

Beaver County YMCA



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



FALL/WINTER 2024 PROGRAM CATALOG

September 3rd-December 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

- September 2nd: Labor Day
- November 28th: Thanksgiving
- December 25th: Christmas
- January 1st: New Year's 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.

YMCA FOOD PROGRAM

SEPTEMBER through DECEMBER 2024

YOUTH SUPPER

The YMCA Commons

- **Wednesdays: September 18th, October 2nd, October 16th, November 6th, December 4th**

Anyone aged 18 or younger is welcome to enjoy a home-cooked meal at the YMCA Youth Supper from 6:00- 6:45pm in the YMCA Childcare, located by the main entrance of the YMCA. Each student will also receive a backpack filled with snack foods to take home courtesy of the Rochester Elks.

EMPTY BOWLS EVENT

The YMCA Commons

- **Tuesday, October 15th (11am-1pm & 4:30-6:30pm)**

Empty Bowls is a nationwide event that highlights the issues of hunger and food insecurity in our local communities. Come out and enjoy a warm bowl of soup for lunch and/or dinner to support the YMCA At-Risk Youth Feeding Program. Event will be held in the YMCA Commons building located behind our main building. Take-out is available. Many thanks to Stray Cat Studio of Beaver Falls for providing us with special hand-made bowls and Kettle for their home-made soups for this fundraising event. Tickets are available at the membership desk!

FOOD LOCKER

The YMCA



As part of our commitment to fight hunger in Beaver County, we offer a community food locker in partnership with the Greater Pittsburgh Community Food Bank. Everyone is welcome to participate in this free community service. Pre-registration is required by contacting us at foodservice@beavercountyyymca.org or 724.891.8439 x 310. Signup sheets are also located at the membership desk. Lockers will be distributed throughout the month starting with the first Wednesday of each month.

**If you have any questions, please contact
Kourtney Shoop, Food Service Director,
724-891-8439 ext. 310 or
foodservice@beavercountyyymca.org**



"Therefore, just as through one man sin entered the world, and death through sin, and thus death spread to all men, because all sinned—"
- Romans 5:12

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



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

MEMBER APPRECIATION EVENTS

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

Event	Date	Time	Location	Fee
Labor Day	Tuesday, September 3rd	11-1 pm, 4-6 pm	YMCA Lobby	Free to Members Only
Columbus Day	Monday, October 14th	All Day	YMCA Lobby	Free to Members Only
Veterans Day	November 1st-10th	All Day	YMCA Lobby	Free to Members Only
November 11th	Monday, November 11th	All Day	YMCA Lobby	Free to Members Only
Christmas Giveaway	Monday, December 23rd	All Day	Member Service Desk	Free to Members Only

Labor Day

We will provide special treats for breakfast and grill hotdogs for lunch and dinner. Our way of saying 'Thank You' for being a member!

Columbus Day

We're giving away FREE water all day! One per person.

Veterans Day

We are having a Veteran's Day coloring contest. Pictures will be displayed in the lobby. Top three winners will win cool prizes.

November 11th, We're forever grateful for the service and sacrifice of our military members. As a thank you, stop by the member service desk for a special treat.

Christmas Giveaway

HO! HO! HO! Merry Christmas from our Y family to yours! Stop by the Member Service Desk for a special gift.



"Children's children are the crown of old men; and the glory of children are their fathers."

- Proverbs 17:6

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
Trunk or Treat	Wednesday, October 16th	5-7 PM	YMCA Commons Parking Lot (Behind the Main Y Facility)	Free to the Community
Thanksgiving Meal Giveaway	Starting Friday, November 1st	All Day	Member Service Desk	Free to the Community
Ice Cream with Santa	Saturday, December 7th	1-2 PM	Main Gymnasium	\$8 per Family

Trunk or Treat

Don your silly or spooky costume and load up on some treats! **Register online or at our Member Service Desk.**

Thanksgiving Meal Giveaway

Last year we provided 30 families with a complete Thanksgiving dinner. This year we are collecting 35 meals for those in need this holiday season.

November 19th between 4:30-5:30 families can pick-up their meals. Please register online or at our Member Service Desk if you're a family in need. Once 35 families are registered, registration will close. One registration per family. Failure to pick-up will result in being banned from future program registration.

Ice Cream with Santa

We're putting your kids' favorite things in one room! ICE CREAM & SANTA! We will also have Christmas crafts for the family to create! Only \$8 per family. **Register online or at our Member Service Desk.**



Christmas of Giving

Every year we provide a Christmas to several families in need within the community. And this year is no different! If you, or someone you know, is a family in need this holiday season, please email our Membership Director at membership@beavercountnymca.org for an application. If you would like to assist in sponsoring families, please contact our Membership Director at 724-891-8439 Ext. 301.



“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

AQUATICS

FALL AQUATIC SCHEDULE

Daytime, Evening, and Weekend Lessons (Once each week for 6 weeks)

Class	Day	Time	Location	Member Rate	Non-Member Rate
Parent/Child : Ages 6 Months to 3 Years (30 min. class)					
Baby and Me	Monday	10:30 - 11:00am	Therapy Pool	\$60	\$120
Baby and Me	Monday	7:00 - 7:30pm	Therapy Pool	\$60	\$120
Baby and Me	Tuesday	7:00 - 7:30pm	Therapy Pool	\$60	\$120
Baby and Me	Saturday	9:00 - 9:30am	Therapy Pool	\$60	\$120
Preschool Lessons: Ages 2 Years and up (30 min. class)					
Toddler Level 1	Monday	11:15 - 11:45am	Lap Pool	\$60	\$120
Toddler Level 1	Monday	4:45 - 5:15pm	Therapy Pool	\$60	\$120
Toddler Level 1	Tuesday	4:45 - 5:15pm	Therapy Pool	\$60	\$120
Toddler Level 1	Saturday	9:45 - 10:15am	Therapy Pool	\$60	\$120
Toddler Level 2	Monday	12:00 - 12:30pm	Lap Pool	\$60	\$120
Toddler Level 2	Monday	5:30 - 6:00pm	Therapy Pool	\$60	\$120
Toddler Level 2	Tuesday	5:30 - 6:00pm	Therapy Pool	\$60	\$120
Toddler Level 2	Saturday	9:45 - 10:15am	Therapy Pool	\$60	\$120
Toddler Level 3	Monday	12:45 - 1:15pm	Lap Pool	\$60	\$120
Toddler Level 3	Monday	6:15 - 6:45pm	Therapy Pool	\$60	\$120
Toddler Level 3	Tuesday	6:15 - 6:45pm	Therapy Pool	\$60	\$120
Toddler Level 3	Saturday	11:15 - 11:45am	Therapy Pool	\$60	\$120
Toddler Level 4	Monday	1:30 - 2:00pm	Lap Pool	\$60	\$120
Toddler Level 4	Monday	7:00 - 7:30pm	Lap Pool	\$60	\$120
Toddler Level 4	Tuesday	7:00 - 7:30pm	Lap Pool	\$60	\$120
Toddler Level 4	Saturday	12:00 - 12:30pm	Lap Pool	\$60	\$120
Youth Lessons: Ages 6 and up (30 min. class)					
Youth Level 1	Monday	4:45 - 5:15pm	Lap Pool	\$60	\$120
Youth Level 1	Tuesday	4:45 - 5:15pm	Lap Pool	\$60	\$120
Youth Level 1	Saturday	9:00 - 9:30am	Lap Pool	\$60	\$120
Youth Level 2	Monday	5:30 - 6:00pm	Lap Pool	\$60	\$120
Youth Level 2	Tuesday	5:30 - 6:00pm	Lap Pool	\$60	\$120
Youth Level 2	Saturday	9:45 - 10:15am	Lap Pool	\$60	\$120
Youth Level 3	Monday	6:15 - 6:45pm	Lap Pool	\$60	\$120
Youth Level 3	Tuesday	6:15 - 6:45pm	Lap Pool	\$60	\$120
Youth Level 3	Saturday	10:30 - 11:00am	Lap Pool	\$60	\$120
Youth Level 4	Monday	7:00 - 7:30pm	Lap Pool	\$60	\$120
Youth Level 4	Tuesday	7:00 - 7:30pm	Lap Pool	\$60	\$120
Youth Level 4	Saturday	11:15 - 11:45am	Lap Pool	\$60	\$120
Private Lessons: Ages 6 months and up					
Private Swim Lessons*	Flexible	6-30 Min. OR 4-45 Min	Therapy/Lap Pool	\$120	\$180
Semi-Private Swim Lessons*	Flexible	6-30 Min. OR 4-45 Min	Therapy/Lap Pool	2 People \$165	\$255
				3 People \$210	\$330

*Private and Semi Private swim lessons are open for registration until a waitlist is needed for all ages.

**Please Note: Make-up lessons for ALL group lessons will be offered during the CURRENT regularly scheduled class times during the session. Please email Aquatics@beavercountymca.org to confirm.

Session 1:
Week of September 30th - November 9th

Registration Begins:

- Member: August 28th
- Non-Member: September 4th

Session 2:
Week of November 11th - December 21st

Registration Begins:

- Member: October 21st
- Non-Member: October 28th

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

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

Beaver County YMCA Swim Lesson Descriptions

Baby and Me

This is for infants through age 3. The adult participates with the child in the water. Water acclimation, the beginning of swim basics, and a little survival mixed in with songs, toys, and fun! In our therapy pool unless noted.

Saturdays 9-9:30am
Mondays 10:30-11am AND 7-7:30pm
Tuesdays 7-7:30pm

Toddler Level 1

This is for ages 2+ in an instructor/group setting. Parents/Guardians do not get in the water. This is for beginners. Children will work on the basics of swimming. To move on to Toddler Level 2 they must be able to swim independently with a 2 float pack or less.

Saturdays 9:45-10:15am - Therapy Pool
Mondays 11:15-11:45am - Lap Pool AND
4:45-5:15pm - Therapy Pool
Tuesdays 4:45-5:15pm -Therapy Pool

Toddler Level 2

This is for ages 2+ in an instructor/group setting. The child can swim independently with a 2 float pack. Continue to work on the strength and independence of swimming. To move on to Toddler Level 3 they must be able to swim 5-10ft with NO floatation device on their front and back.

Saturdays 10:45-11:15am - Therapy Pool
Mondays 5:30-6p - Therapy Pool AND
12-12:30pm - Lap Pool
Tuesdays 5:30-6p - Therapy Pool

Toddler Level 3

This is for ages 2+. The child can now swim independently on their front and back for at least 5ft with NO assistance. We will work on more skills, strength, and independence. To move to Toddler Level 4 they are fully independent across and back in the therapy pool or half of the lap pool on their front and back.

Saturdays 11:30am-12pm - Therapy Pool
Mondays 6:15-6:45p - Therapy Pool AND
12:45-1:15pm - Lap Pool
Tuesdays 6:15-6:45pm - Therapy Pool

Toddler Level 4

This is for ages 2+. The child is now an independent swimmer. Will continue to work on all strokes, endurance, strength, and skills.

Saturdays 12-12:30pm - Lap Pool
Mondays 7-7:30pm and 1:30-2pm - Lap Pool
Tuesdays 7-7:30pm - Lap Pool

Youth Level 1

This is for ages 6+. This class is for beginners. Children will work on the basics of swimming and building their confidence. To move to youth level 2 the child must be able to swim independently with a pool noodle.

Saturdays 9-9:30am - Lap Pool
Monday & Tuesday 4:45-5:15pm - Lap Pool

Youth Level 2

This is for ages 6+. The child can now swim independently with a pool noodle. They will continue to work on strength, confidence and independence of swimming. To move to youth level 3 they must be able to swim 5-10ft with NO assistance on their front and back.

Saturday 9:45-10:15am - Lap Pool
Monday & Tuesday 5:30-6pm - Lap Pool

Youth Level 3

This is for ages 6+. The child can now swim independently on their front and back for at least 5 ft with NO assistance. They will continue to work on skills, endurance, strength, and independence. To move to youth level 4 they need to be able to swim the length of the lap pool on their front and back.

Saturday 10:30-11am
Monday & Tuesday 6:15-6:45pm

Youth Level 4

This is for ages 6+. The child is now an independent swimmer. They will continue to work on all strokes, endurance, strength, and skills.

Saturday 11:15-11:45am
Monday and Tuesday 7-7:30pm



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

FALL/WINTER LAP POOL SCHEDULE

(September 3rd-December 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 (Mon. with Amy, Wed. with Sondra)		
9:00 - 10:00am	Lap Swim		HydroFit - Shallow Water (Mon. with Amy, Wed. with Sondra)			
10:00 - 11:30am	Swim Lessons 11:15am-2pm	Lap Swim	Volleyball (4 lanes only if 15 people are in attendance)			
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	Swim Lessons 4:45-7:30pm (Monday)	Lap Swim			Open Swim	
5:30 - 6:30pm		Lap Swim			Open Swim	
6:30 - 7:05pm		Lap Swim			Open Swim	
7:05 - 8:15pm		Lap Swim			Open Swim	
8:15-8:30pm	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				Water Walking with Bill Tues/Thurs Starting Sept. 10	
1:00 - 3:00pm	Lap Swim				Open Swim	
3:00 - 4:00pm	Lap Swim				Open Swim	
4:00 - 6:00pm	Swim Lessons 4:45-7:30pm (Tuesday)	Lap Swim			Water Walking with Bill 5:00-6:00pm (Tues.)	
6:00 - 7:00pm		Lap Swim				
7:00 - 8:15pm		Lap Swim			Open Swim	
8:15-8:30pm	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 (with Sondra)		
9:00 - 10:00am	Lap Swim		HydroFit - Shallow Water (with Sondra)			
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				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	
8:15-8:30pm	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	Swim Lessons 9:00am-12:00pm	Lap Swim			Open Swim	
10:00am - Noon		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					

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

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

BEAVER COUNTY YMCA POOL SCHEDULE

FALL/WINTER '24 THERAPY POOL (September 1st – December 31st, 2024)

MONDAY	
5:00 – 7:30am	CLOSED
7:30 – 9:30am	Open Swim
9:30 – 10:30am	Child Care Swim
10:30 – 11:00am	Swim Lessons
11:00am – 12:00pm	Open Swim
12:00 – 2:00pm	Arthritis Class with Pat R
2:00 – 3:00pm	Jamie's Physical Therapy
3:00 – 4:45pm	Open Swim
4:45 – 7:30pm	Swim Lessons
7:30 – 8:15pm	Open Swim
8:15 – 8:30pm	CLOSED

THURSDAY	
5:00 – 7:30am	CLOSED
7:30 – 9:00am	Open Swim
9:00 – 10:00am	Poolates with Jean
10:00 – 11:00am	Jamie's Physical Therapy
11:00am – 12:00pm	Silver Splash with Pat S
12:00 – 8:15pm	Open Swim
8:15 – 8:30pm	CLOSED

TUESDAY	
5:00 – 7:30am	CLOSED
7:30 – 9:00am	Open Swim
9:00 – 10:00am	Poolates with Jean
10:00 – 11:00am	Jamie's Physical Therapy
11:00am – 12:00pm	Silver Splash with pat S
12:00 – 4:45pm	Open Swim
4:45 – 7:30pm	Swim Lessons
7:30 – 8:15pm	Open Swim
8:15 – 8:30pm	CLOSED

FRIDAY	
5:00 – 7:30am	CLOSED
7:30 – 9:00am	Open Swim
9:30 – 11:00am	Child Care Swim
11:00am – 12:00pm	Open Swim
12:00 – 1:00pm	Arthritis Class with Bill
1:00 – 2:00pm	Arthritis Class with Bill
2:00 – 3:00pm	Jamie's Physical Therapy
3:00 – 8:15pm	Open Swim
8:15 – 8:30pm	CLOSED

WEDNESDAY	
5:00 – 7:30am	CLOSED
7:30 – 10:00am	Open Swim
10:00 – 11:00am	Watson Group OR Open Swim
11:00am – 12:00pm	Open Swim
12:00 – 1:00pm	Arthritis Class with Pat R
1:00 – 2:00pm	Arthritis Class with Pat R
2:00 – 2:30pm	Open Swim
2:30 – 3:30pm	Tai Chi with Doug S
3:30 – 8:15pm	Open Swim
8:15 – 8:30pm	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 – 2:00pm	Birthday Party OR Open Swim
2:00 – 4:00pm	Open Swim
4:00 – 5:00pm	Birthday Party OR Open Swim
5:00 – 6:00pm	CLOSED

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

Swim Lesson Fall Session 1 & 2 are from Sept. 30-Dec. 2 1st
 If there is no Watson Group OR Birthday Parties there is OPEN swim.
 Please call the front desk to confirm.

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

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 8 years)

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

*Hours are subject to change.

For additional information regarding our Child Watch program, please contact:
Paige Mannerino, Assistant Childcare Director
assistantchildcaredirector@beavercountyyymca.org • (724)891-8439 ext. 314

Youth Center

At our tween & teen center, students can come and hang out under the watchful eyes of our awesome Youth Staff. Join us for a fun and safe environment where you can chill, play games, and make new friends. Let's make some memories together.

Who: Grades 1-8

When: Every Thursday @ 6:30-8:00pm

Fee: FREE

Kickoff date September 12th!

Youth Leaders Club

Teen Leaders Club teaches skills based on the servant leadership model, fosters connections and leads community improvement projects, plus plenty of fun and friendships.

Who: Ages 12-16

When: 1st & 3rd Wednesdays of every month at 4:30pm

Session 1: September 18th – December 18th

Fee: \$40 includes T-Shirt

PLUS Free Membership

PLUS Engaging Activities

***Must register online**

Youth Soccer League

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.

Ages: 5-12

Dates: September 10th – October 12th
Tuesday Practice, Saturday Games

Fee: Members: \$50; Non-Members: \$60

Registration Dates:

Members -July 28th

Non-Members – August 4th

Days/Times:

Practice: Tuesdays

• Ages 5-6: 5:00pm - 5:30pm

• Ages 7-9: 5:45pm - 6:15pm

• Ages 10-12: 5:45pm – 6:30pm

Games: Saturdays starting @ 10am

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

Youth Volleyball Club

Enhance your volleyball skills and enjoy several mini games in our exciting youth volleyball club.

Who: Ages 8 - 16

When: October 21st – November 26th
Mondays Only

• Ages 8-10: 5pm-5:45pm

• Ages 11-13: 6pm-6:45pm

• Ages 14-16: 7pm-7:45pm

Fee: Members: \$50; Non-Member: \$65

Registration Dates:

Members: September 23rd

Non-Members: September 30th

Craft Night: Thanks-GIVING

Join us for a festive autumn celebration as we unleash our creativity by painting pumpkins, coloring turkeys, and diving into all things fall. Let's get our hands dirty and embrace the season in style! Artwork will be used to decorate our YMCA building!

Who: Bring the Entire Family

When: Wednesday November 13th @ 6pm

Where: Childcare Center

Fee: FREE

***Must register online**

Disney Trivia Night

Come for a night of Disney trivia where all the games are fun! Test your knowledge of all things Disney and compete against other fans for the title of ultimate Disney expert. Don't miss out on this magical evening filled with laughter, competition, and of course, plenty of Disney magic. See you there! Dress up in Disney Décor for a chance to win door prizes!

Who: Bring the Family!

When: Thursday December 5th

Fee: \$5

***Adults with children get in free**

Homeschool Gym & Swim

Home-Schooled children ages 5-18 can fulfill their physical education requirement with this YMCA program. This program offers a YMCA sport program where the children will participate in a variety of age-appropriate activities along with YMCA swimming instruction. All swimming levels and abilities will be served.

Who: Ages 5-18

When: **Session 1:** October 4th-25th

Session 2: November 1st-22nd

Day/Time: Fridays 10:30-11:45am

Fee: Members: \$32; Non-Members: \$48

For More Information on Youth Programs, Please Contact Youth Director, Alexis at youthprograms@Beavercountymca.org Or 724-891-8439 Ext. 311.



“Children’s children are the crown of old men; and the glory of children are their fathers.”

– Proverbs 17:6

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

Beaver County YMCA



EMERGING YOUTH
& CHANGE MAKERS
HANGING OUT FOR
A PURPOSE



POWERFUL TOGETHER

YMCA TEEN LEADERS CLUB

Teen Leaders Club teaches skills based on the servant leadership model, fosters connections and leads community improvement projects, plus plenty of fun and friendships!

Who: Youth Ages 12-16

When: 1st & 3rd Wednesdays of
The Month @ 4:30pm
Beginning in September-May

Fee: \$40 includes T-Shirt
PLUS Free Membership
PLUS Fun Activities



For More Information:

Email Alexis at

youthprograms@beavercountyyymca.org

or Call 724-891-8439 ext 311

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.



For More Information, Visit: Sotamartialarts.com

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

YOUTH BALLET PROGRAM

Does your child enjoy moving & dancing to music? Dance lessons for children are a fantastic outlet for their energy & creativity. Discover the many benefits of dance for kids by enrolling them in classes at Beaver County YMCA



- Enhancing Health:

Ballet improves both physical & mental well-being. It promotes flexibility, posture, and muscle tone through aerobic activity. Dancing also engages the mind as children synchronize their movements with music.

- Fostering Teamwork:

Dance lessons teach children how to collaborate to create beautiful performances.

- Building friendships:

Kids have the opportunity to make new friends in dance classes. The bonds formed among students can endure as they progress and refine their skills.

- Developing Discipline:

Children learn new dance techniques in each class and integrate them into cohesive routines. Following instructors' guidance ensures safe execution of dance moves.

**Saturdays 9-10am in the Aerobic Room
September 9th-November 23rd
Register at the Member Service Desk!**

\$10 Fee Non-Members, FREE this season for Members!

This is a new program test launch! A small fee may apply in the Spring

Youth Ballet Winter Showcase - November 30th at 10am in the Commons!
Tickets: \$12 Members, \$15 Non-Members

Join us as the YMCA proudly presents its Youth Ballet Winter Showcase! This event is a celebration of the hard work, dedication, and talent of our young ballet students. Enjoy a variety of performances capturing the spirit of winter and the joy of the holiday season. This showcase is perfect for families and friends to gather and experience the beauty of ballet in a welcoming and supportive environment. This not only highlights the achievements of our young dancers but also underscores the importance of the arts in our community. Don't miss this opportunity to support our local talent and enjoy a memorable performance with your loved ones! Light refreshments will be available for purchase!

For more information, please contact:

Nadine Fox, Healthy Living Coordinator 724-891-8439 (ext. 306)

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

WINTER CAMP

Take the stress out of Holiday Child Care! Join us during your child's Winter Break for a wide variety of activities including swim, gymnasium activities, arts and crafts, science experiments and more! This program includes a free breakfast and afternoon snack. Please pack a lunch for your child.

Program Dates:

December 23rd, 26th, 27th, 30th, 31st;

January 2nd, & 3rd

Times: 8:30am – 5pm

Cost: Members: \$38 / Non-Members: \$40 per day

Location: At the Beaver County YMCA



Contact Information:

Paige Mannerino

Assistant Childcare Director

(724)891-8439 ext. 314

Assistantchildcaresdirector@beavercountyyymca.org

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

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

Fall into Fitness: October 1st-8th, 2024

Stocking Stuffer Special: December 20th-23rd, 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



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

- 1 Peter 1:5

SPECIALIZED PROGRAMMING FOR FUNCTIONAL FITNESS AND CHRONIC DISEASES

Our 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:

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



CANCER PROGRAMMING KICKOFF NIGHT September 12th, 2024 • 5-7pm

The Beaver County YMCA is partnering with UPMC Hillman Cancer Center and the Beaver County Cancer and Heart Association to host a special night for individuals in Beaver County who are affected by cancer. Join us for an evening of special information presented by Dr. Kathryn Schmitz, author of moving through cancer, and other representatives and resources through UPMC.

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

REGISTRATION NOW OPEN!

Beaver County YMCA



the  Y MCA

Santa Run

5K 10K



Sunday, December 8th

10K Race Start Time: 9am • 5K Race Start Time: 9:30am

We are bringing back our Santa Run, 5K and adding a 10K option for those who want to get more distance out of their race day! Start line at the corner of Market Street and Second Street – finish at Irvine Park. Kick off your holiday season with a killer calorie burn and get your list to Santa while you're at it!

Fees:

- Early Bird Price (through 10/1/24):
- 5K: \$25 for Members; \$35 for Non-Members
- 10K: \$35 for Members; \$45 for Non-Members
- 1 Mile Fun Run: \$20
- Race Day Registration:
Members and Non-Members: \$40

Regular Registration (through 12/7/24):

- 5K: \$30 for Members; \$40 for Non-Members
- 10K: \$40 for Members; \$50 for Non-Members
- 1 Mile Fun Run: \$20
- Race Day Registration:
Members and Non-Members: \$40



Register Today!



Sign up before November 29th to guarantee your race swag.

Post race awards will be given as well as a Christmas kick off celebration with a special visit from the big guy!



"Casting all your care upon him; for he careth for you."

- 1Peter 5:7

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

HEALTHY EATING INITIATIVE

Our healthy eating initiative involves a holistic approach to promoting nutritious food choices & fostering a culture of wellness within the community. Through a variety of programs and initiatives, the Beaver County YMCA aims to educate members & the broader community about the importance of healthy eating while providing practical tools to support behavior change.

By partnering with local businesses & advocating for policy changes that enhance access to nutritious foods, the YMCA strengthens its impact, creating environments that support individuals and families in making healthier choices. Through these efforts, the YMCA plays a pivotal role in empowering communities to thrive through better nutrition and overall wellness.

BEAVER SPORTS NUTRITION

The Beaver County YMCA now offers Sports Nutritional Counseling! Meet with a certified Sports Nutrition Counselor accredited through the American Fitness Professional Associates to receive a personalized meal plan & guidance on implementing healthier eating habits. Meet one on one with a Certified Sports Nutrition Consultant to receive a personalized meal plan & guidance on implementing healthier eating habits. In person & virtual sessions are available!

- **First Time Registration: \$25 Members, \$30 Non-Members**
- **Follow Up Appointments: \$15 Members, \$20 Non-Members**
- **For further assistance, Contact: Nadine Fox, Healthy Living Coordinator: 724 891- 8429 ext. 306**

HEALTHY EATING NUTRITIONAL SEMINARS

Come join us as we dive into the essentials of nutrition & wellness equipping you with the information to make informed choices for a healthier lifestyle with Health, Fitness & Wellness Coach: Kara Rubina from Sanus Vita. Together, we will discover strategies for nourishing your body effectively & sustainably!

- **Friday, September 20th**
- **\$20 for Members, \$25 for Non-Members!**

*Fee waived to upcoming Seminar, after you complete your first Nutritional Counseling Session!

INTRODUCING HEALTHY EATING COOKING CLASSES!

Our first Cooking Class is scheduled for August 6th from 2-3:30pm!

Join us for a hands-on cooking experience with Chef Patty from Crop & Kettle where you will craft a flavorful take home entree salad!

Take the opportunity to learn about the agriculture & origins of our food & discovering how this salad can help alleviate arthritis!

- **Date: TBD**
- **\$20 FEE, Limited Spots - Members ONLY!**

HAPPY FIRST DAY OF FALL!

Turn a new leaf & register for our 3-session program - \$45 Members, \$65 Non-Members!
SALE runs September 23rd-November 30th

NOW PARTNERING WITH BEAVER NUTRITION

The Beaver County YMCA is excited to announce our new partnership with Beaver Nutrition! Starting August 1st -- we will be starting our referral & punch card program! If you are a member with the YMCA, you can get 10% off your purchase at Beaver Nutrition by showing them your member card! Also, if you take 10 Group Exercise Classes you can receive a FREE drink!

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!

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, Strength & Sculpt – This class will combine High Intensity Interval Training with a PiYo-style workout to incorporate low impact strengthening movements. The best of both worlds!

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

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).

Dance Cardio – 45 min dance fitness class that consists of a warm-up session, toning & tightening, 2 dance choreography segments, a high-intensity interval training (HIIT) cardio section, & a grand finale where all the dance moves come together. Get ready to groove, tone & sweat with us!

PiYo fuses the core strengthening principles of pilates with the dynamic fluid movements of yoga.

This low impact class targets building strength, balance, flexibility & will elevate your heart rate without placing excessive strain on your joints!

Resistance Training – Achieve a sculpted physique using light weights & resistance bands for a complete full-body workout. These bands are ideal for sculpting muscles & enhancing overall strength, offering a dynamic exercise experience personalized to your fitness objectives.

RIP – This class is a barbell program for men and women of all ages and all fitness levels. Matching movement to music and using traditional strength training allows participants to work at their own level.

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 Up – Put one foot in front of the other, and you're stepping! POWER STEP brings you more of what you love –athletic training moving on, around, and over the platform. This class is a one stop shop to get cardio, strength and balance in one class.

Supersets – Strength & 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.

Water Tai Chi – A gentle & fluid form of Tai Chi that draws inspiration from the movements and principles of wate1-. Water Tai Chi is accessible to people of all ages and fitness levels. Its gentle nature makes it suitable for those recovering from injury or looking for a low-impact exercise option.

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.

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.

Drumercise - 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!

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



Active Older Adult Water Classes



CLASS DESCRIPTIONS

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.

Poolates – 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.

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.

Water Volleyball – A low impact exercise that's gentle on joints, making it an ideal activity for people of all ages and fitness levels. The constant movement in the water provides resistance for muscles, resulting in a challenging and effective workout.

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 beavercountyyymca.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.

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)!

Birthday Celebration Dates:

- September 2nd, 2024
- October 7th, 2024
- November 4th, 2024
- December 2nd, 2024

Lunch Meet Up Dates:

- September 4th, 2024
- October 2nd, 2024
- November 6th, 2024
- December 4th, 2024

Location:

- El Paso
- Grand Valley Inn
- Friendsgiving Potluck
- Sals (Chippewa)

Movie Dates:

- September 17th, 2024
- October 15th, 2024
- November 19th, 2024
- December 17th, 2024

Special Events for Fall of 2024:

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 (Tuesday)

- **November 19th**

Three ways to register:

1. Phone: 1-800-559-4880
2. Web: www.SeniorsForSafeDriving.com

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

Friendsgiving Potluck

Wednesday, November 6 at 12:30pm
at the YMCA Commons

Fall Prevention Workshop

September 9th-October 17th
Mondays and Thursdays, 1-2pm
\$30/Members, \$50 Non-Members

Free Monthly BINGO

September 11th, October 9th, November 13th,
December 11th at 12:30pm
Multi-Purpose Room. ALL are welcome

Field Trips

- Erntedankfest Fall Festival
- Old Economy, Saturday, September 21st
- White House Farms Fall Harvest Friday, October 18
- Vicary House Days, Freedom



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

FULL DAY CHILDCARE

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

Toddler Room – Ages 1 Year to 2 Years

Children in our 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

Preschool Room – Ages 2 Years to 3 Years

In our Preschool Classroom, children become more independent, develop responsibility, and learn to interact in an appropriate manner. Potty training is completed while in our Preschool classroom.

Child to Staff Ratio: 1:6

Introduction to Pre-Kindergarten

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. To qualify for this program, your child must be potty trained.

Child to Staff Ratio: 1:10

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 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

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

For more information, please visit our website www.beavercountyyymca.org or call 724-891-8439 ext 314



PRESCHOOL LITE PROGRAM

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

Program Dates: September 3, 2024 – May 30, 2025

Preschool Lite: 2-4 Year Olds

We are excited to introduce a program for 2-4 year-olds this fall. Children will begin to gain independence, develop responsibility, strengthen motor skills, and associate with other children in an appropriate manner. The older children 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.

Time: 9am-2pm

Fee: \$105 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 childcaaredirector@beavercountyyymca.org. Please include your name, your child's name, and your child's birthday in the email message.

You can also visit our website www.beavercountyyymca.org for more info.

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 – 12 years of age at Baden Academy, New Brighton School District, Rochester School District, Provident Charter School, and Ambridge School District. Before and After Care provides children the opportunity to socialize, create, explore, learn, and complete homework in a safe environment.

All 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

YMCA BEFORE AND AFTER SCHOOL CARE

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. **Participating districts: New Brighton, Rochester.**

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

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

PROVIDENT CHARTER SCHOOL WEST BEFORE AND AFTER SCHOOL CARE

Before and After School Childcare is provided at Provident Charter School West for children currently enrolled at Provident Charter School or Ambridge School District. Children in this program have the chance to complete homework, socialize with friends, and utilize different aspects of the Provident Charter School West Campus including an extensive outdoor space, gymnasium, and library. **Participating school districts: PCS West and Ambridge.**

DROP OFF AND PICK UP LOCATION: Provident Charter School West, 200 Quigley Drive, Baden, PA 15005

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

RATES

- | | | |
|------------------------------|-----------------------------|--|
| • Before School Care: | • After School Care: | • Before and After School Care: |
| 3 days a week: \$66 | 3 days a week: \$77 | 3 days a week: \$94 |
| 4 days a week: \$69 | 4 days a week: \$80 | 4 days a week: \$105 |
| 5 days a week: \$80 | 5 days a week: \$91 | 5 days a week: \$122 |

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



“Jesus Christ the same yesterday, and to day, and for ever.”

- Hebrews 13:8

If you have any questions or concerns, please contact the Childcare Director, at 724-891-8439 ext. 314 or email at childcaredirector@beavercountnymca.org

Together We Can Stop Food Insecurity

"I was hungry and you gave me something to eat." - Matthew 25:35

EMPTY BOWLS



A \$10 donation (\$5 for seconds) gets you a handmade bowl by Stray Cat Studio and delicious soup made by Crop & Kettle! Join us at this tasty event to support our brand new food locker program.

Tuesday, October 15, 2024

Serve Times: 11:30am-1:30pm & 3:30-6pm

@ The YMCA Commons

Located Behind the Beaver County YMCA

For More Info, Visit beavercountyyymca.org

**Scan Here to
Purchase Tickets**



Beaver County YMCA



SERVE TO LEAD CONFERENCE

Friday, October 4
9am-3pm
YMCA Commons



Featured Keynote Speaker
Dr. John Stahl-Wert

founder of the
Center for Serving Leadership

Also Included:
Special Breakout Sessions, Networking Lunch,
Pickle Ball Games and More for only \$50

Register Here



For More Info: www.beavercountyyymca.org

MISSION ADVANCEMENT

SEPTEMBER THRU DECEMBER 2024



Serve to Lead Conference

Plan to join us on Friday October 4 for an enjoyable day of inspiring speakers, networking opportunities, and leadership development at the YMCA Commons. Dr. John Stahl-Wert, founder of The Center for Serving Leaders, will be sharing his expertise on servant leadership followed by several valuable breakout sessions. Lunch is included and our day will finish off with some friendly Pickle Ball competition. Cost is only \$50 per person so bring your whole team to learn, laugh, and grow together. Register today at www.beavercountyyymca.org.

Weekly Bible Study Group

We are adding another weekly Bible study group to help you with your spiritual fitness. Starting September 9, you can join us either on Mondays from 4-5pm or Wednesdays from 9-10 AM in the Board Room. This fall we will cover "How to Study the Bible" with simple and practical ways to get the most out of your personal bible study time. Make plans to be there. 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 for more information.

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 11:15 AM, 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 7-830 PM. 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.

MIND, BODY & SPIRIT

Beaver County YMCA



BIBLE STUDY

Mondays 4-5pm
Wednesdays 9-10am

In the Boardroom
- Everyone is Welcome! -





Invest in Your Most Valuable Asset

CORPORATE MEMBERSHIP



YOUR MEMBERSHIP MEANS MORE AT THE Y

Benefits of Being a Member

- Unlimited facility access
- **FREE** group exercise classes (land and water)
- **FREE** Child Watch while you are onsite
- **FREE** member orientation
- Activities for all ages
- Discounted member rates on programs, camps & YMCA Commons event space
- **Nationwide Membership**
The Beaver County YMCA participates in the Nationwide Membership program. Use your membership at any participating Y across the nation. Check out ymca.net for participating YMCAs.

AMENITIES

- Lap Pool & Therapy Pool
- Sauna, Whirlpool & Steam Room
- Wellness Center with strength and cardio equipment for all levels of fitness
- Gymnasium
- Racquetball Courts
- Outdoor Playground
- Indoor Walking Track

Employees Receive the Following Discount Off YMCA Membership Fees:

- \$5 off multi-person membership rate.
- \$4 off single person membership rate.
- Plus a discount off the joiner's fee based on the amount of the Annual Support Contribution. The dollar amount contributed, determines the joiner's fee discount percentage. See Chart Below:

YMCA Joiners Fee Discount					
		25%	50%	75%	100%
# of Employees	0-10	\$100	\$175	\$250	\$500
	11-50	\$175	\$250	\$500	\$1000
	51-100	\$250	\$500	\$1000	\$1500
	101-above	\$500	\$1000	\$1500	\$2500

Corporate Membership Program Overview

Your company decides what percentage it will contribute towards the employee's joiner's fee discount. Your organization can also subsidize membership fees for employees in any amount or reimburse a portion of fees based on attendance.

As a benefit of participating in the Corporate Membership Program, if your contribution reaches \$1,000 or more per year, you will receive a Corporate Banner with your information which will be hung in our lobby.

MEMBERSHIP RATES

Young Adult 18-29 Years \$39/Month	Adult 30-59 Years \$57/Month	Active Older Adult 60+ Years \$48/Month
2 Adult Household \$65/Month		Family 2 Adults & Children through high School \$75/Month

For More Information, Contact Janna Basham
 724-891-8439 Ext 301 or membership@beavercountyyymca.org

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
- 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 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. 331, Email: partyplanner@beavercountyyymca.org

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



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
Nadine Fox, Healthy Living Coordinator
Calista Harty, Aquatics Manager
Paige Mannerino, Assistant Childcare Director
John Merola, Director of Mission Advancement
Erin Mott, Childcare Director
Tina Quintana, Aquatics Manager
Alexis Sheffield, Youth Director
Kourtney Shoop, Food Service Director
Chasity Smith, Office Manager
Jewell Solomon, Member Service Specialist

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.