

Beaver County YMCA



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WINTER/SPRING 2026 PROGRAM CATALOG



January 1st-April 30th

OUR MISSION

OUR MISSION:

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

AREAS OF FOCUS:

For Youth Development
For Healthy Living
For Social Responsibility

OUR VALUES:

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

Building Closings

- January 1st – New Year's Day
- April 3rd – Good Friday
- April 4th – Holy Saturday
- April 5th – Easter Sunday

Hours of Operation

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

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

YMCA FOOD PROGRAM JANUARY through APRIL 2026

FAMILY SUPPER

Sharing good food and great company. Family Dinner Night at the Beaver County YMCA! All families are welcome to enjoy a home-cooked meal from 5-6pm at the main lobby. Feel free to swim, play in our gyms or racquetball courts. There will also be opportunities to sign up for our youth activities. Join us at the Beaver County YMCA on the 3rd Wednesday of each month! (Sept-May). Register online or at the Member Service Desk.

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 distribution will begin on the second 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@beavercountyymca.org or 724-891-8439 x 310.

LENTEN LUNCHEON

Come join us for a meatless luncheon during Lent! Lunch will be served at the YMCA Commons on Friday 2/20; 3/6; 3/20 from 11:30am-12pm followed by a special message from 12-12:30pm.



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

LEARN • GROW • THRIVE

TRY THE Y!

March 23rd - 28th

Vendor Day: March 25th



The Beaver County YMCA Facility Features include:

- Multi-Purpose Swimming Pool
- Warm Water Therapy Pool
- Sauna, Steam Room, Whirlpool
- Wellness Center
- Fitness Studio
- Cycle Studio
- Aerobics Studio
- 2 Racquetball Courts
- Multi-Purpose Gym
- Indoor Walking Track
- Child Watch Facility
- 2 Locker Rooms
- Fully-Licensed Childcare Center
- Playground
- YMCA Commons Available for Rent
- Four Private Family Changing Rooms with Showers

And Much, Much More!

**For More Information, Please Call 724.891.8439
or Email membership@beavercountyyymca.org**

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

AQUATICS

WINTER/SPRING AQUATIC SCHEDULE

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

Class	Day	Time	Location	Member Rate	Non-Member Rate
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	11:10 - 11:40am	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	9:40 - 10:10am	Therapy Pool	\$60	\$120
Toddler Level 2	Monday	11:50am - 12:20pm	Lap Pool	\$60	\$120
Toddler Level 2	Monday	5:25 - 5:55pm	Therapy Pool	\$60	\$120
Toddler Level 2	Tuesday	5:25 - 5:55pm	Therapy Pool	\$60	\$120
Toddler Level 2	Thursday	5:10 - 5:40pm	Therapy Pool	\$60	\$120
Toddler Level 2	Saturday	10:20 - 10:50am	Therapy Pool	\$60	\$120
Toddler Level 3	Monday	12:30 - 1:00pm	Lap Pool	\$60	\$120
Toddler Level 3	Monday	6:05 - 6:35pm	Therapy Pool	\$60	\$120
Toddler Level 3	Tuesday	6:05 - 6:35pm	Therapy Pool	\$60	\$120
Toddler Level 3	Saturday	11:00 - 11:30am	Therapy Pool	\$60	\$120
Toddler Level 4	Monday	1:10 - 1:40pm	Lap Pool	\$60	\$120
Toddler Level 4	Monday	6:45 - 7:15pm	Lap Pool	\$60	\$120
Toddler Level 4	Tuesday	6:45 - 7:15pm	Lap Pool	\$60	\$120
Toddler Level 4	Saturday	11:40am - 12:10pm	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	5:25 - 5:55pm	Lap Pool	\$60	\$120
Youth Level 2	Tuesday	5:25 - 5:55pm	Lap Pool	\$60	\$120
Youth Level 2	Thursday	5:50 - 6:20pm	Lap Pool	\$60	\$120
Youth Level 2	Saturday	9:40 - 10:10am	Lap Pool	\$60	\$120
Youth Level 3	Monday	6:05 - 6:35pm	Lap Pool	\$60	\$120
Youth Level 3	Tuesday	6:05 - 6:35pm	Lap Pool	\$60	\$120
Youth Level 3	Thursday	5:10 - 5:40pm	Lap Pool	\$60	\$120
Youth Level 3	Saturday	10:20 - 10:50am	Lap Pool	\$60	\$120
Youth Level 4	Monday	6:45 - 7:15pm	Lap Pool	\$60	\$120
Youth Level 4	Tuesday	6:45 - 7:15pm	Lap Pool	\$60	\$120
Youth Level 4	Thursday	4:30 - 5:00pm	Lap Pool	\$60	\$120
Youth Level 4	Saturday	11:00 - 11:30am	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.

Winter 1:

Week of Jan. 5th-Feb. 14th

Registration Begins:

- Member: Dec. 1st
- Non-Member: Dec. 8th

Winter 2:

Week of Feb. 16th-Mar. 28th

Registration Begins:

- Member: Jan. 26th
- Non-Member: Feb. 2nd

Spring 1:

Week of Mar. 30th-May 9th

Registration Begins:

- Member: Mar. 9th
- Non-Member: Mar. 16th

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

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

Saturday 9:40-10:10am - Therapy Pool
Monday 11:10-11:40am - Lap Pool OR
4:45-5:15pm - Therapy Pool
Tuesday 4:45-5:15pm - Therapy Pool
Thursday 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.

Saturday 10:20-10:50am - Therapy Pool
Monday 5:25-5:55p - Therapy Pool OR
11:50am-12:20pm - Lap Pool
Tuesday 5:25-5:55pm - Therapy Pool
Thursday 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.

Saturday 11:00-11:30am - Therapy Pool
Monday 6:05-6:35p - Therapy Pool OR
12:30-1:00pm - Lap Pool
Tuesday 6:05-6:35pm - 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.

Saturday 11:40am-12:10pm - Lap Pool
Monday 6:45-7:15pm; 1:10-1:40pm - Lap Pool
OR
Tuesday 6:45-7:15pm - 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 9:40-10:10am - Lap Pool
Tuesday 5:25-5:55pm - Lap Pool
Thursday 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 10:20-10:50am - Lap Pool
Monday OR Tuesday 6:05-6:35pm - Lap Pool
Thursday 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 11-11:30am - Lap Pool
Monday OR Tuesday 6:45-7:15pm - Lap Pool
Thursday 4:30-5:00pm - Lap Pool



**Please register on our
 website at**

**www.beavercountyyymca.org
 or visit the Member Service Desk.**

FALL/WINTER LAP POOL SCHEDULE

(January 1st-April 30th, 2026)

Mon./Wed.	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:00 - 7:00am			Lap Swim		Open Swim	
7:00 - 8:00am			Lap Swim		Open Swim	
8:00 - 9:00am		Lap Swim		Total Aqua Body - Deep Water		
9:00 - 10:00am		Lap Swim		HydroFit - Shallow Water		
10:00 - 11:30am		Lap Swim		Volleyball (4 lanes only if 15 people are in attendance)		
11:30am - 1:00pm	Swim Lessons 11:30am-2pm		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 4:30-7:15pm (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		Water Walking 9-10am (Tues/Thurs.)	
10:00 - 11:00am			Lap Swim		Open Swim	
11:00am - 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 - 6:00pm	Swim Lessons 4:30-7:15pm (Tues/Thurs.)		Lap Swim		Open Swim	
6:00 - 7:00pm			Lap Swim		Open Swim	
7:00 - 8:15pm			Lap Swim		Open Swim	
8:15-8:30pm				YMCA Closed		
Fri.	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:00 - 6:00am			Lap Swim		Open Swim	
6:00 - 8:00am			Lap Swim		Open Swim	
8:00 - 9:00am			Lap Swim	Total Aqua Body - Deep Water		
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 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

WINTER/SPRING '26 THERAPY POOL (January 1st-April 30th, 2026)

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 - 4:30pm	Open Swim
4:30 - 7:30pm	Swim Lessons
7:30 - 8:15pm	Open Swim
8:15 - 8:30pm	CLOSED

THURSDAY	
5:00 - 7:30am	CLOSED
7:30 - 9:00am	Open Swim
9:00 - 10:00am	Poolates
10:00 - 11:00am	Jamie's Physical Therapy
11:00am - 12:00pm	Silver Splash
12:00 - 4:30pm	Open Swim
4:30 - 7:30pm	Swim Lessons
7:30 - 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 - 4:30pm	Open Swim
4:30 - 7:30pm	Swim Lessons
7:30 - 8:15pm	Open Swim
8:15 - 8:30pm	CLOSED

FRIDAY	
5:00 - 7:30am	CLOSED
7:30 - 9:00am	Open Swim
9:30 - 11:00am	Child Care Swim
11:00am - 12:00pm	Open Swim
12:00 - 1:00pm	Arthritis Class
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
12:00 - 1:00pm	Open Swim
1:00 - 3:00pm	Birthday Party OR Open Swim
3:00 - 4:00pm	Open Swim
4:00 - 5:45pm	Open Swim
5:45 - 6:00pm	CLOSED

SUNDAY	
12:00 - 1:00pm	Open Swim
1:00 - 3:00pm	Birthday Party OR Open Swim
3:00 - 4:45pm	Open Swim
4:45 - 5:00pm	CLOSED

Swim Lessons for Winter/Spring are from January 5th-May 9th
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+).****

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

LIFEGUARD CERTIFICATION

The American Red Cross r.24 Lifeguarding program prepares lifeguards to prevent, protect and respond to aquatic emergencies. This nationally accepted curriculum has been refreshed with modernized tools and includes more active hands-on learning. This revitalized program aligns with the most current scientific insights and best practices, validated by the American Red Cross Scientific Advisory Council. All lifeguarding participants must complete the required swimming skills prerequisite prior to taking the course. The prerequisite skills assessments include a swim-tread-swim and a timed event sequence. Throughout the course, participants will learn and be evaluated on knowledge and skills related to lifeguarding, water rescues, extrications, CPR and AED and First Aid. In addition, at the conclusion of the course, participants must successfully complete 3 final skills assessments:

1. **Rotate in-conduct surveillance - rotate out**
2. **Timed Single-rescuer CPR Scenario**
3. **Multiple Rescuer Response Scenario**



Participants are required to take one final written exam consisting of 50 questions and score a minimum of 80%. Participants who successfully complete the Lifeguarding certification course will be issued one of the following certifications depending on the Lifeguarding course completed. For example, participants that successfully complete the Lifeguarding (including Deep Water) with CPR/AED for Professional Rescuers and First Aid, will be issued a certification valid for 2 years.

Lifeguard Recertification

The Lifeguarding Recertification course is designed to refresh your knowledge and skills. Upon successful completion, you will renew your certification for another two years. There are 2 options for recertification - instructor-led (classroom only) or blended learning (online + classroom). The latest blended learning course, r.24 that includes online + in-person skill demonstration, features adaptive learning, where participants can test out of the online content they already know, allowing participants to ensure they are prepared. The result is a custom learning path for each student in the online portion of the blended learning recertification course. To participate in the Lifeguarding Recertification class you must have a current American Red Cross Lifeguarding certification, and certification expired by no more than 30 days. During the course, individuals will have the opportunity to review and practice their skills. Participants must pass the final written test and the three (3) final skill assessments which include:

- **Assessment 1 - Timed Response:** Participants must complete a passive submerged rescue, extricate with the assistance of an assisting rescuer, and rapid assessment (including the delivery of 2 initial ventilations by either rescuer) within 1 minute, 30 seconds, and then provide 3 minutes of single-rescuer CPR.
- **Assessment 2 - Rotation and Scanning:** Participants must rotate into the lifeguard station, conduct surveillance from the station for 1 minute, and rotate out of the station.
- **Assessment 3 - Final Team Response Testing Scenario:** Participants must perform a passive submerged rescue, extrication and rapid assessment, followed by multiple-rescuer CPR and use of AED and BVM resuscitator.

Participants who successfully complete the Lifeguarding recertification course will be issued one of the following American Red Cross certificates depending on the recertification course taken:

- **Lifeguarding (Including Deep Water) with CPR/AED for Professional Rescuers and First Aid**
- **Shallow Water Lifeguarding (Up to 5', 6' or 7')**
- **Aquatic Attraction Lifeguarding (Up to 3')**
- **Waterfront Skills**
- **Waterpark Skills**

***Payment due at the time of registration.**

Certifications are valid up to 2 years.

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

2026 COURSE DATES

Full Cert Dates:

- January 17-19, 2026
- March 12-14, 2026
- April 2-4, 2026
- April 16-18, 2026
- May 14-16, 2026
- May 26-28, 2026
- June 8-10, 2026
- June 16-18, 2026

Recert. Dates:

- January 31, 2026
- February 7, 2026
- February 16, 2026
- February 28, 2026
- March 28, 2026
- May 2, 2026
- May 23, 2026
- June 11, 2026
- June 22, 2026
- June 24, 2026
- June 26, 2026



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

EASTER EGG SPLASH

**FRIDAY
MARCH 20TH**

For More Info, Contact:
swimlessons@beavercountymca.org



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

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 – Thursday:**
8am-12pm; 4-8pm
- **Friday:**
4-7:30pm
- **Saturday:**
9am-12pm

*Hours are subject to change.

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

Buddy Basketball

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

Date: January 10th-February 14th (Saturdays Only)

Time: 9am-12pm

Ages: K-5th Grade

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

Registration Now Open!

Mini Sports

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

Date: February 21st -March 28th (Saturdays only)

Time: 9am-12pm

Ages: 2-5 years old

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

Youth Mental Health Workshop

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

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

Time: 7pm @ The Commons

Ages: 12 and up

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

Homeschool Gym & Swim

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

Who: Ages 5-10 & 11-18

Day: Tuesdays

Time: 10:30-11:45am

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



TEEN PICKLEBALL TOURNAMENT

SATURDAY, MARCH 21ST

**Students in 11th or 12th Grade can participate in this tourney
for an opportunity to compete for a prize.**

**For More Information, Contact:
youthprograms@beavercountymca.org**



**"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.beavercountymca.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/D5zkTI_eU4Q

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.**

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.

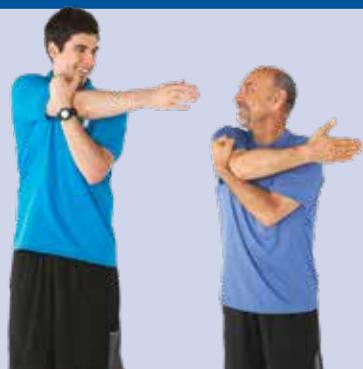
Failure to cancel within 24 hours will result in being charged for that session.

PERSONAL TRAINING SALES

January 1st-8th & April 6th-13th

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.beavercountyymca.org or visit the Member Service Desk.

WORKING THROUGH INJURIES WITH ED BRADDOCK, PT

Don't let injuries sideline your exercise and training. Come to our monthly training with injuries class held on Thursdays. "There is more that you can do than what you can't!" See you there.

Sign up for one or all the following dates:

- **January 8, 2026**
- **February 5, 2026**
- **March 12, 2026**
- **April 2, 2026**

Fee:

Members: \$25

Non-Members: \$35



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



**2026 WNPF
WESTERN PENN
POWERLIFTING
CHAMPIONSHIPS**

**NEW BRIGHTON
MAY 16TH**

Contact: Ron DeAmicis - powerlt1103@aol.com or www.wnpfpl.com



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

SPLASH-FLASH-DASH INDOOR TRIATHLON TO STOP YOUTH HUNGER

1 in 5 children of Beaver County is affected by food insecurity.
In 2025, we served _____ free meals to those in need.



Sunday, February 1st



SPLASH-FLASH-DASH INDOOR TRIATHLON

Put a **STOP** to Youth Hunger

Register
Now



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

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

Point System will be as follows:

- 2 points per length swim
- 3 points per bike trip mileage
- 3 points per tenth mile ran/walked

RACE SWAG FOR
ALL REGISTRANTS
WHO SIGN UP BY
JANUARY 5TH

Ages: 10 and up

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

GIVE THE TRI A TRY!



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

- 1 Timothy 4:12

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

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.

2026 Dates:

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

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.



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

HEALTHY EATING INITIATIVE

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

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

BEAVER SPORTS NUTRITION

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

- **First Time Registration: \$35 Members, \$45 Non-Members**
- **Follow Up Appointments: \$25 Members, \$35 Non-Members**
- **\$15 No Show Fee**
- **For further assistance, Contact: Ed Braddock, Wellness Director**
wellness@beavercountyyymca.org or 724 891- 8429 ext. 306

HEALTHY EATING NUTRITIONAL SEMINARS

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

- **January 9th: The Power of Habits**
- **February 13th: Heart Health**
- **March 13th: Forming & Maintaining Optimal Habits**
- **April 10th: Emotional Eating**
- **\$20 for Members, \$25 for Non-Members!**

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



"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.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

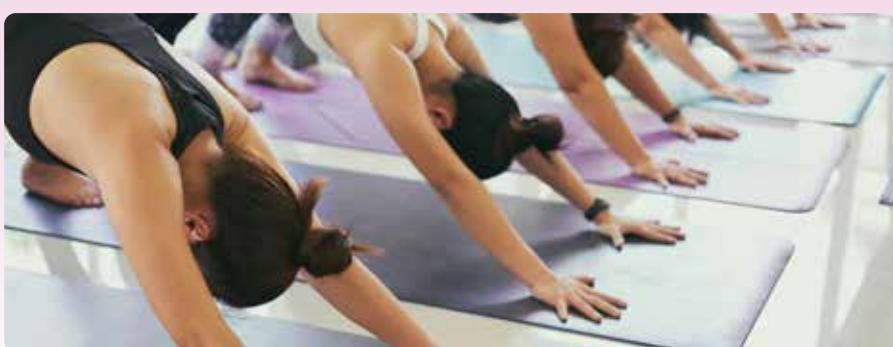
Experience the practice of Tai Chi, focusing on slow, deliberate movements and deep breathing to promote balance, flexibility, and mental clarity. Doug's gentle guidance ensures a welcoming environment for both beginners and seasoned practitioners.

- **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
Pamela Torbett
724-891-8439 ext 305
aoa@beavercountyyymca.org

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!

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

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

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

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

Cross Training – Includes elements of cardio, strength, and flexibility training. It's perfect for anyone looking to mix up their current routine.

Cycle – If you think riding a stationary bike is dull, you've never tried indoor cycling! Our cardiovascular classes strengthen your whole leg. You must register online, on the phone or at the Member Service Desk. \$2 for Members and \$10 for Non-Members (half price for 30 minute classes).

HIIT Cycle – A HIIT cycle class is a high-intensity indoor cycling workout that alternates between short bursts of maximum effort on the bike and brief recovery periods. The class involves changing speeds and resistance to simulate challenges like sprints and climbs, with the goal of improving cardiovascular fitness, building strength, and burning calories efficiently in a shorter amount of time.

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.

Mixed Fit – A MixedFit class is a "people-inspired" fitness program that blends explosive dance moves with bodyweight toning exercises. The class is designed to be easy to follow, using simple and repetitive choreography to upbeat music from various genres so participants can focus on the workout rather than complicated steps. The combination of high-energy dancing and bootcamp-style exercises like squats and jumping jacks provides a full-body workout that burns calories and builds strength.



fuses the core strengthening principles of pilates with the dynamic fluid movements of yoga. This low impact class targets building strength, balance, flexibility & will elevate your heart rate without placing excessive strain on your joints!

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

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

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.

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.

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

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 Barre - Beginner barre class is a low-impact, full-body workout that combines elements of ballet and yoga to build strength, tone muscles, and improve flexibility. Classes focus on small, controlled movements and isometric holds, often with the use of a ballet barre, a chair, or a wall for balance, and sometimes incorporating light weights. Expect a warm-up, upper body work, a focus on leg and glute exercises at the barre, a core-focused section, and a final cool-down and stretch.

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.

Beginner Line Dance - Beginner Line Dance class is for those with no prior experience, focusing on learning fundamental steps like walking, shuffling, and heel taps, and combining them into simple, repeating routines with no partner needed.

Beginner Yoga Ball - BA beginner yoga ball class description emphasizes total body fitness through gentle movements on an unstable surface, focusing on building core strength, balance, and posture. Classes typically include warm-up exercises like pelvic rocks and marches, followed by core-strengthening moves such as crunches, ball roll-outs, and bridges. Modifications for beginners are shown.

Boom Move - This class combines a great cardio workout with fun, dance-style choreography. This high-energy class will have you dancing to music from many genres. Every class provides modifications and progressions. No experience required or partners.

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.

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.

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.

Just 4 You Weights - This 30 minute class is a combination of cardiovascular, strength and flexibility components. Participants perform strength exercises with dumbbells and then a series of cardiovascular movements that can be modified.

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

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

Senior Step - Improve your day to day activities by practicing a safe step aerobics class designed specifically for seniors. Class is designed to help you improve gait, balance, and reaction time.

Strength Training - This 30 minute class alternates between dumbbells and cardiovascular steps that can be modified to get a complete body workout to upbeat, fun music.

Stretch & Flexibility - This 30 minute class will have you on a yoga mat going through a guided session that uses a yoga strap to deepen stretches, improve alignment, and safely increase flexibility in areas like the shoulders, hamstrings, and hips. The class incorporates gentle movements and poses, with the strap acting as a tool for leverage and support, preventing injury by helping you achieve proper form and deeper stretches without straining your muscles. The class incorporates gentle movements and poses, with the strap acting as a tool for leverage and support, preventing injury by helping you achieve proper form and deeper stretches without straining your muscles.

**Please register on our website at
www.beavercountymca.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 beavercountymca.org

Off-Site Active Older Adult Aerobics Program

Wildwood Chapel
2850 Jack St, Aliquippa, PA 15001
Tuesday, Thursday, and Fridays 9:30-10:15am

Fee: FREE for YMCA Members and the following qualifying insurance programs:
SilverSneakers, Silver & Fit, 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!

Stretch & Flexibility

This 30 minute class will have you on a yoga mat going through a guided session that uses a yoga strap to deepen stretches, improve alignment, and safely increase flexibility in areas like the shoulders, hamstrings, and hips.

The class incorporates gentle movements and poses, with the strap acting as a tool for leverage and support, preventing injury by helping you achieve proper form and deeper stretches without straining your muscles. . The class incorporates gentle movements and poses, with the strap acting as a tool for leverage and support, preventing injury by helping you achieve proper form and deeper stretches without straining your muscles.

Class Schedule

**Monday & Tuesday - Aerobics; Thursday - Silver Sneaker Circuit;
Friday - Stretch & Flexibility**



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

- Psalm 31:24

Special Events for 2026:**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.

2026 Dates (Tuesday)

- **February 17, 2026**
- **May 19, 2026**
- **November 17, 2026**

Register by:

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

**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: April 7th-May 28th

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

TOPS (Take Off Pounds Sensibly)

This nationwide weight loss support group meets in our board room Wednesdays at 9:30am. 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 Wednesday**Lunch Meet Ups**

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

Second Monday**Book and Puzzle Swap****Multi-Purpose Room at 8am-12pm****Third Wednesday****Free Bingo at 12:15pm in****Multi-Purpose Room (Supplies Provided)**

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

NEW!

ACTIVE OLDER ADULT FITNESS ASSESSMENTS



Increase your knowledge about your current fitness level and keep track of your improvement. A great way to check on your progress throughout the year incrementally.

— LAST MONDAY OF EVERY MONTH: 11AM-1PM —

Six National Tests Covered

- Chair Stand
- Arm Curl
- Back Scratch
- TUG
- ...And More

30 Minute Sessions

- Member: \$10/Session
- Non-Members: \$20/Session

Questions? Contact Pam Torbett, Healthy Living Director

724-891-8439 ext 305



"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.

NEW!

SEATED VIBRATION PLATE FLOW CLASS



This small group, seated only, vibration plate class is low-impact using gentle movements to improve circulation, balance, and muscle strength. The workout includes a full-body warm-up and exercises for lymphatic drainage, circulation, strength and balance while seated in a sturdy chair with the vibration plate underneath the feet. 30 minute class.

Limited class spots; must register at front desk or by phone.

Fee: Member: \$2 per class; Non-Members: \$5 per class

**Questions? Contact Pam Torbett, Healthy Living Director
724-891-8439 ext 305**



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

Please register on our website at www.beavercountymca.org.

NEW!

BOOM MOVE



BOOM MOVE is a 30 minute dance-based fitness class designed for older adults.

The music is upbeat & danceable.

Movements are modified for different fitness levels and low impact.

Experience the joy of movement with SilverSneakers Boom Move.

This class will improve strength, flexibility & endurance.

OFFERED EVERY OTHER WEDNESDAY @ 11AM IN THE MULTIPURPOSE ROOM

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

NEW!

ADULT DANCE PROGRAM



Discover your inner dancer in this brand-new adult dance program at the Beaver County YMCA! Each week, we'll explore a different style—ranging from jazz, hip hop, contemporary and beyond. Every class is designed for all levels, whether you're stepping into the studio for the first time or returning after years away. In these one-hour classes, you'll learn fun combos, build confidence, and get moving in a supportive, no-pressure environment. It is the perfect way to mix exercise while discovering the joy of dance. Come dance with us!

Class Rates

Drop in: \$7 Members; \$10 Non-Members

4-Class Pass: \$25 Members; \$36 Non-Members

Instructor Bio:

Chloe Harich has 20 years of dance experience and brings passion to every class she teaches. Growing up as a competitive dancer, she won numerous regional titles and became a national champion before continuing her dance journey at the Division 1 collegiate level. As a dedicated member and leader on the dance team, she valued strong performance and teamwork skills that now shape her teaching style.

For the past seven years, Chloe has shared her love of dance with students of all ages, focusing on building confidence, technique, and having fun. Whether guiding beginners or seasoned dancers, she creates a positive, encouraging environment with the hope that everyone she teaches can enjoy dance as much as she does.



Please register on our website at www.beavercountyymca.org.

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

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

Rates

*Effective January 1st, 2026 and subject to change

Infants & Toddlers:

- 5 Full Days - \$279/week
- M/W/F - \$209/week
- T/R - \$159/week

Preschool:

- 5 Full Days - \$269/week
- M/W/F - \$199/week
- T/R - \$149/week

Introduction to PreK & PreK:

- 5 Full Days - \$259/week

Beaver County YMCA Childcare Program Offers More...

**Free breakfast, lunch and snack everyday • Free swim time
Free child membership – discounted family membership**

For more information, please visit our website www.beavercountyymca.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@beavercountyymca.org



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

MISSION ADVANCEMENT

JANUARY THRU APRIL 2026



Good Friday Brunch

Plan to join us on April 3rd in the YMCA Commons at 9:00 am for an annual Beaver County YMCA tradition, our Good Friday Brunch. Tickets are \$10 for a full assortment of brunch foods and beverages followed by a brief time of reflection regarding the significance of Good Friday in the life of Christian believers today. Ticket sales begin March 6th at the front desk. All proceeds support our Mission Advancement efforts.

Lenten Luncheons

Don't miss our Meatless Lenten Luncheon Series on Fridays February 20, March 6 and March 20 at the YMCA Commons. Lunch will be served from 11:30am-12pm followed by a special message from 12-12:30pm. Let's take a little extra time during this special season to fully appreciate the sacrifice of Christ for us at the cross. Tickets can be purchased at the Member Service Desk in advance for \$3 (\$5 at the door). Donations will be accepted to support our Mission Advancement activities. We hope to see you there. Register online or pay at the door.

Weekly Bible Study

Make plans to be part of our weekly Bible study on Wednesday mornings from 9-10 AM in the Board Room. In this New Year, take some time to strengthen your soul along with your other goals for healthy living. You will find more inspiration, more encouragement, and more faith community in the process.

Chaplain Chat

Life isn't always easy to figure out. As we deal with the daily grind, we could all use some prayer, some advice, or just someone to talk to. As part of the YMCA's commitment to support your total well-being, we now have our very own YMCA chaplain on-site at various times throughout the week. Let us know how we can help.

Mission Partnerships

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

Resource Table

Did you know that we have free bibles and other Christian reading material available in the front lobby? Check out the Resource Table across from the front desk and next to the Childcare Center for helpful items that will feed your faith and encourage your soul.

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@beavercountymca.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@beavercountymca.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

Ed Braddock, Wellness Director

Megan Green, Childcare Director

Calista Harty, Swim Lesson Coordinator

John Merola, Director of Mission Advancement

Jacqueline Peiffer, Aquatics Coordinator

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, Healthy Living Director

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.