have any questions or need additional information, please contact Cathy Sculli, Camp Director, at 724-544-3700 or email: [camprise@beavercountyyymca.org](mailto:camprise@beavercountyyymca.org)**



## Fall Soccer

Pass, and score your way into the Beaver County YMCA Youth Soccer League. The League will teach the basic fundamentals of soccer, with one practice a week teaching drills and skills. Games will be held on Saturday mornings based on league schedule. The League is 6 weeks long. During the game and practice each child will receive a free snack.

**Grades:** 1st – 8th

**Dates:** Monday September 9th – October 19th

**Registration Dates:** Members: July 28th

Non-Members: August 4th

**Days/Times:** Mondays: 5 - 7pm

Saturdays: 10 – Noon

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

\*Practice times/game times subject to change based on final number of participants registered and total teams for the season



“Who are kept by the power of God through faith unto salvation ready to be revealed in the last time.”

- 1 Peter 1:5

Please register on our website at [www.beavercountyyymca.org](http://www.beavercountyyymca.org) or visit the Member Service Desk.

# 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](http://www.beavercountyyymca.org) or visit the Member Service Desk.

# S.O.T.A. 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 14+ - 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](http://www.beavercountyyymca.org)  
or visit the Member Service Desk.

Get Up - Get Out - Get Moving All Summer Long.

# FREE SUMMER PLAYGROUND SITES

The Beaver County YMCA is excited to announce the opening of our annual FREE playground programs in our local communities. The children will be able to enjoy a different and exciting theme every week with summer counselors who will be creating an atmosphere of fun by incorporating activities including sports, arts and crafts and many other structured activities. Your child will continue to learn and grow while enjoying the best summer yet! Each playground is supervised by a YMCA staff certified in CPR and First Aid. The children must be entering kindergarten through sixth grade unless accompanied by a parent/guardian.

Beaver County YMCA



**Antoline Memorial**  
2500 Marshall Road  
Monaca, PA 15061  
June 10th - August 2nd  
10am - 2pm

**Ewing Park**  
Washington Avenue  
Ellwood City, PA 16117  
June 10th - August 2nd  
10am - 2pm

**Fallston**  
87 Main Street  
New Brighton, PA 15066  
June 10th - August 2nd  
10am - 2pm

**Grove Avenue Playground**  
901 Penn Avenue  
New Brighton, PA 15066  
June 10th - August 2nd  
10am - 2pm

**Hardy Field**  
4900 Tusca Road  
Beaver, PA 15009  
June 10th - August 2nd  
10am - 2pm

**Hunky Alley**  
314 17th Avenue  
New Brighton, PA 15066  
June 10th - August 2nd  
10am - 2pm

**Midcrest Homes**  
Midland Heights  
Midland, PA 15059  
June 10th - August 2nd  
10am - 2pm

**Oak Hill**  
251 N 16th Avenue  
New Brighton, PA 15066  
June 10th - August 2nd  
10am - 2pm

**Rocco Bovolino**  
1116 18th Avenue  
Freedom, PA 15042  
June 10th - August 2nd  
10am - 2pm

**Stephen Phillips Homes**  
1 Project Rd  
Monaca, PA 15061  
June 10th - August 2nd  
10am - 2pm

**Washington Avenue**  
1522 Washington Avenue  
Monaca, PA 15061  
June 10th - August 2nd  
10am - 2pm

**Visit Our  
Website at  
[beavercountyyymca.org](http://beavercountyyymca.org)  
for More Info**



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

# HEALTH & WELLNESS

## 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 SALES

Star Spangled Training Session Sale: July 1-8, 2024

Back to School, Back to a Fitness Routine Sale: August 19-26

### 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.beavercountymca.org](http://www.beavercountymca.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:

### 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

Please register on our website at [www.beavercountymca.org](http://www.beavercountymca.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 isotometric 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.

**Cycle Core and More** – This class incorporates 45 minutes of a standard cycle cardio class with an additional abs and strength training component for the last 15 minutes of class! A great way to get strength and cardio into a one hour session.

**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.

*Continued on Page 25...*

# BEAVER COUNTY YMCA AEROBICS CLASSES

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

**HIIT the Step and HIIT and flow** - Both HIIT (high intensity interval training) style classes. HIIT the step incorporates the step used in step aerobics classes and HIIT and flow incorporates PiYo style stretch/strengthen movements.

**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!

**Stretch and Strengthen** - This class is intended to lengthen and strengthen the muscles while simultaneously building endurance and burning calories. A great way to get a low impact strength workout and tone up those muscles without pounding your joints!

**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](http://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!

## AOA Circuit Challenge

Are you one of our active older adult members (or non-members) who would like to up the ante on your fitness routine? Join our AOA circuit challenge!

**This workout group will meet Tuesdays, Thursdays, and Saturdays in our Wellness Center to get familiar with our new equipment and get more out of working out! Attend twice a week for the duration and get some Y gear!**

Spots are limited, register at our Member Service Desk or using the QR code.



## 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.

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

**Water Walking** - A very basic, low-impact, light-intensity workout using the natural resistance of the water to strengthen core musculature, increase balance, coordination and flexibility. Water Walking is appropriate for those just starting an exercise program or those interested in water exercise.

#### **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:** Tuesdays 5-6pm

**Monthly Aerobic Schedule**  
**Available at Member Service Desk or [beavercountymca.org](http://beavercountymca.org)**



## 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

**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)!

#### Birthdays Celebration Dates:

- May 6, 2024
- June 3, 2024
- July 1, 2024
- August 5, 2024

#### Lunch Meet Up Dates:

- May 1, 2024
- June 5, 2024
- July 3, 2024
- August 7, 2024

#### Movie Dates:

- May 21, 2024
- June 18, 2024
- July 16, 2024
- August 20, 2024

## Special Events for Spring/Summer of 2024:

### **Circuit Challenge**

Keep your new years' 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!

**Dates: May 7th-June 29th**

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

**\*spots are limited, registration required**

### **Silver Sneakers Picnic**

Join us in our YMCA commons and (weather permitting) back parking lot for our annual Silver Sneakers Picnic. This event is free and open to the community. Registration available to sign up to bring snacks, water and desserts at our member service desk.

**Date/Time: June 20th; 12-3pm**

### **Summer Stroll Community Event**

Take a stroll through downtown Beaver and pop into some small businesses along the way!

**Email [vphl@beavercountyyymca.org](mailto:vphl@beavercountyyymca.org) for More Information**

### **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)**

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

**Three ways to register:**

1. Phone: 1-800-559-4880
2. Web: [www.SeniorsForSafeDriving.com](http://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](http://www.tops.org)



**Please register on our website at [www.beavercountyyymca.org](http://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-center, 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.

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 6:45 am – 6 pm, our nurturing teachers are here to make sure parents have peace of mind while they work.

## Infant Room

Ages 6 weeks to 1 year. We accommodate the needs and routines of each individual infant. Children are exposed to a variety of activities that promote emotional, social and physical growth.

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

## Young Toddler Room

Ages 1 year to 2 years. Children in our Young Toddler Room are encouraged to become more independent by exposing them to consistent rules and routines. Activities in this classroom include crafts, story time, gross motor time, and outdoor exploration.

**Child to Staff Ratio: 1:5**

## Older Toddler Room

Ages 2 years to 3 years. In our Older Toddler Classroom, children become more independent, develop responsibility, and learn to interact in an appropriate manner. Potty training is completed while in our Older Toddler classroom.

**Child to Staff Ratio: 1:5**

## Preschool Room

Ages 3 years to 4 years. Children entering the learning stages will be introduced to an expanded curriculum including arts, language, science and math. Children will be introduced to a variety of pre-writing activities that they will use when they enter a Pre-Kindergarten program. **Child to Staff Ratio: 1:6**

## Pre-Kindergarten

Children entering Kindergarten in the Fall of the following year. Children entering Pre-Kindergarten will be introduced to a full curriculum. They will also learn to recognize letters and numbers, begin to write, and begin to read sight words in preparation of kindergarten.

**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](mailto:childcaredirector@beavercountyyymca.org). Please include your name, your child's name, and your child's birthday in the email message.

## Rates

\*Effective January 3, 2022 and subject to change

### Infants & Young Toddlers:

- 3 days \$149/week
- 4 days \$175/week
- 5 days \$214/week

### Older Toddlers & Preschool:

- 3 days \$138/week
- 4 days \$168/week
- 5 days \$208/week

### Introduction to Preschool & PreK:

- 3 days \$129/week
- 4 days \$166/week
- 5 days \$202/week

Beaver County YMCA Childcare Program Offers More...

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

# COMING THIS FALL...

## INTRODUCING PRESCHOOL LITE!

Registration Opens in June. Classes will begin September 3rd.

We are very excited to introduce Preschool Lite! Designed to be a series of introductory classes, preschool lite with help children learn and explore through socialization, stories, songs, fingerplay, art, language development, motor activities, learning centers, and free play.

### 2-Year-Old Preschool Lite

(Must be 2 by September 1, 2024)

We are excited to introduce a program for 2-year-olds this fall. Children will begin to gain independence, develop responsibility, strength motor skills, and associate with other children in an appropriate manner.

**Days:** Tuesdays and Thursdays

**Time:** 9-11am

**Fee:** Members \$40 per week / Non-Members \$50 per week

### 3-Year-Old Preschool Lite

(Must be 3 by September 1, 2024)

In our 3-year-old program, we will continue to build upon character development. The children will enter the emerging learning stages, while teachers plan and implement lessons that incorporate all areas of the curriculum such as language arts, math, science and more!

**Days:** Mondays, Wednesdays, and Fridays

**Time:** 9-11am

**Fee:** Members \$50 per week / Non-Members \$60 per week

### 4-Year-Old Preschool Lite

(Must be 4 by September 1, 2024)

By this stage, children are ready to jump into academics! They will be exposed to all areas of the curriculum, such as math, language arts, science, social studies, and even some light cooking! They will learn to recognize letters and numbers and learn appropriate fine motor skills to prepare them for kindergarten.

**Days:** Mondays, Tuesdays, Wednesdays, Thursdays

**Time:** 11:30am - 2:30pm

**Fee:** Members \$65 per week / Non-Members \$75 per week

**Our Preschool Lite program follows the New Brighton School District calendar. If the New Brighton School District has a delay or cancellation, there will be NO Preschool Lite**

**For more information regarding availability in our preschool lite program, please contact the Childcare Director, Erin Mott, at [childcaredirector@beavercountymca.org](mailto:childcaredirector@beavercountymca.org). Please include your name, your child's name, and your child's birthday in the email message.**



"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 Childcare Director, at 724-891-8439 ext. 314 or email at [childcaredirector@beavercountymca.org](mailto:childcaredirector@beavercountymca.org)**

# SCHOOL AGE CARE

## SCHOOL AGE CHILDCARE

The Beaver County YMCA is happy to offer Before and After School Childcare programs for children enrolled in kindergarten - 6th grade at Baden Academy and New Brighton School District. Before and After Care provides children the opportunity to socialize, create, explore, learn, and complete homework in a safe environment.

Both of our School Age Childcare programs operate under guidance from the Department of Health and Safety.

### **BADEN ACADEMY BEFORE AND AFTER SCHOOL CARE**

Before and After School Childcare is provided at Baden Academy Charter School for children currently enrolled at Baden Academy. Children in this program have the chance to complete homework, socialize with friends, and utilize different aspects of the campus including the gymnasium, art room, music room, and outdoor play spaces.

**DROP OFF AND PICK UP LOCATION:** Baden Academy Gymnasium

**Time:** 6:45-8:30am / 3-6pm

### **NEW BRIGHTON BEFORE AND AFTER SCHOOL CARE**

**NEW PROGRAM!**

Before and After School Childcare is provided at the Beaver County YMCA for children currently enrolled in the New Brighton School District. Children in this program have the chance to complete homework, socialize with friends, and utilize different aspects of the YMCA including the Youth Center, Gymnasium, and playground.

**DROP OFF AND PICK UP LOCATION:** Beaver County YMCA Childcare Center

**Time:** 6:45am – Bus Pickup / Bus Drop Off – 6pm

## **RATES**

- **Before and After School Care: 3 days a week \$94**
- **Before and After School Care: 4 days a week \$105**
- **Before and After School Care: 5 days a week \$122**

For families interested in enrolling their child at either school age site, please contact Erin Mott, Childcare Director for more information by either calling the Y at (724)891-8439 ext. 314 or by emailing [childcaredirector@beavercountyyymca.org](mailto:childcaredirector@beavercountyyymca.org)



“For the Son of man is come to seek and to save that which was lost.”  
- Luke 19:10

If you have any questions or concerns, please contact the Childcare Director, at 724-891-8439 ext. 314 or email at [childcaredirector@beavercountyyymca.org](mailto:childcaredirector@beavercountyyymca.org)



Beaver County YMCA



# 2024 KINDER CAMP



## Welcome to Kinder Camp!

We are so excited to offer a summer program for children entering Kindergarten this Fall! This year, we are offering Kinder Camp, which will give our new Kindergarteners a chance to meet older friends and participate in select Summer Camp Activities, all while remaining in a smaller and more familiar environment in one of the YMCA classrooms.

Our themed weeks provide students with the opportunity to explore topics through arts & crafts, STEAM, organized games, social emotional learning, and team building activities.

To be eligible to participate in this program, your child's birthdate must fall between 9/01/2018 – 8/31/2019. If your child's birthdate does not align with these dates, you will be unenrolled from the program.

**Cost: Members:** \$195 per week

**Non-Members:** \$225 per week

**Before Care (6:45-8:45 am):** \$35 per week

**After Care (4:00-6:00 am):** \$45 per week

**Before and After Care:** \$70 per week

## KINDER CAMP THEMES

Camp Kickoff



Music Makers



Exploration Week



Stars & Stripes



Super Safari



Christmas in July



Healthy Habits



Olympics



Camper's Choice



## Example Camp Schedule

- 6:45-8:45 am – Before Care/Breakfast/Bathroom Breaks
- 8:45-9:00 am – Transition to Gym/Morning Rally with Summer
- 9:00-9:30 am – Bathroom Break/Dress for Swim/Free Play
- 9:30-10:30 am – Swim/Playground/Gym Rotation
- 10:30-10:45 am – Transition Back to Classroom
- 10:45-11:30 am – Themed Classroom Activities
- 11:30-12:00 pm – Lunch
- 11:45 am-12:00 pm – Bathroom Breaks
- 12:00-12:15 pm – Lunch
- 12:15-1:30 pm – Quiet Rest
- 1:30-1:45 pm – Bathroom Breaks
- 1:45-2:30 pm – Playground/Gym Rotation
- 2:30-3:00 pm – Snack
- 3:00-3:30 pm – Bathroom Break/Closing Ceremony with Campers
- 3:30-Pickup – Free Play

## Camp Activities

Campers can enjoy activities that include:

- **Swimming:** We offer swimming 3 days per week at our indoor pool.
- **Gross Motor Activities:** Campers take part in various sports and organized games that build teamwork, confidence, and problem-solving skills. If they do not know how to play, our counselors will teach them!
- **Outdoor Play:** Our outside facility offers time for campers to play in our mud kitchen, sand box, gaga pit, water sprinklers and outdoor playground.

For more information regarding our Kinder Camp Program, please contact Erin Mott, Childcare Director, at [childcaredirector@beavercountyymca.org](mailto:childcaredirector@beavercountyymca.org)

# MISSION ADVANCEMENT



## National Day of Prayer

Plan to join us on Thursday, May 2 for the annual National Day of Prayer observance. We will be gathering in the YMCA Lobby from 9-930 am for a time of group prayer. This is a time set aside each year on the first Thursday in May for Americans to pray for our nation and for our leaders. Join us to seek the help of heaven for the future of our country and our families.

## Weekly Bible Study Group

We have a weekly Bible study group available to help you with your spiritual fitness. Join us Wednesdays from 9-10am in the Board Room. Make plans to strengthen your soul along with all your other fun activities this summer. You will find more inspiration, more encouragement, and more new friends in the process.

## Chaplain Chat

Life isn't always easy to figure out. As we deal with the daily grind, we could all use some prayer or just someone to talk to. As part of the YMCA's commitment to support your total well-being, we now have our very own YMCA chaplain stationed in the lobby at various times 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@beavercountyyymca.org](mailto:DOMA@beavercountyyymca.org) for more information.

## Worship Night

Join us at the YMCA Commons for a free Worship Night on Saturday August 17 from 6-8pm. Weather permitting, we will enjoy the summer evening with an outdoor concert of songs that will uplift your spirit and energize your faith. There is no cost for this event. For your comfort, please be sure to bring a chair.

## Coffee Klatch

Did you know that the YMCA Commons is home to Coffee Klatch, a ministry to those ages 55 and above. Every Monday morning from 9:45 to 11:15am, seniors from all over gather together to sing hymns, enjoy coffee, share snacks, and encourage one another in their faith. Make plans to join in the fun.

## Living Free

Are you or someone you know battling addictions? Are you looking for help to overcome harmful habits? Living Free is a Christ-centered ministry that meets in the YMCA Commons every Monday evening from 7-830pm. This is a safe place to meet with others who can relate to your struggle and can help you on your own journey to finding freedom.

# WORSHIP NIGHT

Join us at the YMCA Commons for a free Worship Night. Weather permitting, we will enjoy the summer evening with an outdoor concert of songs that will uplift your spirit and energize your faith. There is no cost for this event.

**Saturday, August 17th**  
**6-8pm**  
**YMCA Commons**



**MIND, BODY & SPIRIT**

Beaver County YMCA



# **BIBLE STUDY**

**Held Each Wednesday**

**9-10am**

**In the Boardroom**

**- Everyone is Welcome! -**



# BEAVER COUNTY YMCA MISSION PARTNER PROGRAM

Putting Christian principles into practice through programs that build healthy spirit, mind, and body for all.



## HOW TO PARTNER WITH US

Become a YMCA Mission Partner with one of the following:

- Substantial financial support
- Event sponsorship
- In-kind donations
- Services or partnerships in direct support of our mission
- Extensive volunteer activity

## Mission Partners Receive:

- Discounts on joiner fees and membership fees.
- Marketing opportunities to our membership community.
- A YMCA Mission Partner banner hung in our main lobby.
- Discounts on our YMCA Commons Rental facility (one time annually).
- A Thank You listing in our seasonal Program Guide.

## MORE THAN A GYM

We are more than just a gym and a pool, we are a faith-based organization focused on making a difference in Beaver County. With nearly 200,000 member visits each year, we help lots of people in lots of different ways. Partner with us as we continue to love God and love our neighbors by serving the community since 1891.





# 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, 1 hour of celebration.
- **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 ext. 331 or email [partyplanner@beavercountyyymca.org](mailto:partyplanner@beavercountyyymca.org) 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 • Graduations**



## Rental Fees

Sunday Through Friday:

**Member: \$200 • Non-Members: \$250**

Saturday:

**Member: \$275 • Non-Members: \$325**

Non-Refundable Security Deposit: \$150

For More Information, Call: 724-891-8439 Ext 301, Email: [membership@beavercountyyymca.org](mailto:membership@beavercountyyymca.org)

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



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

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**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**  
**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](http://www.beavercountyyymca.org)

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