

Beaver County YMCA



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUMMER 2025 PROGRAM CATALOG



May 1st–August 31st

OUR MISSION

OUR MISSION:

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

OUR VALUES:

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

AREAS OF FOCUS:

For Youth Development
For Healthy Living
For Social Responsibility

Building Closings

- May 26th: Memorial Day
- July 4th: Independence Day
- September 1st: Labor 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.

FOOD SERVICE

Summer Food Service At-Risk FOOD SERVICE PROGRAMS

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

The Center
754 Ohio Avenue, Midland
Tues./Wed/Thurs.
6/16-8/7

BF Jones Library
663 Franklin Avenue, Aliquippa
6/10-8/14

Economy Pool
5 Forcey Avenue, Ambridge
6/9-8/18

Rochester School District
540 Reno Street, Rochester
6/9-8/8

Crestview Village
1100 Larch Street, Ambridge
6/10-8/15

Aliquippa Impact
952 Franklin Avenue, Aliquippa
6/10-8/15

Ellwood Pool
Pershing Street, Ellwood City
6/16-8/7

Salvation Army
541 Franklin Avenue, Aliquippa
6/9-8/8

Monaca Library
998 Indiana Avenue, Monaca
6/16-8/14

Aliquippa High School
800 21st Street, Aliquippa
6/16-8/15

Aria Boys and Girls Club
100 Harding Ave., Aliquippa
6/16-8/15

Salvation Army
414 16th Street, Beaver Falls
6/10-8/14

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

Summer Food and Playground Program

The Beaver County YMCA is excited to announce the opening of our annual FREE playground programs in our local communities. The playground program has many things to offer including weekly themes such as sports, games, along with many other activities. Swimming lessons and field trips will be sure to make it a great summer. Each playground is supervised by a YMCA staff certified in CPR and First Aid. The children must be entering kindergarten through ninth grade unless accompanied by a parent/guardian. Please visit our website or call the Y at 724-891-8439 for additional information about locations in your neighborhood.

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

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)



"Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths."
- Proverbs 3:5-6



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
or visit the Member Service Desk.

AQUATICS

SUMMER 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	6:45 - 7:15pm	Therapy Pool	\$60	\$120
Baby and Me	Thursday	4:30 - 5:00pm	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	Therapy 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	Thursday	5:50 - 6:20pm	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	Thursday	5:10 - 5:40pm	Therapy Pool	\$60	\$120
Toddler Level 2	Saturday	10:45 - 11:15am	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	11:30am - 12:00pm	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	Thursday	5:50 - 6:20pm	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	Thursday	5:10 - 5:40pm	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	Thursday	4:30 - 5:00pm	Lap Pool	\$60	\$120
Youth Level 4	Saturday	11:15 - 11:45am	Lap Pool	\$60	\$120
Adult Group Lessons					
Adult Group Lessons	Tuesday	7:25 - 7:55pm	Therapy/Lap Pool	\$60	\$120
Adult Group Lessons	Saturday	8:20 - 8:50am	Therapy/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@beavercountyyymca.org to confirm.

Spring 2:
Week of May 12th-June 21st

Registration Begins:

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

Summer:
Week of July 7th-August 16th

Registration Begins:

- Member: June 9th
- Non-Member: June 16th

Fall I:
Week of August 18th-September 27th

Registration Begins:

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

• **Swim Lesson Level Descriptions found on page 5**

Please register on our website at www.beavercountyyymca.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 OR 7-7:30pm
Tuesdays 7-7:30pm
Thursday 4:30-5pm

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 float pack.

Saturdays 9:45-10:15am - Therapy Pool
Mondays 11:15-11:45am - Lap Pool OR
4:45-5:15pm - Therapy Pool
Tuesdays 4:45-5:15pm - Therapy Pool
Thursdays 5:50-6:20pm - Therapy Pool

Toddler Level 2

This is for ages 2+ in an instructor/group setting. The child can swim independently and efficiently with a 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 OR
12-12:30pm - Lap Pool
Tuesdays 5:30-6p - Therapy Pool
Thursdays 5:10-5:40pm - 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 OR
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
Thursdays 5:50-6:20pm - 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
Thursdays 5:10-5:40pm

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
Thursdays 4:30-5:00pm



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

SUMMER LAP POOL SCHEDULE

(May 1st-May 31st, 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. & Wed.)		
9:00 – 10:00am	Lap Swim		HydroFit – Shallow Water (Mon. & Wed.)			
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 (Tues./Thurs.) Noon–1pm	
1:00 – 3:00pm	Lap Swim				Open Swim	
3:00 – 4:00pm	Lap Swim				Open Swim	
4:00 – 6:00pm	Swim Lessons	Lap Swim			Open Swim	
6:00 – 7:00pm	4:45–6pm (Tues.)	Lap Swim			Hydro Fit 6:15–7pm (Thurs.) – Shallow	
7:00 – 8:15pm	4:30–6:30pm (Thurs.)	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		
9:00 – 10:00am	Lap Swim		HydroFit – Shallow Water			
10:00 – 11:30am	Lap Swim		Volleyball (4 lanes only if 15 people are in attendance)			
11:30am – Noon	Lap Swim				Open Swim	
Noon – 1:00pm	Lap Swim				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	Lap Swim			Open Swim	
10:00am – Noon	9am–12:10pm	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					

**Schedule subject to change.*

Swim lesson session dates & times to update per session.

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

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

BEAVER COUNTY YMCA POOL SCHEDULE

SUMMER '25 THERAPY POOL (May 1st-May 31st, 2025)

Tentative Dates for Therapy Pool Renovation Closure: August 18th-September 2nd

**Please note, these dates are subject to change*

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
2:00 - 3:00pm	Jamie's Physical Therapy
3:00 - 4:45pm	Open Swim
4:45 - 7:15pm	Swim Lessons
7:15 - 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
10:00 - 11:00am	Jamie's Physical Therapy
11:00am - 12:00pm	Silver Splash
12:00 - 4:30pm	Swim Lessons
4:30 - 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
10:00 - 11:00am	Jamie's Physical Therapy
11:00am - 12:00pm	Silver Splash
12:00 - 4:45pm	Open Swim
4:45 - 7:15pm	Swim Lessons
7:15 - 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
1:00 - 2:00pm	Arthritis Class
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 - 12:10pm	Swim Lessons
12:10am - 1:00pm	Open Swim
1:00 - 3:00pm	Birthday Party OR Open Swim
3:00 - 5:30pm	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	Open Swim
4:00 - 5:00pm	CLOSED

Spring Swim Lesson Sessions run until June 21st.

FREE SWIM LESSONS

June 30th-July 3rd

For children who have never received swim lessons.
Discount on summer session if completed.
1x per day.

SUMMER SWIM LESSONS

July 7th-August 16th

** Schedule subject to change.*

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



Beaver County YMCA



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. Snacks will be provided. Open to the community at no cost.

Fridays

May 9th, June 13th, July 11th & August 15th

10-11am

Old Economy Pool

June 11th, July 9th & August 13th
11-11:50am

Ellwood City Pool

June 18th, July 16th & August 20th
11-11:50am

For more information, call (724) 891-8439 ext. 308
or email aquatics@beavercountyyymca.org

SAFETY FUN FITNESS

Beaver County YMCA



YOU CAN SWIM CLASSES

A NEW INCLUSIVE SWIM LESSON PROGRAM FOR KIDS

Thursdays 6:30–7pm
Saturdays 11:40am–12:10pm
at the YMCA Therapy Pool

Spring 2:

Week of May 12th–June 21st

Registration Begins:

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

Summer:

Week of July 7th–August 16th

Registration Begins:

- Member: June 9th
- Non-Member: June 16th

Fall 1:

Week of August 18th–September 27th

Registration Begins:

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

For more information, call (724) 891-8439 ext. 308
or email aquatics@beavercountyyymca.org

OLD ECONOMY PARK POOL SUMMER SCHEDULE

2025 Season Details

- **Dates of Operation:**
Saturday June 7th –
Monday, September 1st
- **Hours of Operation:**
Open 7 days a week, until
school starts, then weekends
only. (Weather Permitting)
- Lap Swim: 11-11:50am
- Public: Noon-6pm
- **Pool and air temperature
must be 72 degrees to open.**
- **Phone Number:** 724-266-2200

Rates for the 2025 Season:

Pool Passes

- Youth (0-17).....\$63
- Senior Citizen (62+).....\$63
- Adult (18-61).....\$83
- Family*.....\$143

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

20% Off
May 1st-15th

Daily Rates

- Youth (0-17).....\$6
- Senior Citizen (62+).....\$6
- Adult (18-61).....\$8



LAP SWIM

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

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

Dive into FREE Swim Instruction

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

- **Days:** Saturday
- **Session Dates:** June 14th, 21st & 28th
- **Time:** 11:20-11:50am

Will be divided into 2 groups: 2-5 & 6+

Swim Lessons

Weekly Summer Learn to Swim Schedule.

- **Time:** 10:45-11:15am - Baby & Me
11:20-11:50am - Youth and Toddler
- **Days:** Saturdays
- **Dates:** **Session 1:** July 5th, 12th, 19th & 26th
Session 2: August 2nd, 9th, 16th & 23rd
- **Price:** Group \$40 for Pass Holder
\$80 for Non-Pass Holder

PRIVATE SWIM LESSONS

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

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

Private (1:1)	Semi-Private (2:1)	Semi-Private (3:1)
Pass Holder: \$120	Pass Holder: \$165	Pass Holder: \$210
Non-Pass Holder: \$180	Non-Pass Holder: \$255	Non-Pass Holder: \$330



COMMUNITY EVENTS

4th of July FREE SWIM
Noon-4pm

Lap Swim: 11-11:50am



Have a Party at the Pool this Summer!

Schedule your gathering or party this summer in style, keeping cool at the pool! Available first come first serve every day the pool is open.

- **Time:** 6:30-8:30pm, 7 days-a week
- **Fee:** \$250 for up to 50 swimmers for Pass Holders
\$300 for up to 50 swimmers for Non-Pass Holders
Additional swimmers can be added for \$5 per swimmer

No alcohol, no glass containers
We provide the facility and guards, you provide the rest (food, cake, decorations)

Swim Lesson Scholarships are available through EJ Felts Memorial Foundation
Contact Calista Harty, Aquatics Director,
by emailing aquatics@beavercountymca.org for more information.

ELLWOOD CITY VETERANS' MEMORIAL POOL

SUMMER SCHEDULE

2025 Season Details

- **Dates of Operation:**
Saturday June 7th –
Monday, September 1st
- **Hours of Operation:**
Open 7 days a week
- 12:00 pm – 6:00 pm
- **Pool will open as scheduled pending the pool and air temperatures reaching 72 degrees.**
- **Phone Number:** 724-758-3740

Rates for the 2025

Season:

Pool Passes

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

20% Off
May 1st-15th

Daily Pool Pass

Resident Pricing

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

Non-Resident Pricing

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

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



LAP SWIM

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

Dive into FREE Swim Instruction

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

- **Days:** Saturday
 - **Session Dates:** June 14th, 21st & 28th
 - **Time:** 11:20-11:50am
- Will be divided into 2 groups: 2-5 & 6+

Swim Lessons

Weekly Summer Learn to Swim Schedule.

- **Time:** 10:45-11:15am - Baby & Me
11:20-11:50am - Youth and Toddler
- **Days:** Saturdays
- **Dates:** **Session 1:** July 5th, 12th, 19th & 26th
Session 2: August 2nd, 9th, 16th & 23rd
- **Price:** Group \$40 for Pass Holder
\$80 for Non-Pass Holder

PRIVATE SWIM LESSONS

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

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

Private (1:1)	Semi-Private (2:1)	Semi-Private (3:1)
Pass Holder: \$120 Non-Pass Holder: \$180	Pass Holder: \$165 Non-Pass Holder: \$255	Pass Holder: \$210 Non-Pass Holder: \$330



COMMUNITY EVENTS

4th of July FREE SWIM

Noon-4pm

Lap Swim: 11-11:50am



Have a Party at the Pool this Summer!

Schedule your gathering or party this summer in style, keeping cool at the pool! Available first come first serve every day the pool is open.

- **Time:** 6:30-8:30pm, 7 days-a week
 - **Fee:** \$250 for up to 50 swimmers for Pass Holders
\$300 for up to 50 swimmers for Non-Pass Holders
- Additional swimmers can be added for \$5 per swimmer

No alcohol, no glass containers
We provide the facility and guards, you provide the rest (food, cake, decorations)

Swim Lesson Scholarships are available through EJ Felts Memorial Foundation

Contact Calista Harty, Aquatics Director,

by emailing aquatics@beavercountyyymca.org for more information.

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
- Use sensory items
- And so much more!

Child Watch

(ages 6 month to 8 years)

- **Monday - Friday:**
8am-Noon & 4pm-8pm
- **Saturday:**
8am-Noon

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

For additional information regarding our Child Watch program, please contact:
Jewell Solomon, Membership Director
membership@beavercountymmca.org • (724)891-8439 ext. 324

Beaver County YMCA



CAMP RISE

(Formerly Camp Achieva)

Camp Rise

Camp Rise offers six (6) weeks of summer day camp which will be full of fun, exciting and challenging activities designed for school-aged children with special needs.

Our goal is to model and expect appropriate socialization within the community and to help every individual to be more independent.

Drop off and pick up will be at St. John the Baptist Church, 1501 Virginia Avenue, Monaca, PA 15061.

Camp will be held Monday through Friday from 9am-3pm. Campers can choose to participate on individual days or can register for a complete week(s).

Camp Rise focuses on socialization and independence. We encourage our campers to be kind, patient and behave appropriately for each given situation.

Some of the activities include:

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

2025 Session Dates & Details

June 23rd - August 1st • 9am - 3pm
(Monday through Friday) NO Camp July 3rd - 4th
\$85/day

PAYMENT OPTIONS:

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



Registration

REGISTRATION NOW OPEN!

To register, you must pick up a registration packet from the Beaver County YMCA front desk or **download and print the packet from our website**. Packets also may be available in the office of your child's school district. Completed registration packets must be turned into the front desk or mailed to the YMCA. You will receive a confirmation email once your packet has been reviewed. The completed forms must be received no later than noon (12pm) on Friday, May 16th, 2025 to keep the camper's spot for camp. Day camp can accommodate up to 60 campers each day. If registration is received after the maximum is met, you will be placed on a waiting list.

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



Beaver County YMCA



2025 SUMMER CAMP

Welcome to Camp!

We are so excited to have your child join our Summer Camp this year! This year, we want to offer a safe space for campers to come while they enjoy the activities we have planned for them! While enjoying the weekly topics your child will get to enjoy arts and crafts, character development, building relationships, and having fun. We are happy to continue serving the families in our community and we look forward to seeing you all this summer!

Cost: Members: \$195 per week

Non-Members: \$225 per week

\$25 registration fee

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

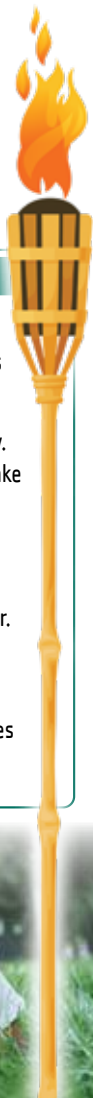
After Care (4:00-6:00pm): \$45 per week

Before and After Care: \$70 per week

Camp Activities

Campers can enjoy activities that include:

- **Field Trips:** We will be going on field trips that align with the theme of the week.
- **Swimming:** Swimming is offered every day. Upon entering the water, your child will take a swim test.
- **Lunch & Snack:** We provide lunch and snacks, but you're welcome to pack your child's lunch as an alternative if you prefer.
- **Curriculum-Based:** Each week features a different theme, accompanied by lesson plans designed to compliment the activities for that week.



SUMMER CAMP THEMES

(June 2nd - August 15th)

Grades 1st - 6th

Entering Kindergarten, Register
Under Kinder Camp

Scan Here
to Register:



Week 1

Around The World



Week 2

Animal/Insect



Week 3

Community



Week 4

Arts Fest



Week 5

Olympic



Week 6

STEM



Week 7

Celeb



Week 8

Water



Week 9

Disney



Week 10

Bible



Week 11

Backyard BBQ



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.beavercountyyymca.org
or visit the Member Service Desk.

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

FREE SUMMER PLAYGROUND SITES

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

Beaver County YMCA



Antoline Memorial

2500 Marshall Road
Monaca, PA 15061
June 16th - August 8th
M-Th: 10am - 2pm
F: 10am-12:30pm

Ewing Park

Washington Avenue
Ellwood City, PA 16117
June 16th - August 8th
M-Th: 10am - 2pm
F: 10am-12:30pm

Crestview Villages

14th & Larch Streets,
Ambridge, PA 15003
June 16th - August 8th
M-Th: 10am - 2pm
F: 10am-12:30pm

Fallston

87 Main Street
New Brighton, PA 15066
June 16th - August 8th
M-Th: 10am - 2pm
F: 10am-12:30pm

Grove Avenue Playground

901 Penn Avenue
New Brighton, PA 15066
June 16th - August 8th
M-Th: 10am - 2pm
F: 10am-12:30pm

Hardy Field

4900 Tusca Road
Beaver, PA 15009
June 16th - August 8th
M-Th: 10am - 2pm
F: 10am-12:30pm

Linmar Terrace

1 Linmar Terrace
Aliquippa, PA 15001
Feeding Site Only
June 16th - August 8th
M-F: Noon - 1pm

Pulaski Homes

50th Street
Pulaski Twp., PA 15066
June 16th - August 8th
M-Th: 10am - 2pm
F: 10am-12:30pm

Rocco Bovolino

1116 18th Avenue
Freedom, PA 15042
June 16th - August 8th
M-Th: 10am - 2pm
F: 10am-12:30pm

Stephen Phillips Homes

Project Rd
Monaca, PA 15061
June 16th - August 8th
M-Th: 10am - 2pm
F: 10am-12:30pm

Visit Our Website at
beavercountyyymca.org
for More Info



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.

SUMMER PERSONAL TRAINING SALES

Star Spangled Training Session Sale: July 1st-8th

Back to School, Back to a Fitness Routine Sale:

August 25th- September 1st

Personal Training Promotional Sales:

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



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

Please register on our website at www.beavercountyymca.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 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 @ 12:30pm.

2025 Dates:

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.

Chair Boxing: 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.** Standing is optional.



**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
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 Director: 724 891- 8439 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 Rubino & Liz Fattore from Sanus Vita. Together, we will discover strategies for nourishing your body effectively & sustainably!

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

SUMMER NUTRITION + PERSONAL TRAINING PACKAGE JUNE-AUGUST

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!

Fee: \$50

(30 min personal training) (30 min nutrition consultation)

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 10-11am Through May 31st
in the Aerobic Room**

**Register at the Member Service Desk!
\$40 for Members; \$60 Fee Non-Members**

Spring Ballet Performance - May 31st at 2pm in the Commons!

Tickets: \$10 Members, \$15 Non-Members

Join us as the YMCA proudly presents its Youth Spring Ballet Performance! This event is a celebration of the hard work, dedication, and talent of our young ballet students. 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!

Adult Ballet Classes

Dates: May 3rd & 10th • **Location:** Aerobic Room

Fee: \$5 per class for Members; \$10 for Non-Members

BEAVER COUNTY YMCA AEROBICS CLASSES

Aerobics Classes are **FREE** & included with Beaver County YMCA Membership. No registration needed, unless indicated. **CHECK OUR WEBSITE FOR MONTHLY SCHEDULES.**

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.

Beginner 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 Boxing - 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.** Standing is optional.

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

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.

Drummercize - 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 - 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.**

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 strength exercises using light dumbbells alternating with cardio floor moves. This class is designed for exercisers of all ages and every fitness level.

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

Resistance Machine Class - A 30 minute class using all 10 resistance machines with instructor guidance on form and proper technique to fun upbeat music.

Senior Step Aerobics - 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.

Walk & Talk - A 30-minute class walking outside the Y and surrounding area. During inclement weather the indoor track will be used.

**Please register on
our website at
www.beavercountyyymca.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**

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, Renew Active & FitOn.

Classes offered include:

SilverSneakers Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises. See aerobic schedule for class times!

Silver & Fit Experience



This class is for the moderately active older adults. The class is designed to increase the participants flexibility, joint stability, dynamic balance, coordination, agility, reaction-time, muscular strength and cardiovascular endurance.

SilverSneaker Yoga

Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Class Schedule

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



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

- Psalm 31:24

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)

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

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

First Monday of Each Month

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

Third Wednesday

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

First Wednesday

Lunch Meet Ups

(see Pam for location and time)

Second Monday

**Book and Puzzle Swap
Multi-Purpose Room at 8am**

AOA Picnic

Brady's Run Lodge

June 24, 2025 - 12:30-3pm

Join us at Brady's Run Lodge for an afternoon filled with fun, food, and fellowship. This year, our picnic will include a special visit from our Summer Camp kids! This event is FREE to the community and especially for seniors.



Please register on our website at 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-centered, value-based programs to nurture your child's healthy development.

The Beaver County YMCA Child Care Center has been granted a PA Keystone Stars Level 2 Certification.

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 Child Membership to the Y • Free Swim Time

25% Off Family YMCA Membership

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

WE'RE MORE THAN A GYM, WE'RE A CAUSE.

Beaver County YMCA



CHILDCARE

Beaver County Y now accepting new enrollment.



About our Childcare Director Megan Green



Megan Green is an innovative and skillful elementary school teacher who has been working in this field for more than 11 years. Megan has worked as a leader in education throughout roles as a Literacy Liaison and as a Site Director for the YMCA. She has a Masters Degree in Early Childhood Education, Pre-K-4th from Duquesne University combined with a diverse professional background which includes marketing and education.

Infant Room

Our childcare infant room serves children from ages 6 weeks to 1 year. We accommodate each child's needs and routines to help the infant and parents feel secure. Our staff assists in all developmental stages of each child with exposure to a variety of activities that promote their emotional, social and physical growth.

Toddler Room

This room consists of children from ages 1 to 2 years. Our staff encourages each child's individual growth and independence. There is a consistent routine including outdoor exploration and various learning activities like crafts, musical awareness, reading and gross motor development.

Preschool

Our children ages 2 to 3½ are very active and curious about the world around them. We introduce a formal classroom learning routine which includes circle time, stories, songs and finger plays. Basic language, math and social skills are reinforced daily.

Intro to Pre-K

Our preschool room serves potty-trained children ages 3½ to 5. Children in this room who come for childcare receive their morning preschool classes for free! In addition, they are actively engaged in a variety of activities throughout the day, such as arts and crafts, gym and playground time, nature walks, songs and stories, and more!

School-Age Care

We provide before and after school care for students through age 12 for students who attend Baden Academy. The children enjoy gross motor and outdoor time, quiet and homework time, games and fun activities, and much more. Our school-age site is located at the following:

- Baden site: Baden Academy, Gymnasium

Beaver County YMCA Childcare Program Offers More...

Free Breakfast and Snack Everyday • Free Child Membership to the Y • Free Swim Time
25% Off Family YMCA Membership

Don't Wait...Call Beaver County YMCA and Enroll Your Child Today!

"Train up a child in the way he should go; even when he is old he will not depart from it." – Proverbs 22:6

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

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: Megan Green, Childcare Director for more information by either calling the Y at (724)891-8439 ext. 314 or by emailing childcaredirector@beavercountyyymca.org

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 |



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

MISSION ADVANCEMENT

MAY THRU AUGUST 2025



National Day of Prayer

Plan to join us on Thursday May 1st for the annual National Day of Prayer observance. We will be gathering in the YMCA Lobby from 9:00-9:30 AM for a time of group prayer. This is a time set aside each year on the first Thursday in May for Americans to pray for our nation and for our leaders. Join us to seek the help of heaven for the future of our country and our families.

Weekly Bible Study

We have a weekly Bible study group to help you with your spiritual fitness. Join us this summer on Wednesday mornings from 9-10 AM in the YMCA Board Room. Make plans to strengthen your faith along with all the other fun that summer brings. 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 be of service to you.

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.

Worship Night

Join us at the YMCA Commons for a free Worship Night, with special guest, the Seek First band, on Friday August 15 from 4-7pm. Weather permitting, we will enjoy the summer evening with an outdoor concert of songs that will uplift your spirit and energize your faith. There is no cost for this event. Grilled hot dogs will be served, so bring a friend and don't forget your lawn chair. See you there.

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.

Beaver County YMCA



PARTNERSHIP PROGRAM



**BEAVER COUNTY YMCA
NOW
PARTNERING
WITH**

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



BEAVER COUNTY YMCA IS NOW PARTNERING
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**SMITH CHIROPRACTIC
&
WELLNESS**

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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



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

TIGHTSPOT DANCEWEAR

SHOW YOUR YMCA
MEMBERSHIP CARD TO
RECEIVE

**15% OFF
DANCE APPAREL**



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

some exclusions may apply



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

Types of Parties:

- Pool; Basketball

Available Times:

- Saturdays & Sundays 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.
- **Basketball:** 1 hour game of basketball in our Multi-Purpose Room.



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 • FREE T-Shirt for the birthday child
- **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 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

Member: \$350 • Non-Members: \$400

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



**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

Nadine Fox, Director of Healthy Living
Megan Green, Childcare Director
Calista Harty, Aquatics Director
John Merola, Director of Mission Advancement
Travis Poplawski, Property Manager
Tina Quintana, Aquatics Coordinator
Alexis Sheffield, Youth Director
Kourtney Shoop, Food Service Director
Chasity Smith, Office Manager
Jewell Solomon, Membership Director
Pamela Torbett, Active Older Adult Coordinator

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.