

Beaver County YMCA



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WINTER/SPRING 2025 PROGRAM CATALOG



January 1st–April 30th

# OUR MISSION

## OUR MISSION:

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

## OUR VALUES:

Caring, Honesty, Respect, Responsibility and Faith are the basis for all we do.

## AREAS OF FOCUS:

For Youth Development  
For Healthy Living  
For Social Responsibility

## Building Closings

- January 1st: New Year's Day
- April 18th: Good Friday
- April 19th: Holy Saturday
- April 20th: Easter Sunday

## Hours of Operation

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

\*In honor of the Lord, and to uphold the Christian values we proclaim as an organization, we remain closed Sunday mornings so our staff and members can attend worship services.

## YMCA FOOD SERVICE

### January-April 2025

#### YOUTH SUPPER @ YMCA COMMONS

- Wednesdays: January 15th, February 12th, March 12th, April 16th & May 14th

All Beaver County youth ages 18 or younger are welcome to enjoy a home-cooked meal from 6-6:30PM at the YMCA Childcare. Parents can pick up their kids at 6:30pm in the main lobby. Feel free to stop by after swimming, child watch or after youth activities. Each student will also receive snacks to take home.

#### FORK AND FILM

Great movies deserve great food! Whether your child is a foodie, or a film buff, or both, our unique dining experience brings together the best of both worlds. Come join us at the YMCA Commons on Tuesday, March 18th from 4:30-6pm to watch Ratatouille and create your own pasta bowl! Youth ages 7-14. \$5 for members \$7 for non-members.

#### YMCA FOOD LOCKER

As part of our continued commitment to fight hunger in Beaver County, we are pleased to now offer a food locker system located in the YMCA lobby. This free service is available to any Beaver County residents; however, registration is required to participate. For more information on how to sign-up or how to help fill lockers, please contact Kourtney Shoop, Food Service Director at [foodservice@beavercountymca.org](mailto:foodservice@beavercountymca.org) or 724-891-8439 x 310.

#### LENTEN LUNCHEON

Come join us for a meatless luncheon during lent! Lunch will be served at the YMCA Commons on Fridays, March 7, March 21 and April 4 from 11:30am-12:30pm. There will also be a special message about the Easter season from our Director of Mission Advancement, John Merola. Please register online. Donations will be accepted at the door. Hope to see you there!

If you have any questions, please contact Kourtney Shoop, Food Service Director, 724-891-8439 ext. 310 or [foodservice@beavercountymca.org](mailto:foodservice@beavercountymca.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

# Round Up and Help Your YMCA Fulfill Our Mission

The Y. So Much More™



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ANNUAL CAMPAIGN ROUND UP



## We're More Than a Gym

- Provided Christmas for six families
- Provided 40 families with a Thanksgiving meal
- Served 300 families through our food pantry
- Fed 20,403 meals and served 14,918 snacks to youth of Beaver County
- Provided over \$115,753.61 in membership financial assistance

## How Can You Help?

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



\$.88 of every dollar raised by the Beaver County YMCA went to the direct service of children and families. The Beaver County YMCA provided \$3,028,564 of community support in 2023.

(As calculated in our 2023 financial statements)



"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
<b>New Year, New You</b>	<b>Mondays in January</b>	<b>All Day</b>	<b>Member Service Desk</b>	<b>Free to Members Only</b>
<b>Valentines Giveaway</b>	<b>Wednesday, February 14th</b>	<b>All Day</b>	<b>YMCA Lobby</b>	<b>Free to Members Only</b>
<b>St. Patricks Lollipop Bouquet</b>	<b>Sunday, March 17th</b>	<b>All Day</b>	<b>YMCA Lobby</b>	<b>Free to Members Only</b>
<b>Easter Discount Hunt</b>	<b>April 7th-11th</b>	<b>All Day</b>	<b>YMCA Lobby</b>	<b>Free to Members Only</b>

## New Year, New You

Join us at the Member Service Desk every Monday for special prizes for being a member.

## Valentines Giveaway

We HEART Our Members Stop by the desk for your lovely gift!

## St. Patricks Lollipop Bouquet

Try your luck with the bouquet. Losers get a lollipop, winners get special prize!

## Easter Discount Hunt

Hunt around the Y all week long for special Easter discounts. When you find it, mention it to the front desk! \*Only one discount can be applied.



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

# FAMILY EVENTS

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

Event	Date	Time	Location	Fee
Movie & Jammie Night	Wednesday, January 10	5-7pm	YMCA Commons	Free to the Community
Story Splash	Saturdays Jan. 17th, Feb. 21st Mar. 21st, Apr. 11th	10-11am	Lap Pool	Free to the Community
Family Pool Games	Saturday, January 18th	2-4pm	Lap Pool	Free to the Community
Family Martial Arts & Ballet Night	Wednesday, January 24th	6-7pm	Main Gymnasium	Free to the Community
Daddy/Daughter Dance	Saturday, February 8th	3-4pm	YMCA Commons	Free to the Community
Valentine's Flick & Float	Wednesday, February 12th	5:30- 7:30pm	Lap Pool	Free to the Community
Duck Fest	Saturday, March 8th	2-4pm	Lap Pool	Free to the Community
Family Game Night	Tuesday, March 19th	5-7pm	YMCA Commons	Free to the Community
Family Yoga Night	Sunday, March 24th	3:30- 4:30pm	Main Gymnasium	Free to the Community
Easter Egg Hunt	Friday, April 11th	5-7pm	Lap Pool & Main Gymnasium	TBD
Easter Egg Splash	Friday, April 11th	5-8pm	Lap Pool	Free to the Community
Healthy Kids Day	Saturday, April 26th	1-3pm	Main Gymnasium	Free to the Community

**REGISTER  
NOW**







# YOUTH & TEEN YMCA MEMBERSHIP SCHOLARSHIP PROGRAM

RECEIVE A ONE YEAR MEMBERSHIP AT THE BEAVER COUNTY YMCA

## Eligibility Criteria

- Referral Letter from School, Athletic/Youth/Teen Association or
- 200 Word Essay/In-Person Questionnaire

**We believe in investing in bright minds and future leaders by providing the support and resources needed to excel.**



"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.beavercountyymca.org](http://www.beavercountyymca.org)  
or visit the Member Service Desk.

# AQUATICS

## WINTER/SPRING AQUATIC SCHEDULE

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

Class	Day	Time	Location	Member Rate	Non-Member Rate
<b>Parent/Child : Ages 6 Months to 3 Years (30 min. class)</b>					
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	Friday	11:15 - 11:45am	Therapy Pool	\$60	\$120
Baby and Me	Saturday	9:00 - 9:30am	Therapy Pool	\$60	\$120
<b>Preschool Lessons: Ages 2 Years and up (30 min. class)</b>					
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
<b>Youth Lessons: Ages: 6 and up (30 min. class)</b>					
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
<b>Private Lessons: Ages 6 months and up</b>					
Adult Swim Lessons	Saturday	8:20 - 8:50am	Lap Pool	\$60	\$120
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](mailto:Aquatics@beavercountymca.org) to confirm.

### Winter 1:

Week of January 6th-February 15th

#### Registration Begins:

- Member: December 9th
- Non-Member: December 16th

### Winter 2:

Week of February 17th-March 29th

#### Registration Begins:

- Member: January 27th
- Non-Member: February 3rd

### Spring 1:

Week of March 31st-May 10th

#### Registration Begins:

- Member: March 10th
- Non-Member: March 17th

• Swim Lesson Level Descriptions found on page 7

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



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or visit the Member Service Desk.**



# WINTER/SPRING LAP POOL SCHEDULE

(January 1st-April 30th, 2025)

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			Hydro Fit with Jody 6:15-7pm (Thurs.) - Shallow	
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](http://www.beavercountymca.org)  
or visit the Member Service Desk.

# BEAVER COUNTY YMCA POOL SCHEDULE

## WINTER/SPRING '25 THERAPY POOL (January 1st-April 30th, 2025)

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 - 9:30am	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 - 11:00pm	Swim Lessons
11:00am - 12:00pm	Tai Chi
12:00 - 2:00pm	Birthday Party OR Open Swim
2:00 - 3:30pm	Open Swim
3:30 - 5:30pm	Birthday Party OR Open Swim
5:30 - 6:00pm	CLOSED

SUNDAY	
12:00 - 1:00pm	Open Swim
1:00 - 3:00pm	Birthday Party OR Open Swim
2:00 - 4:00pm	Birthday Party OR Open Swim
4:00 - 5:00pm	CLOSED

Swim Lesson Sessions Winter/Spring run from January 6th-May 10th



"Wherefore, as by one man sin entered into the world, and death by sin; and so death passed upon all men, for that all have sinned:"  
- Romans 5:12

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

### Family Pool Games

Get out of the house and come make some memories together as a family! Families will work together and have some friendly competition against other families. **Registration required. This is a free event.**

- **Date: Saturday, January 18th**
- **Time: 2-4pm**

### Valentine's Flick & Float

Join us for a Valentine's Day flick while we float in the pool! You can bring a float of your own to use. **Registration is required. First come, first serve. Free to the community.**

- **Date: Wednesday, February 12th**
- **Time: 5:30-7:30pm**

### Duck Fest

Come have a quacking good time with us! Stay turned for more details on this family fun event! **This is a free event. Registration required.**

- **Date: Saturday, March 8th**
- **Time: 2-4pm**

### Easter Egg Splash

Children will search for eggs that can be exchanged for prize packages. The hunt will be looking for the "special" eggs with prize slips redeemable for larger prizes! Children will be divided into age groups and placed according to the appropriate swimming areas. **Registration required.**

- **Date: Friday, April 11th**
- **Time: 5-8pm**

### Story Splash

Once a month, come join us for a fun storytime on the pool deck, a mini swim lesson, and some free swim time. **Open to the community at no cost.**

- **Days: Saturdays**
- **Dates: January 17th, February 21st  
March 21st, April 11th**
- **Time: 10-11 am**



# 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:**  
8:45am-11am & 5pm-7:30pm
- **Tuesday and Thursday:**  
Tu: 8:45am-11am & 5pm-8pm  
Thur: 8:45am-11am & 5pm-8pm
- **Friday:**  
8:45am-11am
- **Saturday:**  
8:30am-12pm

\*\*Times subject to change based on class schedules\*\*

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For additional information regarding our Child Watch program, please contact:  
Jewell Solomon, Member Service Supervisor  
mss@beavercountymca.org • (724)891-8439 ext. 324

### Biddy Basketball

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

**Date:** January 11th-February 8th (Saturdays Only)

**Time:** 10-11am

**Ages:** K-5th Grade

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

**Registration Now Open!**

### Youth Pick Up Basketball Games

Our friendly youth staff will be on hand to referee the games, ensuring fair play and a positive experience for everyone. Whether you're a seasoned player or just starting out, come make new friends and have a great time on the court!

**Date:** January 11th-February 8th (Saturdays)

**Time:** 11:30am-12:45pm

**Ages:** 12-16

**Fee: Free**

**Must Register Online. Registration now open!**

### Mini Sports

This program teaches the basic skills of hockey, basketball, soccer and track for younger athletes. This will help children develop motor skills while having fun! Ages 2-3 will be on one half of the gym and ages 4-5 will be on the other.

**Date:** February 22nd-March 15th (Saturdays Only)

**Time:** 10:30am-11:15am

**Ages:** 2-5 years old

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

### Youth Mental Health Workshop

We are excited to announce a new program focused on mental health for middle and high school students! These interactive workshops will provide a safe and supportive environment for teens to explore important topics related to mental wellness, stress management, and emotional resilience.

**Date:** 2nd & 4th Wednesdays (Beginning in February)

**Time:** 7pm @ The Commons

**Ages:** 12 and up

**Fee: Member \$10; Non-Members \$20**

### 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 5-10 & 11-18

**When:** **Session 1:** January 10th, 17th, 24th & 31st

**Session 2:** February 7th, 14th, 21st & 28th

**Session 3:** March 7th, 14th, 21st & 28th

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

**Fee: Members: \$40; Non-Members: \$60**

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

### Baby & 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.

**Who:** Infants through 3

**When:** **Session 1:** January 10th, 17th, 24th & 31st

**Session 2:** February 7th, 14th, 21st & 28th

**Session 3:** March 7th, 14th, 21st & 28th

**Day/Time:** 11:15-11:45am

**Fee: Members: \$40; Non-Members: \$60**

### Beaver County YMCA Teen Weight Lifting Program

The Beaver YMCA Weight Lifting Program is dedicated to fostering strength, confidence, and a vibrant sense of community among all participants. In this supportive environment, you'll master essential lifting techniques while prioritizing safety, ensuring that you develop a solid foundation for your fitness journey. Our program focuses on personalized coaching and motivation, empowering each athlete to reach their unique goals.

Whether you're looking to refine your lifting skills, increase your strength, or embark on your very first weightlifting experience, our knowledgeable coaches are here to guide you every step of the way. You'll not only improve your physical capabilities but also connect with others who share your passion for fitness, making lasting friendships along the journey. Join us and discover the transformative power of strength training in a welcoming and encouraging atmosphere!

**Ages:** 12-17 both Male or Female

**Day/Time:** Saturdays (January & February) 2-3pm

**Fee: Members: \$40; Non-Members: \$50**

### Movers & Shakers

A music and movement class for children ages 6 months to 5 years and their caregivers. Join us for singing, dancing, and finger-plays. Bond with your child while enhancing language skills and coordination. Have fun popping bubbles, bouncing balls, and playing with parachutes.

**Ages:** 6 months to 5 years

**Days:** Mondays & Wednesdays

**Dates:** February 3rd-26th

**Time:** 11am

**Location:** Aerobic Room

**Fee: Members \$25; Non-Members \$50**





# 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](http://Sotamartialarts.com)**

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

Registration Opens  
Dec 1st!

# STORYBOOK ballet

a unique & enchanting children's ballet program (ages 3-10) that  
combines beginning classical ballet instruction with the delight of  
fairytales & famous ballet stories.

**JANUARY 11th - FEBRUARY 8th**  
**SATURDAYS 10-11AM**  
**Aerobic Room**

Full Program: \$32 Members, \$50 Non-Members  
Per Class: \$8 Members, \$50 Non-Members




**Ballet Buddies**

Bring your favorite stuffed animal & join us for a fun dance party! We'll have delicious snacks to keep your energy up as we groove together. It's a great opportunity to make new friends & share in the joy of dancing with your cuddly companion.

Every SUNDAY in FEBRUARY at 2pm  
in the Aerobic Room

Register NOW online or at the Front Desk!  
\$10 Members, \$15 Non-Members



## Youth Mental Health Workshops

*designed to provide young individuals with  
the tools they need to navigate the  
complexities of mental well-being.*




**2nd & 4th WEDNESDAY  
of Every Month  
7PM in the Commons**

**\$10 Members, \$20 Non-Members**

Hands-on activities & interactive sessions that cover  
essential topics such as stress management,  
emotional resilience, mindfulness, gratitude &  
effective communication skills

**Cross Program Collaboration Discount**

**Youth Ballet**  
1 CHILD FULL PRICE: \$32 Members, \$50 Non-Members

**Biddy Basketball**  
1 CHILD FULL PRICE: \$32 Members, \$50 Non-Members

**Biddy Basketball**  
2nd Child Discount: \$15 Members, \$20 Non-Members

**Youth Ballet**  
2nd Child Discount: \$15 Members, \$20 Non-Members



The graphic features a central 'the YMCA' logo. Four callout boxes are arranged around it, with arrows pointing from the central logo to each box. The top-left box is pink and contains 'Youth Ballet' and pricing. The top-right box is yellow and contains 'Biddy Basketball' and pricing. The bottom-left box is yellow and contains 'Biddy Basketball' and pricing. The bottom-right box is pink and contains 'Youth Ballet' and pricing. A large pink semi-circle at the top contains the text 'Cross Program Collaboration Discount'.

**Young Active Adults Club**

interact with other young active adults in your community.



**CULTIVATE COMMUNITY,  
ENCOURAGE A HEALTHY LIFESTYLE,  
CREATE EXPERIENCES TOGETHER.**

The graphic has a background of green and yellow geometric shapes. It features the 'the YMCA' logo in the center. To the left is a purple circle with a champagne glass icon and text. To the right is a white icon of two people. At the bottom, a yellow arrow points right, containing the text 'CULTIVATE COMMUNITY, ENCOURAGE A HEALTHY LIFESTYLE, CREATE EXPERIENCES TOGETHER.'


**Kickstart Your Health Journey This January!**

**PERSONAL TRAINING & BEAVER SPORTS NUTRITION PACKAGE PROGRAM**

**JANUARY 1ST- JANUARY 15TH**

*Receive a customized meal plan along with a 30-minute personal training session. Take the first step towards achieving your fitness & nutritional goals this year!*

**\$50 MEMBERS, \$70 NON-MEMBERS**



The graphic has a background of fireworks and a clock face. It features the 'the YMCA' logo in the top right. A white rounded rectangle contains the text for the 'Kickstart Your Health Journey' program, including the program name, dates, description, and pricing.

# 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.

## 2025 PERSONAL TRAINING SALES January 1-8 & April 1-8

### 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



"But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us."

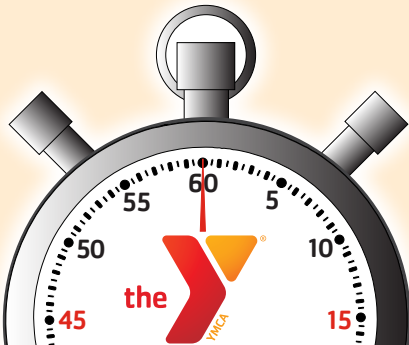
- Romans 5:8

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



# SPLASH-FLASH-DASH INDOOR TRIATHLON TO STOP YOUTH HUNGER

1 in 5 children of Beaver County is affected by food insecurity.  
In 2023, we served 124,284 free meals to those in need.



Put a **STOP** to Youth Hunger



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

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

Point System will be as follows:

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

## Sunday, February 2nd

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

Race swag will be given to registrants who sign up before January 6, 2025.

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

**Ages:** 10 and up

Register Online or at the Member Service Desk

# GIVE THE TRI A TRY!



“Let no one despise your youth, but be an example to the believers in word, in conduct, in love, in spirit, in faith, in purity.”

- 1 Timothy 4:12

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





Beaver County YMCA



# HEALING IN MOTION FITNESS PROGRAM



BCCHA partners with the Beaver County YMCA to help Beaver County residents, who have battled or are currently battling cancer, live healthier and happier lives through a reduced cost YMCA membership.

## Cancer Focused Classes

All cancer focused classes are taught by certified personal trainers, tai chi, and yoga instructors with an additional layer of cancer specific education. Classes are free, but registration is required to keep classes small for immunosuppressed individuals.

## Safe Strength Training for Cancer

This class will utilize a combination of body weight, resistance bands, and free weights to assist with increasing strength. Exercises will have three different levels based on level of function and fatigue for any individual. Focus will be on functional fitness in this class.

## Tai Chi for Cancer

Tai chi has been shown to be extremely beneficial for cancer patients. It is an internal martial art done to promote strength and inner clarity.

## Cardio for Cancer

This class will assist with increasing your heart rate in safe intervals based on your level of function. Done with varying levels of body weight exercises as well as walking on our indoor track.

## Balance and Core Strengthening for Cancer

This class will focus on enhancing your balance and core strength (where your balance is ultimately derived) at a safe level of intensity.

## Restorative Yoga

Restorative yoga has been shown to be the most beneficial yoga class for individuals with cancer. This class will focus on extended periods in positions in which muscles are elongated and supported by props. Meant to serve as a means of recovery and restoration, this class is appropriately titled! Taught by our certified yoga instructor, Morgan Moser, who is also a cancer survivor!

\*\*other classes that benefit individuals with cancer (without class size limitations) include but are not limited to: chair yoga, beginner barre, and water walking. Check our AOA class descriptions for more information. Schedules updated monthly.

## Included in Your Membership:



### Swimming Pool & Sauna

Need some aquatic relief? You will have access to the newly renovated swimming pool, sauna, and steam room.



### Group Fitness Exercises

Organized fitness challenges, wellness programs, and goal-oriented initiatives to keep members engaged and motivated. Workouts specifically catered to you!



### Cardiovascular Equipment

Access to a range of cardio machines like treadmills, ellipticals, stationary bikes for cardiovascular workouts.



### Guest Speakers

Professional guidance from local experts to help members create healthy habits, reach their fitness goals, and more ways to crush life pre-, during, and post- cancer.



### Strength Training

A selection of weightlifting equipment, freeweights, and resistance machines for building muscle and strength.



### Cancer Nights

Organized events open to the public that bring the community together to learn about cancer topics and local services.

# READY TO JOIN?

For More Information,  
Email [fitness@bccha.org](mailto:fitness@bccha.org) or Call 724-774-6600

# 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.

## Parkinsons Foundation Meetings

The Parkinson's foundation of western PA holds their local chapter meetings in our board room the second Tuesday of each month.

### 2025 Dates:

Tuesday January 14	Tuesday February 11	Tuesday March 11	Tuesday April 8	Tuesday May 13	Tuesday June 10
Tuesday July 8	Tuesday August 12	Tuesday September 9	Tuesday October 14	Tuesday November 11	Tuesday December 9

## Parkinson's Focused Classes

While all exercise is beneficial for slowing the progression of Parkinson's, these classes are taught by instructors who have an additional layer of training specific to Parkinson's disease. Schedule updated monthly and Parkinson's classes can be found on the AOA schedule.

**Cognitive Balance and Strength:** during this class, individuals will strengthen muscles used to improve overall balance. People with Parkinson's will get additional benefits by practicing functional movements that are especially challenging for them. Held in our Fitness Studio.

**Delay the disease:** this class focuses on movements and exercises clinically shown to delay the progression speed of Parkinson's. Held in our Fitness Studio.

**Cognitive exercise memory class:** this class focuses on dual task, recall, and other common memory components affected by Parkinson's.

**Chair Cardio Sculpt:** This class practices typical boxing movements in a seated position. Boxing is shown to substantially reduce tremors and other common Parkinson's symptoms. Held in our main gym.



\*\*other AOA classes that are beneficial for individuals with Parkinson's include but are not limited to: tai chi/water tai chi and silver splash; see AOA class descriptions for more information.

Please register on our website at [www.beavercountyymca.org](http://www.beavercountyymca.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: \$35 Members, \$45 Non-Members**
- **Follow Up Appointments: \$25 Members, \$35 Non-Members**
- **\$15 No Show Fee**
- **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 Coaches: Kara Rubina & Liz Fattore from Sanus Vita. Together, we will discover strategies for nourishing your body effectively & sustainably!

- **\$20 for Members, \$25 for Non-Members!**

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

## PERSONAL TRAINING & BEAVER SPORTS NUTRITION PACKAGE PROGRAM JANUARY 1ST-15TH

Receive a customized meal plan along with a 30-minute personal training session. Take the first step towards achieving your fitness & nutritional goals this year!

**Members: \$50; Non-Members: \$70**

# 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!

**Adult Ballet** – Whether you're a beginner or have prior dance experience, Adult Ballet focuses on building strength, flexibility, and coordination through graceful, yet challenging movements. It's a full-body workout that emphasizes posture, balance, and alignment, all while learning the fundamentals of classical ballet technique.

**Ballet Body Sculpt** – Ballet Body Sculpt combines the elegance of ballet with strength-training exercises to help sculpt and tone your body. Using a combination of ballet-inspired movements, light weights, and body resistance, this class targets key muscle groups to build strength, improve flexibility, and enhance overall body awareness. It's a low impact class that delivers a total body workout while focusing on long, lean muscle development.

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

**Boot Camp** – An interval training class that mixes calisthenics and body weight exercises with HIIT and strength training. With a new workout every week, these classes are designed to push participants harder than they'd push themselves and to always keep the body guessing.

**Cardio, 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!

**HIIT the Step** – HIIT the Step is a dynamic, heart-pumping workout that combines the intensity of High-Intensity Interval Training (HIIT) with the fun and functionality of step aerobics. This class alternates between high-intensity bursts and recovery periods, using a step platform to enhance cardio fitness, improve coordination, and build strength. It's an efficient and effective way to burn calories, boost metabolism, and challenge your body in a full-body workout.

**Lunch Spin** – Perfect for a quick, energizing break during your day, this 30-minute spin class is designed to get your heart pumping and boost your energy. With a mix of sprints, climbs, and intervals, you'll work your legs, burn calories, and improve cardiovascular endurance—all

in just half an hour. Whether you're squeezing in a workout before a busy afternoon or looking for a midday pick-me-up, this high-intensity cycling class will leave you feeling refreshed, stronger, and ready to tackle the rest of your day.



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.



– 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.

**Spin Strong** – Spin Strong is a high-energy cycling class that combines intense cardio with strength-building intervals. The class is designed to boost endurance and increase stamina while sculpting the lower body. Participants will engage in a variety of cycling drills, from hill climbs to sprints, all set to motivating music. Whether you're a seasoned cyclist or new to spinning, this class will challenge you at any level and leave you feeling strong and invigorated.

**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.

**Stretch & Restore** – Stretch & Restore uses gentle stretching, breath-work, and restorative poses to promote deep relaxation and healing. Whether you're recovering from a workout or simply need to unwind, this class will help restore your body, mind & promote deep relaxation and healing.

**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 water. 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

**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 Aerobics** - A cardiac workout for everyone that will increase your heart rate, burn calories and build strength to fun oldies music.

**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.

**Delay The Disease** - A Parkinson's Disease fitness class can be modified for sitting or standing using evidence-based Parkinson's symptom-focused exercises.

**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.**

**Full Body Barre** - Learn basic strength training exercises using a weighted barbell with proper form. You are able to change the weight of the barbell.

**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.

**Senior Power** - A 30 minute class using all 10 resistance machines with instructor guidance on form and proper technique to fun upbeat music.

**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.

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



## 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.

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

### Special Events for 2025:

#### **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.

**2025 Dates (Tuesday)**

- **February 18th, 2025**
- **May 27th, 2025**
- **August 19th, 2025**
- **December 2nd, 2025**

Three ways to register:

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

#### First Monday of Each Month

**Birthday Celebration in  
Multi-Purpose Room 8am**

#### Second Wednesday

**Free Bingo at 12:30pm in  
Multi-Purpose Room**

#### First Wednesday

**Lunch Meet Ups**

(see Pam for location and time)

#### Third Tuesday Half Priced

**Movie Meetup**

**See Pam for time and location**

#### Second Monday

**Book and Puzzle Swap**

**Multi-Purpose Room at 8am**



Please register on our website at [www.beavercountymmca.org](http://www.beavercountymmca.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 6:45am–6pm Monday–Friday, 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**

## Rates

\*Effective January 1st, 2025 and subject to change

### Infants & Young Toddlers:

- 5 Full Days - \$250 per week
- Mon./Wed./Fri. - \$185 per week
- Tues./Thur. - \$130 Per Week

### Preschool:

- 5 Full Days - \$240 per week
- Mon./Wed./Fri. - \$170 per week
- Tues./Thur. - \$120 Per Week

### Introduction to Preschool & PreK:

- 5 Full Days - \$235 per week
- Mon./Wed./Fri. - \$160 per week
- Tues./Thur. - \$105 Per 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](http://www.beavercountyyymca.org)  
or call 724-891-8439 ext 314



# PRESCHOOL LITE PROGRAM

**Program Dates: January 1 – 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.

**Day/Time:** Monday-Friday 9am-2pm

**Fee:** \$125 per week



For more information regarding availability in our preschool lite program, please contact the Childcare Director, Erin Mott, at [childcaaredirector@beavercountyyymca.org](mailto: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](http://www.beavercountyyymca.org) for more info.



# SCHOOL AGE CARE

## **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

**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@beavercountymca.org](mailto:childcaredirector@beavercountymca.org)**

## **RATES**

- |                              |                             |  |
|------------------------------|-----------------------------|--|
| <b>• Before School Care:</b> | <b>• After School Care:</b> | <b>• Before and After School Care:</b> |
| 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                   |



“Let no one despise your youth, but be an example to the believers in word, in conduct, in love, in spirit, in faith, in purity.”

- 1 Timothy 4:12

**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)**

# MISSION ADVANCEMENT

JANUARY THRU APRIL 2025



## Good Friday Breakfast

Plan to join us on April 18 in the YMCA Commons at 9:00 am for an annual Beaver County YMCA tradition, our Good Friday Brunch. For only \$5 you can enjoy an assortment of food items followed by a brief time of reflection regarding the significance of Good Friday in the life of Christian believers today. Beginning March 5, tickets will be available at the front desk.

## Lenten Luncheons

Don't miss our Lenten Luncheon Series on Fridays March 7, March 21, and April 4 from 12-1pm in the YMCA Commons. Let's take a little extra time during this special season to fully appreciate the sacrifice of Christ for us at the cross. A light lunch will be served, followed by a brief devotional message afterwards. (Meatless meal options are available). Free tickets are available at the front desk, but donations will be accepted. We hope to see you there.

## Weekly Bible Study

Make plans to be part of our weekly Bible study on either Monday afternoons from 4-5pm or Wednesday mornings from 9-10 AM in the Board Room. In this New Year, take some time to strengthen your soul along with your other goals for healthy living. You will find more inspiration, more encouragement, and more faith community 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, some advice, 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 on-site at various times throughout the week. Let us know how we can help.

## Mission Partnerships

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

## National Day of Prayer

Did you know that the first Thursday in May each year is designated as the National Day of Prayer? Join us for a few minutes in the YMCA lobby from 9-9:30am as we recognize this special opportunity to ask God's help for our country and for our community.

**MIND, BODY & SPIRIT**



Beaver County YMCA



# LENTEN LUNCHEON

A light meal with meatless options will be provided followed by a brief message about the Lenten season.

**March 7<sup>th</sup>, March 21<sup>st</sup>  
and April 4<sup>th</sup>**

**11:30am–12:30pm**

**YMCA Commons**

— *Donations Accepted* —

Beaver County YMCA



# GOOD FRIDAY BRUNCH

**Friday, April 18<sup>th</sup> • 10 am**

**@YMCA Commons**

Located Behind the Beaver County YMCA

Plan to join us for an annual Beaver County YMCA tradition, our Good Friday Brunch. Tickets are on sale at the front desk for \$5, which includes an assortment of brunch foods followed by a brief message from Bill Parise, former President of the Beaver County YMCA.

**If You Have Any Questions, Please Contact:**

John Merola, Director of Mission Advancement,  
[doma@beavercountyyymca.org](mailto:doma@beavercountyyymca.org)

Beaver County YMCA



# PARTNERSHIP PROGRAM

BEAVER COUNTY YMCA IS NOW PARTNERING WITH

**SMITH CHIROPRACTIC & WELLNESS**

*Smith*  
Chiropractic & Wellness



SHOW YMCA MEMBERSHIP CARD TO RECEIVE A FREE INITIAL CONSULTATION

THEN RECEIVE \$5 OFF EACH FOLLOWING TREATMENT

BE ON THE LOOKOUT FOR UPCOMING WORKSHOPS!



BEAVER COUNTY YMCA NOW PARTNERING WITH



**MUST SHOW Y MEMBERSHIP CARD TO GET 10% OFF Purchase**

BEAVER COUNTY YMCA IS PARTNERING WITH

**TIGHTSPOT DANCEWEAR**

SHOW YOUR YMCA MEMBERSHIP CARD TO RECEIVE

**15% OFF DANCE APPAREL**

**TIGHTSPOT**  
DANCEWEAR CENTER

Register NOW for the YMCA Youth Ballet Program aimed to make ballet more inclusive & accessible! some exclusions may apply



BEAVER COUNTY YMCA NOW PARTNERING WITH

MILA JAI BOUTIQUE



**BEAVER YMCA MEMBER DISCOUNTS**

- \$5 OFF WELLNESS WORKSHOPS
- \$10 OFF REIKI & FACIALS
- 25% OFF PRODUCTS
- 50% OFF MONTHLY MEMBERSHIPS



**MUST SHOW Y MEMBERSHIP CARD TO GET 10% OFF Purchase**



BEAVER COUNTY YMCA IS PARTNERING WITH BEAVER NUTRITION

SHOW YOUR YMCA MEMBERSHIP CARD TO RECEIVE A

**10% DISCOUNT**

OFF YOUR PURCHASE








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](http://ymca.net) for participating YMCAs.

## AMENITIES

- Lap Pool & Therapy Pool
- Sauna, Whirpool & 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

<b>Young Adult</b> 18-29 Years <b>\$39/Month</b>	<b>Adult</b> 30-59 Years <b>\$59/Month</b>	<b>Active Older Adult</b> 60+ Years <b>\$49/Month</b>
<b>2 Adult Household</b> <b>\$67/Month</b>		<b>Family</b> 2 Adults & Children through high School <b>\$77/Month</b>

**For More Information, Contact Janna Basham**  
 724-891-8439 Ext 301 or [membership@beavercountyyymca.org](mailto: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

## NEW Available Times:

- Saturdays 12-2pm and 3:30-5:30pm
- Sundays 1-3pm and 2-4pm

## 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:

- **30 Kids**, \$5 per additional child.
- **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
- All Attendees will Receive a Y Coupon
- **Party Planner to take care of it all!**
- **Fee: Members \$300; Non-Members \$350 \*\$100 deposit due at registration.**

\*\*\*Deposits are non-refundable\*\*\*

**Add-On Items:** Additional Pizza (21 slices), Chips (30 bags) or Water (30-8 oz. bottles) - \$15  
Add an additional HOUR of activity for \$100

### 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:                      Saturday:  
**Member: \$200 • Non-Members: \$250      Member: \$275 • Non-Members: \$325**

Non-Refundable Security Deposit: \$150

For More Information, Call: 724-891-8439 Ext. 331, Email: [partyplanner@beavercountyyymca.org](mailto:partyplanner@beavercountyyymca.org)

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



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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, Chief Operating Officer**

**Janna Basham, Membership Director  
Nadine Fox, Director of Healthy Living  
Calista Harty, Aquatics Director  
John Merola, Director of Mission Advancement  
Erin Mott, Childcare Director  
Tina Quintana, Aquatics Coordinator  
Alexis Sheffield, Youth Director  
Kourtney Shoop, Food Service Director  
Chasity Smith, Office Manager  
Jewell Solomon, Member Service Supervisor**

**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.**