

Beaver County YMCA



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL/WINTER 2025 PROGRAM CATALOG



September 1st–December 31st

OUR MISSION

OUR MISSION:

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

OUR VALUES:

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

AREAS OF FOCUS:

For Youth Development
For Healthy Living
For Social Responsibility

Building Closings

- November 27th: Thanksgiving
- December 24th: Christmas Eve (5am-12pm)
- December 25th: Christmas Day
- December 31st: New Year's Eve (5am-12pm)
- January 1st: New Year's Day

Hours of Operation

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

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

YMCA FOOD PROGRAM SEPTEMBER through DECEMBER 2025

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. Locker distributions begin the first Tuesday of each month. For more information on how to sign-up or how to help fill lockers, please contact Kourtney Shoop, Food Service Director at foodservice@beavercountyyymca.org or 724-891-8439 x 310.

FAMILY SUPPER

- When: 3rd Wednesday of Each Month
Where: YMCA Lobby

Looking for a fun, relaxing evening with your loved ones and community? Join us for Family Supper – where great food meets great company!

TRUNK OR TREAT

YMCA Parking Lot- located behind the main building

- When: October 23, 2025; Time: 5-7pm

Grab your costumes, bring your friends, and get ready for a night of safe, spooky fun for the whole family with supper provided by the Beaver County YMCA for youth ages 18 and under.

THANKSGIVING FOOD DRIVE

- When: 3rd Wednesday of each month; Time: 5-6pm
Where: Commons Building (located behind the main YMCA building)

This Thanksgiving season, let's come together to ensure every family in our community has a reason to give thanks. Please donate whole Turkeys to the Beaver County YMCA from November 3-November 21, 2025. Food will be distributed to families in need on November 24, 2025.

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



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

– Romans 5:12



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.



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

- 1Peter 5:7

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

AQUATICS

FALL AQUATIC SCHEDULE

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

Class	Day	Time	Location	Member Rate	Non-Member Rate
Parent/Child : Ages 6 Months to 3 Years (30 min. class)					
Baby and Me	Monday	10:30 - 11:00am	Therapy Pool	\$60	\$120
Baby and Me	Monday	7:00 - 7:30pm	Therapy Pool	\$60	\$120
Baby and Me	Tuesday	7:00 - 7:30pm	Therapy Pool	\$60	\$120
Baby and Me	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@beavercountymmca.org to confirm.

Fall 1:
Week of Aug. 18-Sept. 27th

Registration Begins:

- Member: July 28th
- Non-Member: Aug. 4th

Fall 2:
Week of Sept. 29th-Nov. 8th

Registration Begins:

- Member: Sept. 8th
- Non-Member: Sept. 15th

Fall 3:
Week of Nov. 10th-Dec. 20th

Registration Begins:

- Member: Oct. 20th
- Non-Member: Oct. 27th

No Baby and Me Classes for Fall 1 Session. All toddler classes held in Lap Pool for Fall 1 Session.

• **Swim Lesson Level Descriptions found on page 4**

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

Beaver County YMCA Swim Lesson Descriptions

Baby and Me - Fall II & III Only

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. Sessions will be held in lap pool for Fall 1.

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. Sessions will be held in lap pool for Fall 1.

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. Sessions will be held in lap pool for Fall 1.

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; 1:30-2pm - Lap Pool
OR
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 OR 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 OR 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 - Lap Pool
Monday OR Tuesday 6:15-6:45pm - Lap Pool
Thursdays 5:10-5:40pm - Lap Pool

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 - Lap Pool
Monday OR Tuesday 7-7:30pm - Lap Pool
Thursdays 4:30-5:00pm - Lap Pool



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

TEMPORARY LAP POOL SCHEDULE THERAPY POOL RENOVATIONS

August 18th-September 7th

Mon./Wed./Fri.	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:00 – 8:00am	Lap Swim				Open Swim	
8:00 – 9:00am	Lap Swim			Total Aqua Body (if necessary)	Total Aqua Body – Deep Water	
9:00 – 10:00am	Lap Swim		HydroFit if needed	HydroFit		
10:00 – 11:00am	Lap Swim		Water Volleyball if needed	Water Volleyball		
11:00 am – 12:00pm	Swim Lessons 11:10am–1:40pm	Lap Swim	Water Volleyball 11–1:30am if needed	Volleyball (11–11:30) Open Swim (11:30–12pm)		
12:00 – 1:00pm		Lap Swim			Arthritis Class	
1:00 – 4:30pm	Lap Swim 1:40pm–4:30pm	Lap Swim			Jamie’s Physical Therapy (Mon./Fri. 2–3pm)	
4:30 – 7:15pm	Monday Swim Lessons	Lap Swim			Open Swim	
7:15 – 8:15pm	Lap Swim				Open Swim	

Tues./Thurs.	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:00 - 8:00am	Lap Swim				Open Swim	
8:00 - 9:00am	Lap Swim				Open Swim	
9:00 - 10:00am	Lap Swim				Aqua Pilates	
10:00 - 11:00am	Lap Swim				Jamie's Physical Therapy	
11:00 am - 12:00pm	Swim Lessons 11:10am-1:40pm	Lap Swim			Open Swim	
12:00 - 1:00pm		Lap Swim			Water Walking	
1:00 - 4:30pm	Lap Swim 1:40pm-4:30pm	Lap Swim			Open Swim	
4:30 - 7:15pm	Tues./Thurs. Swim Lessons	Lap Swim			Hydrofit (Thurs. 6:15-7pm)	
7:15 - 8:15pm	Lap Swim				Open Swim	

Sat.	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00am - 5:45pm	Swim Lessons 9am-12:15pm	Lap Swim			Open Swim	

Sun.	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
12:00 - 4:45pm	Lap Swim				Open Swim	

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

FALL/WINTER LAP POOL SCHEDULE

(September 8th–December 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. 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 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)	Indoor Triathlon Prep Class Tuesdays 6:00-6:30pm	Lap Swim		Open Swim	
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.beavercountyyymca.org
or visit the Member Service Desk.

BEAVER COUNTY YMCA POOL SCHEDULE

FALL/WINTER '25 THERAPY POOL (September 8th-December 31st, 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 (Starts 9/30)
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 - 7:30pm	Swim Lessons (Starts 9/30)
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
10:00 - 11:00am	Jamie's Physical Therapy
11:00am - 12:00pm	Silver Splash
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
10:00 - 11:00am	Jamie's Physical Therapy
11:00am - 12:00pm	Silver Splash
12:00 - 4:45pm	Open Swim
4:45 - 7:30pm	Swim Lessons (Starts 10/1)
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
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
1:00 - 2:00pm	Arthritis Class
2:00 - 2:30pm	Open Swim
2:30 - 3:30pm	Tai Chi
3:30 - 8:15pm	Open Swim
8:15 - 8:30pm	CLOSED

SATURDAY	
6:00 - 8:00am	CLOSED
8:00 - 9:00am	Open Swim
9:00am - 12:00pm	Swim Lessons (Starts 10/5)
12:00 - 1:00pm	Open Swim
1:00 - 2:30pm	Birthday Party OR Open Swim
2:30 - 4:00pm	Open Swim
4:00 - 5:45pm	Birthday Party OR Open Swim
5:45 - 6:00pm	CLOSED

SUNDAY	
12:00 - 1:00pm	Open Swim
1:00 - 2:30pm	Birthday Party OR Open Swim
2:30 - 4:45pm	Open Swim
4:45 - 5:00pm	CLOSED

Swim Lesson Fall Session 2 & 3 are from September 30th-December 21st
 If there is no Watson Group OR Birthday Parties there is OPEN swim.
 Please call the front desk to confirm.

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

YOUTH

CHILD WATCH



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

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

Child Watch

(ages 6 month to 8 years)

- **Monday - Friday:**
8am-12pm & 4-8pm
- **Saturday:**
8am-12pm

*Hours are subject to change.

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

Y-Runners

The YMCA Y - Runners Club is a fun, energetic, and inclusive program designed to introduce kids to the fundamentals of running, promote physical activity, and encourage a healthy lifestyle. During each session, kids will improve their strength and endurance with exercise, learn about nutrition, and receive a snack.

Whether your child is just starting or already loves to run, this club is for you! Our goal is to train and run together in the Santa Run 5k/1 mile run! All participants will receive free registration to the 5K and race day swag.

When: Tuesdays October 21st-December 2nd

Santa Run on December 7th

Who: Ages 5-12

Where: Main Gym

Fee: Members: \$55 | non-members: \$70

Registration Dates: Members: September 14th
Non-Members: September 31st

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.

Day: Tuesdays

When: Session 1: October 7th, 14th, 21st & 28th
Session 2: November 4th, 11th, 18th & 25th
Session 3: December 2nd, 9th, 16th & 23rd

Time: 10:30-11:00am
11:15-11:45am - Station Change

Where: Gym & Pool

Ages: 3-10 years old

Fee: Members \$60; Non-Members \$120

YOUTH PICKLEBALL CLINIC

- Learn the fastest-growing sport in a fun & supportive setting!
- Perfect for beginners & intermediate players
- Learn grip, strokes, serving & game rules
- All equipment provided - no experience needed!
- Come play pickleball with us!

Dates: September 6th - October 4th, 2025

Days: Saturdays

Time: 10-11am

Fee: Members: \$75; Non-Members: \$100

**Register
Today!**



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



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

- 1 Peter 1:5

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

S.O.T.A. MARTIAL ARTS PROGRAM

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

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

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

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

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

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

Teens and Adults: Ages 14+ - 6:50-7:50pm

Fee: Non YMCA Members: \$40 for One Day; \$70 for Two Days
YMCA Members: \$30 for One Day; \$50 for Two Days



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

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

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

• **Youth** - <https://cp.mystudio.io/r/?=Glx/3869/80220//1665618971>

• **Adult** - <https://cp.mystudio.io/r/?=Glx/3869/80219//1665618971>

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

You can sign up for the online curriculum here:

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

I am including a complimentary lesson on how to tie your belt.

<https://youtu.be/D5zkTIeU4Q>

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



For More Information, Visit: Sotamartialarts.com

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

NEW!

DANCE & DRILL WEDNESDAYS

October 8–November 26th Time: 5–6pm

Where: Main Gym Ages: 5–10

Fee: Members \$60; Non-Members \$75

Join us for an hour of fun, fitness, and creativity! Dance & Drill Wednesdays is the perfect after-school event for kids and teens looking to move, create and play in a lively, supportive environment.

What to Expect:

- **Dance:** Kick things off with high-energy dance moves to your favorite tunes. Whether you're a beginner or an experienced dancer, everyone will have fun grooving and learning new steps!
- **Drill:** Finish the session with some active play! We'll focus on sports skills, from dribbling and passing in basketball to fun group games like dodgeball or soccer drills. This is a great time to challenge your friends and improve your athletic skills.
- **Registration:** Members: August 10th; Non-Members: August 27th

Bonus:

- **Enjoy a healthy snack to fuel your body and mind during the break!**
- **Meet new friends, stay active, and have a blast all month long!**



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

WELCOME TO THE CHESS PARTY AT BEAVER COUNTY YMCA!

Join The Knight School Pittsburgh – the Beaver County YMCA’s official chess team and the most exciting way to learn and play chess! The Knight School’s approach has had amazing success because our unique and unprecedented educational philosophy, “the chess party,” is the perfect way to transform a complete beginner into an enthusiastic and engaged chess player!

In our kid-centered classes, students discover every cool trick, strategy, and tactic in chessdom, all while building confidence, focus, and skills they can use in school, sports, and everyday life.

When you join, you’ll receive a TKS T-Shirt and the chance to collect colorful TactixBands as you master new skills!

Classes meet every week from 5:30-7:30pm at the YMCA. Plus, meals will be provided by the center during class, so kids can enjoy dinner while learning and playing chess!

Come join the party and see why chess is the most fun, engaging, and competitive game there is!

- **Cost and Session Length:** \$110 per 6-week session.
- **Class Length and Details:** 5:30-7:30pm (2 hours)
- **Day of Week:** Mondays
- **Dates:** October 13th-November 17th, 2025

**Register
Today!**



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

HEALTH & WELLNESS

PERSONAL TRAINING

Let us help you meet your goals and live healthier.

Member Fee: 1 One-Hour Session: \$30

6 One-Hour Sessions: \$157

12 One-Hour Sessions: \$301

24 One-Hour Sessions: \$579

Non-Member Fee: 1 One-Hour Session: \$45

6 One-Hour Sessions: \$235

12 One-Hour Sessions: \$453

24 One-Hour Sessions: \$879



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

PERSONAL TRAINING SALES

Fall into Fitness: October 1st– 8th

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



"Let the word of Christ dwell in you richly in all wisdom, teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord." - Colossians 3:16

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

FALL NUTRITIONAL SEMINAR SERIES



Join us for our upcoming Fall Nutritional Seminars, designed to help you stay informed, healthy, and energized throughout the season!

Seminar Schedule:

• August 22 – Superfoods: Unlocking Nature’s Power

Discover how nutrient-dense superfoods can boost your energy, immune system, and overall wellness.

• September 19 – Building Better Bones: Nutrition for Bone Health

Think you need loads of dairy or supplements for strong bones? Think again. Join us to uncover the truth about calcium, bone health, and what your body really needs.

• October 17 – Healthy Holidays: Staying on Track During the Festive Season

Gain strategies for maintaining a balanced lifestyle through the holidays without missing out on the joy of food and family.

Pricing: \$25 for Members, \$35 for Non-Members

All Three Sessions: \$70 for Members, \$100 for Non-Members

Location: Board Room

Time: 5:30–6:30pm

Register: Online or At Front Desk

Space is limited—reserve your spot today and invest in your health this fall.



“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.

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.

Parkinson's 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
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. Scheduled 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 Multipurpose Room.

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.



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

- Hebrews 13:8

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

TAUGHT BY BEAVER COUNTY
YMCA AT MONACA LIBRARY

YOGA & TAI CHI CLASSES

Join us for rejuvenating wellness sessions held at convenient offsite locations in the Monaca area. Whether you're looking to enhance your flexibility, reduce stress, or build strength, our classes offer something for everyone. All sessions are led by experienced instructors and are designed to accommodate participants of all skill levels.

Tai Chi with Doug

Experience the practice of Tai Chi, focusing on slow, deliberate movements and deep breathing to promote balance, flexibility, and mental clarity. Doug's gentle guidance ensures a welcoming environment for both beginners and seasoned practitioners.

- **Days:** First and Third Friday of Every Month
- **Time:** 1:15-2:15pm
- **Fee:** \$5 per Individual Class
\$20 for a Monthly Pass
(includes all classes within the month)

Yoga with Nadine

Engage in a mindful yoga practice with Nadine, emphasizing breathwork, alignment, and relaxation. Suitable for all levels, this class aims to improve flexibility, reduce stress, and enhance overall well-being.

- **Days:** Second and Fourth Thursday of Every Month
- **Time:** 1:15-2:15pm
- **Fee:** \$5 per Individual Class
\$20 for a Monthly Pass
(includes all classes within the month)



REGISTER NOW ONLINE OR AT
FRONT DESK!

For Further Assistance
Healthy Living Director
Nadine Fox
724-891-8439 ext 306

CLASSES FOR CANCER

TAI CHI FOR CANCER

Mondays 5:15pm

Studies have shown that tai chi can enhance the immune system and help relieve pain, anxiety, and stress in cancer patients and survivors. This gentle, internal martial art is practiced to promote strength, balance, and inner clarity. Our class is led by a certified tai chi instructor who has received specialized training to support the unique needs of individuals affected by cancer.

SAFE STRENGTH TRAINING FOR CANCER

Tuesdays 10am

This class focuses on building strength through functional fitness exercises using a combination of body weight, resistance bands, and free weights. Each movement is offered at three levels of intensity, allowing participants to choose the option that best suits their current ability and energy level. Led by a certified personal trainer with specialized training in cancer programming.



FIRST FRIDAYS- Injury Prevention Workshop with Ed Braddock, DPT

Join us for an engaging and educational Injury Prevention Workshop led by physical therapy expert Ed Braddock, DPT. This dynamic session is designed to help individuals of all ages maintain an active lifestyle while minimizing the risk of injury.

The workshop will be split between two locations to maximize learning and participation:

- **Boardroom** – for an informative session covering injury prevention principles, movement education, and Q&A
- **Wellness Center** – for hands-on demonstrations and functional movement exercises

Don't miss this opportunity to learn valuable tips from a seasoned professional. Come ready to move, learn, and take charge of your well-being!

- **Days:** Fridays, September 5th, October 3rd, November 7th, December 4th
- **Time:** 9:00am
- **Fee:** Members \$30, Non-Members \$50



"Because you have kept My command to persevere, I also will keep you from the hour of trial which shall come upon the whole world, to test those who dwell on the earth."

- Revelation 3:10

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

REGISTRATION NOW OPEN!

Beaver County YMCA



the 

Santa Run

5K 10K



Sunday, December 7th

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

Join us for a fun kick off to your holiday season! Start line at the corner of Market Street and Second Street – finish at Irvine Park. Kick off your holiday season with a killer calorie burn and get your list to Santa while you're at it!

Fees:

- Early Bird Price (through 10/1/25):
- 5K: \$30 for Members; \$40 for Non-Members
- 10K: \$40 for Members; \$50 for Non-Members
- 1 Mile Fun Run: \$20

Regular Registration (through 12/6/25):

- 5K: \$35 for Members; \$45 for Non-Members
- 10K: \$45 for Members; \$55 for Non-Members
- 1 Mile Fun Run: \$25
- Race Day Registration: Members and Non-Members:
5K: \$50; 10K: \$60; 1-Mile: \$30

Sign up before November 19th to guarantee your race hoodie.

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



Register Today!



"For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord."

- Romans 6:23

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

INDOOR TRIATHLON TRAINING CLASS

Tuesdays
October 14–November 18
6:00–7:30pm
Limited to 10 Participants

Looking for a fun and challenging way to boost your fitness? Join us for an Indoor Triathlon Training Class, designed to combine swimming, cycling, and treadmill workouts into one dynamic program.

Perfect for:

- Anyone looking to improve overall fitness
- Those preparing for our Indoor Triathlon event in February
- Individuals ready to push their limits with a full-body workout

What to Expect:

- Structured workouts including swim, bike, and run segments
- Practice transitions between activities
- Supportive group environment

Requirements:

- Able to swim at least one pool lap
- Able to walk on a treadmill
- Able to ride an indoor bike

Need help getting started?

Beginner cycling classes available on Tuesdays at 9am. Swimming lessons available to build confidence and skills.

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

Participants who complete the program receive credit toward our February Indoor Triathlon!



"For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life."
- John 3:16

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

NEW CLASSES AT THE Y THIS FALL!



MixedFit®

A dynamic, people-inspired dance fitness program that blends explosive dance moves with bodyweight toning. Set to high-energy, bootcamp-style music, the routines feature repetitive, easy-to-follow movements that maximize intensity while keeping you in rhythm. This full-body workout is designed to build strength, boost endurance, and keep you moving—no dance experience required, just a love for music and movement!

Xtreme Hip Hop

A beginner-friendly, high-energy cardio step class set to the beats of your favorite hip hop tracks. We start with simple step movements and gradually build fun, easy-to-follow routines at a comfortable pace. This class is designed to get your heart pumping, boost your confidence, and leave you feeling strong, empowered, and energized—all while having a blast!



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

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

BEAVER COUNTY YMCA AEROBICS CLASSES

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

Christmas Party - Tuesday, December 16th, 2025

Join us for food and fellowship during normal class time.



"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 Date (Tuesday)

• **December 2nd, 2025**

Three ways to register:

1. Phone: 1-800-559-4880
2. Web: www.SeniorsForSafeDriving.com
3. @ the Front Desk

Fall Prevention and Balance Program

An Enhance Fitness exercise-based program that focuses on practical strategies to manage falls and fear of falling. Classes include practical tips and techniques, along with confidence-building and mobility exercises by a certified instructor.

Registration required at front desk.

Will meet for 8 weeks twice a week (16 classes).

Days/Time: Tuesdays and Thursdays; 1-2pm

Dates: September 9-November 6
(NO CLASS 9/30 or 10/2)

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

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-12pm**

First Wednesday

Lunch Meet Ups

Email: aoa@beavercountymca.org or check our Facebook page for more information.

(No Lunch Meet-Up in November, we will be celebrating with Friendsgiving).

Second Monday

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

Third Wednesday

**Free Bingo at 12:30pm in
Multi-Purpose Room (Supplies Provided)**

Second Thursday of Each Month

**Bowling Meet-Up at Sims Lanes
at 12pm. Pay your way.**

Friendsgiving

**Wednesday November 5th from
12-3pm in The Commons.**

Join us for Friendsgiving Potluck; giving thanks together. Sign-up sheet will be at the front desk. Please bring your favorite pot luck dish! Our picnic will include a special visit from our Summer Camp



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

WINTER CAMP

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

Program Dates:

December 29th-January 2nd
(CLOSED FOR NEW YEAR'S DAY)

Times: 7am-5pm

Cost: Members: \$25 / Non-Members: \$55 per day

Location: At the Beaver County YMCA



Contact Information:

Alexis Sheffield, Youth Director

(724) 891-8439 ext. 311

youthprograms@beavercountyyymca.org

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

FULL DAY CHILDCARE

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

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

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

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

Infant Room - Ages 6 Weeks to 1 Year

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

Child to Staff Ratio: 1:4

Toddler Room - Ages 1 Year to 2 Years

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

Child to Staff Ratio: 1:5

Preschool Room - Ages 2 Years to 3 Years

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

Child to Staff Ratio: 1:6

Introduction to Pre-Kindergarten

Ages 3 years to 4 years

Children entering the learning stages will be introduced to an expanded curriculum including arts, language, science and math. Children will be introduced to a variety of pre-writing activities that they will use when they enter a Pre-Kindergarten program. To qualify for this program, your child must be potty trained.

Child to Staff Ratio: 1:10

Pre-Kindergarten

Children entering Kindergarten in the Fall of the following year

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

Child to Staff Ratio: 1:10

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

Rates

*Effective September 1st, 2025 and subject to change

Infants & Toddlers:

- 5 Full Days - \$250/week
- M/W/F - \$185 per week
- T/R - \$130 Per Week

Preschool:

- 5 Full Days - \$270/week
- M/W/F - \$170 per week
- T/R - \$120 Per Week

Introduction to PreK & PreK:

- 5 Full Days - \$235/week

Beaver County YMCA Childcare Program Offers More...

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

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

SCHOOL AGE CARE

SCHOOL AGE CHILDCARE

The Beaver County YMCA is happy to offer Before and After School Childcare programs for children enrolled in kindergarten – 12 years of age at Baden Academy. Before and After Care provides children the opportunity to socialize, create, explore, learn, and complete homework in a safe environment.

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

BADEN ACADEMY BEFORE AND AFTER SCHOOL CARE

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

DROP OFF AND PICK UP LOCATION:

Baden Academy Gymnasium - 1016 State Street, Baden, PA 15005

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

RATES

- | • Before School Care: | • After School Care: | • Before and After School Care: |
|-----------------------|----------------------|---------------------------------|
| 3 days a week: \$79 | 3 days a week: \$99 | 3 days a week: \$114 |
| 4 days a week: \$89 | 4 days a week: \$109 | 4 days a week: \$124 |
| 5 days a week: \$99 | 5 days a week: \$114 | 5 days a week: \$144 |

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



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

Beaver County YMCA



SERVE TO LEAD CONFERENCE

Thursday, October 9
9am-3pm
YMCA Commons

Featured Keynote Speaker

Lee Kricher

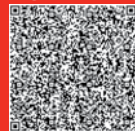
will share from his expertise on
elevating organizational health



Also Included:

Special Breakout Sessions, Networking Lunch,
and More for only \$50

Register Here



For More Info: www.beavercountyyymca.org

MISSION ADVANCEMENT

SEPTEMBER THRU DECEMBER 2025



Serve to Lead Conference

Plan to join us on Thursday October 9 for an enjoyable day of inspiring speakers, networking opportunities, and leadership development at the YMCA Commons. Our keynote speaker this year is Lee Kricher, who will share from his expertise on elevating organizational health, followed by a panel discussion, lunch, and valuable breakout sessions. The cost is only \$50 per person so bring your whole team to learn, laugh, and grow together. Register today at www.beavercountyyymca.org.

Weekly Bible Study

Our weekly Bible study group meets on Wednesday mornings from 9-10am in the YMCA board room. This fall we will explore the topic of end time prophecy and how we can live in expectation that even in the midst of troubling world events, the best is yet to come. Make plans to join us for more inspiration, more encouragement, and more new friends.

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, our very own YMCA chaplain is available upon request. Stop by the front desk and let us know how we can help.

Mission Partnerships

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

Coffee Klatch

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

MIND, BODY & SPIRIT

Beaver County YMCA



BIBLE STUDY

Wednesdays 9-10am

In the Boardroom

- Everyone is Welcome! -



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 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
- Youth 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 (24 slices), Chips (30 bags) or Water (30-8 oz. bottles) - \$18
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

John Merola, Director of Mission Advancement

Travis Poplawski, Property Manager

Tina Quintana, Aquatics Director

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.**