

Beaver County YMCA



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SUMMER 2026 PROGRAM CATALOG



May 1st-August 31st

# OUR MISSION

## OUR MISSION:

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

## OUR VALUES:

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

## AREAS OF FOCUS:

For Youth Development  
For Healthy Living  
For Social Responsibility

## Building Closings

- May 25th - Memorial Day
- July 4th - Independence Day
- September 7th - Labor Day

## Hours of Operation

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

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

## FOOD SERVICE

### Summer Food Service At-Risk FOOD SERVICE PROGRAMS

The YMCA partners with several community locations during the summer months to provide nutritious meals to youth in Beaver County through the Summer Food Service Program (SFSP). The locations listed below are Open Sites, meaning any child under the age of 18 is welcome to receive a free lunch or snack during the scheduled weekly serving times.

Antoline Memorial Park  
2500 Marshall Rd. Monaca  
6/15/26-8/14/26

Aliquippa Impact  
952 Franklin Avenue, Aliquippa  
6/9/26-7/31/26

Neighborhood North  
4th Ave Beaver Falls  
6/9/26-7/31/26

Camp Rise  
1409 Penn. Ave, Monaca  
6/22/26-7/31/26

Aliquippa High School  
800 21st Street, Aliquippa  
6/1/26-7/2/26

Rochester School District  
540 Reno Street, Rochester  
6/1/26-8/21/26

The Center  
754 Ohio Avenue, Midland  
6/16/26-8/14/26

Economy Pool  
5 Forcey Ave, Ambridge  
6/15/26-8/14/26

Salvation Army  
414 16th Street, Beaver Falls  
6/9/26-8/20/26

BF Jones Library  
663 Franklin Avenue, Aliquippa  
6/9/26-8/13/26

Ellwood Pool  
Pershing Street, Ellwood City  
6/15/26-8/14/26

YMCA Day Camp  
2236 3rd Ave., New Brighton  
6/1/26-8/14/26

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

## Summer Food and Playground Program

The Beaver County YMCA is pleased to announce the opening of our annual FREE Playground Programs in local communities. These programs offer a variety of engaging activities, including weekly themes such as sports, games, and other recreational opportunities. Each playground is supervised by trained YMCA staff who are certified in CPR and First Aid. Programs are open to children entering kindergarten through ninth grade. Children outside of this age range may participate when accompanied by a parent or guardian. For additional information, including program locations in your neighborhood, please visit our website or contact the YMCA at 724-891-8439.

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

# The Beaver County YMCA FOOD LOCKER

Helping Those in Need of Food Assistance.



## YMCA Food Locker Located at the Main Lobby Available during the YMCA Hours of Operation

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@beavercountyyymca.org](mailto:foodservice@beavercountyyymca.org) or 724-891-8439 x 310.

### Know Someone in Need?

Sign-ups are available on our website, at our membership desk, on [NeighborlyPA.com](http://NeighborlyPA.com) or by emailing [foodservice@beavercountyyymca.org](mailto:foodservice@beavercountyyymca.org)

# AQUATICS

## SUMMER AQUATIC SCHEDULE

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

Class	Day	Time	Location	Member Rate	Non-Member Rate
<b>Parent/Child : Ages 6 Months to 3 Years (30 min. class)</b>					
Baby and Me	Monday	10:30 - 11:00am	Therapy Pool	\$60	\$120
Baby and Me	Monday	7:00 - 7:30pm	Therapy Pool	\$60	\$120
Baby and Me	Tuesday	7:00 - 7:30pm	Therapy Pool	\$60	\$120
Baby and Me	Thursday	4:30 - 5:00pm	Therapy Pool	\$60	\$120
Baby and Me	Saturday	9:00 - 9:30am	Therapy Pool	\$60	\$120
<b>Preschool Lessons: Ages 2 Years and up (30 min. class)</b>					
Toddler Level 1	Monday	11:10 - 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
<b>Youth Lessons: Ages 6 and up (30 min. class)</b>					
Youth Level 1	Monday	4:45 - 5:15pm	Lap Pool	\$60	\$120
Youth Level 1	Tuesday	4:45 - 5:15pm	Lap Pool	\$60	\$120
Youth Level 1	Saturday	9:00 - 9:30am	Lap Pool	\$60	\$120
Youth Level 2	Monday	5:25 - 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
<b>Adult Group Lessons</b>					
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
<b>Private Lessons: Ages 6 months and up</b>					
Private Swim Lessons*	Flexible	6-30 Min. OR 4-45 Min	Therapy/Lap Pool	\$120	\$180
Semi-Private Swim Lessons*	Flexible	6-30 Min. OR 4-45 Min	Therapy/Lap Pool	2 People \$165	\$255
				3 People \$210	\$330

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

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

**Spring 2:**  
Week of May 11th-June 20th

**Registration Begins:**

- Member: April 20th
- Non-Member: April 27th

**Summer 1:**  
Week of July 6th-Aug. 15th

**Registration Begins:**

- Member: June 15th
- Non-Member: June 22nd

**Summer 2:**  
Week of Aug. 17th-Sept. 26th

**Registration Begins:**

- Member: July 27th
- Non-Member: Aug. 3rd

• Swim Lesson Level Descriptions found on page 4

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

## Beaver County YMCA Swim Lesson Descriptions

### Baby and Me

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

**Saturdays 9-9:30am**  
**Mondays 10:30-11am 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.beavercountyymca.org](http://www.beavercountyymca.org)  
 or visit the Member Service Desk.**

# SUMMER LAP POOL SCHEDULE

(May 1st-August 31st, 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)			
11:30 am - 1:00pm	Swim Lessons	Lap Swim			Open Swim	
1:00 - 3:00pm	11:30am-2pm	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				HydroFit - Shallow Water (Thurs)	
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	Lap Swim			Open Swim	
6:00 - 7:00pm	4:30-7:15pm	Lap Swim			HydroFit - Shallow Water (6:15-7pm-Thurs)	
7:00 - 8:15pm	(Tues/Thurs)	Lap Swim			Open Swim	
8:15-8:30pm	YMCA Closed					
Fri.	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:00 - 6:00am	Lap Swim				Open Swim	
6:00 - 8:00am	Lap Swim				Open Swim	
8:00 - 9:00am	Lap Swim			Total Aqua Body - Deep Water		
9:00 - 10:00am	Lap Swim		HydroFit - Shallow Water			
10:00 - 11:30am	Lap Swim		Volleyball (4 lanes only if 15 people are in attendance)			
11:30am - Noon	Lap Swim				Open Swim	
Noon - 1:00pm	Lap Swim				Open Swim	
1:00 - 3:00pm	Lap Swim				Open Swim	
3:00 - 4:00pm	Lap Swim				Open Swim	
4:00 - 5:00pm	Lap Swim				Open Swim	
5:00 - 6:30pm	Lap Swim				Open Swim	
6:30 - 7:00pm	Lap Swim				Open Swim	
7:00 - 8:15pm	Lap Swim				Open Swim	
8:15-8:30pm	YMCA Closed					
Sat.	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00 - 8:00am	Lap Swim				Open Swim	
8:00 - 9:00am	Lap Swim				Open Swim	
9:00 - 10:00am	Swim Lessons 9:00am-12:00pm	Lap Swim			Open Swim	
10:00am - Noon		Lap Swim			Open Swim	
Noon - 12:30pm	Lap Swim				Open Swim	
12:30 - 3:00pm	Lap Swim				Open Swim	
3:00 - 4:00pm	Lap Swim				Open Swim	
4:00 - 5:00pm	Lap Swim				Open Swim	
5:00 - 5:45pm	Lap Swim				Open Swim	
6:00pm	YMCA Closed					
Sun.	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Noon - 2:00pm	Lap Swim				Open Swim	
2:00 - 3:00pm	Lap Swim				Open Swim	
3:00 - 4:45pm	Lap Swim				Open Swim	
5:00pm	YMCA Closed					

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

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

# BEAVER COUNTY YMCA POOL SCHEDULE

## SUMMER '26 THERAPY POOL (May 1st-August 31st, 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 - 9:30am	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 - 6:30pm	Open Swim
6:30 - 7:30pm	Arthritis Class
7:30 - 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 - 6:30pm	Open Swim
6:30 - 7:30pm	Arthritis Class
7:30 - 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 - 6:00pm	Birthday Party OR Open Swim
6:00pm	CLOSED

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

Spring Swim Lesson Sessions run until June 20th

### FREE SWIM LESSONS

Week of June 22nd

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

### SUMMER SWIM LESSONS

July 6th-August 15th

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

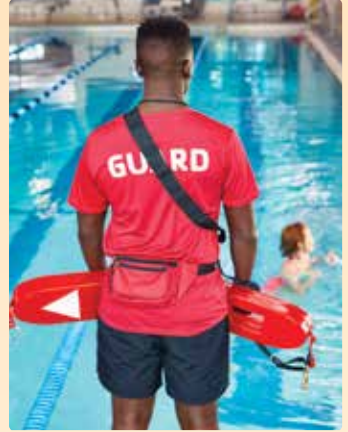
Please register on our website at [www.beavercountyyymca.org](http://www.beavercountyyymca.org)  
or visit the Member Service Desk.

# 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.beavercountymca.org](http://www.beavercountymca.org), visit the Member Service Desk or email: [aquatics2@beavercountymca.org](mailto:aquatics2@beavercountymca.org).

# 2026 COURSE DATES

All Class Times are from 8am-5pm

## Full Cert Dates:

- May 14-16, 2026
- May 26-28, 2026
- June 8-10, 2026
- June 16-18, 2026
- July 7-9, 2026
- July 28-30, 2026
- August 10-12, 2026
- August 22-24, 2026

## Recert. Dates:

- May 2, 2026
- May 23, 2026
- June 11, 2026
- June 22, 2026
- June 24, 2026
- June 26, 2026
- July 15, 2026
- August 5, 2026
- August 15, 2026
- August 26, 2026
- August 29, 2026



If you have not received an email or phone call for confirmation of sign up, please contact **Jacqueline** at **724-891-8439 ext. 306** or email [aquatics2@beavercountyyymca.org](mailto:aquatics2@beavercountyyymca.org).

Please register on our website at [www.beavercountyyymca.org](http://www.beavercountyyymca.org), visit the Member Service Desk or email: [aquatics2@beavercountyyymca.org](mailto:aquatics2@beavercountyyymca.org).

# OLD ECONOMY PARK POOL SUMMER SCHEDULE

## 2026 Season Details

- **Dates of Operation:**  
TBD based on new liner installation
- **Hours of Operation:**  
Open 7 days a week  
- Lap Swim: 11-11:50am  
- Public: Noon-6pm
- **Pool and air temperature must be 72 degrees to open.**
- **Phone Number:**  
724-266-2200

## Rates for the 2026 Season:

### Pool Passes

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

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

### Daily Rates

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



## LAP SWIM

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

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

### Dive into FREE Swim Instruction

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

- **Days:** Saturday
- **Session Dates:** June 13th, 20th & 27th
- **Time:** 11:20-11:50am

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

Weekly Summer Learn to Swim Schedule.

- **Time:** 11:20-11:50am - Toddler and Youth (Toddler ages 2-5; Youth ages 6+)
- **Days:** Saturdays
- **Dates:** **Session 1:** July 11th, 18th, 25th & August 1st  
**Session 2:** August 8th, 15th, 22nd & 29th
- **Price:** Group \$40 for Pass Holder  
\$80 for Non-Pass Holder

## PRIVATE SWIM LESSONS

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

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

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



## COMMUNITY EVENTS

### 4th of July FREE SWIM

Noon-4pm  
Lap Swim: 11-11:50am



## Have a Party at the Pool this Summer!

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

- **Time:** 6:30-8:30pm, 7 days-a week
- **Fee:** \$250 for up to 50 swimmers for Pass Holders  
\$300 for up to 50 swimmers for Non-Pass Holders  
Additional swimmers can be added for \$5 per swimmer
- No alcohol, no glass containers
- We provide the facility and guards, you provide the rest (food, cake, decorations)

**\*\*Non-Refundable \$50 Deposit due at scheduling\*\***

Swim Lesson Scholarships are available through EJ Felts Memorial Foundation

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

Contact Calista Harty, Swim Lessons Coordinator

by emailing: [swimlessons@beavercountymca.org](mailto:swimlessons@beavercountymca.org) for more information.

# ELLWOOD CITY VETERANS' MEMORIAL POOL

## SUMMER SCHEDULE

### 2026 Season Details

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

### Rates for the 2026

#### Season:

#### Pool Passes

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

#### Daily Pool Pass

#### Resident Pricing

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

#### Non-Resident Pricing

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

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



## LAP SWIM

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

### Dive into FREE Swim Instruction

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

- **Days:** Saturday
- **Session Dates:** June 13th, 20th & 27th
- **Time:** 11:20-11:50am

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

### Swim Lessons

Weekly Summer Learn to Swim Schedule.

- **Time:** 11:20-11:50am - Toddler and Youth (Toddler ages 2-5; Youth ages 6+)
- **Days:** Saturdays
- **Dates:** Session 1: July 11th, 18th, 25th & August 1st  
Session 2: August 8th, 15th, 22nd & 29th
- **Price:** Group \$40 for Pass Holder  
\$80 for Non-Pass Holder

## PRIVATE SWIM LESSONS

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

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

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



## COMMUNITY EVENTS

### 4th of July FREE SWIM

#### Noon-4pm

Lap Swim: 11-11:50am



## Have a Party at the Pool this Summer!

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

- **Time:** 6:30-8:30pm, 7 days-a week
  - **Fee:** \$250 for up to 50 swimmers for Pass Holders  
\$300 for up to 50 swimmers for Non-Pass Holders  
Additional swimmers can be added for \$5 per swimmer
- No alcohol, no glass containers  
We provide the facility and guards, you provide the rest (food, cake, decorations)

**\*\*Non-Refundable \$50 Deposit due at scheduling\*\***

**Swim Lesson Scholarships are available through EJ Felts Memorial Foundation**

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

Contact Calista Harty, Swim Lessons Coordinator

by emailing: [swimlessons@beavercountymca.org](mailto:swimlessons@beavercountymca.org) for more information.

# YOUTH

## CHILD WATCH



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

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

### Child Watch

(ages 6 month to 8 years)

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

\*Hours are subject to change.

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

# S.O.T.A. MARTIAL ARTS PROGRAM

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

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

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

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

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

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

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

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



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

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

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

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

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

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

**You can sign up for the online curriculum here:**

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

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

<https://youtu.be/D5zkTIeU4Q>

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



**For More Information, Visit: [Sotamartialarts.com](http://Sotamartialarts.com)**

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

Beaver County YMCA



# 2026 SUMMER CAMP

## Welcome to Camp!

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

**Cost: Members: \$199 per week**

**Non-Members: \$229 per week**

**\$25 registration fee**

**10% off for additional sibling**

**Before Care (6:45-8:30 am): \$35 per week**

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

**Before and After Care: \$70 per week**

## Camp Activities

Campers can enjoy activities that include:

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



## SUMMER CAMP THEMES

June 1st - August 14th

9am - 4pm • Grades 1st - 6th  
Entering Kindergarten, Register  
Under Kinder Camp

Scan Here  
to Register:



Week 1

Around The World



Week 2

Animal/Insect



Week 3

Community



Week 4

Arts Fest



Week 5

Olympic



Week 6

STEM



Week 7

Celeb



Week 8

Water



Week 9

Disney



Week 10

Bible



Week 11

Backyard BBQ



Beaver County YMCA



# CAMP RISE

(Formerly Camp Achieva)

## Camp Rise

Camp Rise offers six (6) weeks of summer day camp which will be full of fun, exciting and challenging activities designed for school-aged children with special needs. Our goal is to model and expect appropriate socialization within the community and to help every individual to be more independent.

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

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

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

Campers can enjoy activities that include:

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



## 2026 Session Dates & Details

**June 22nd - July 31st • 9am - 3pm**  
**(Monday through Friday) No Camp on July 3rd**  
**\$89/day**

### PAYMENT OPTIONS:

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



## Registration

### REGISTRATION NOW OPEN!

To register, you must pick up a registration packet from the Beaver County YMCA front desk or **download and print the packet from our website**. Packets also may be available in the office of your child's school district. Completed registration packets must be turned into the front desk or mailed to the YMCA. You will receive a confirmation email once your packet has been reviewed. The completed forms must be received no later than noon (12pm) on Friday, May 15th, 2026 to keep the camper's spot for camp. Day camp can accommodate up to 60 campers each day. If registration is received after the maximum is met, you will be placed on a waiting list.

**If you have any questions or need additional information, please contact Cathy Sculli, Camp Director, at 724-544-3700 or email: [camprise@beavercountyyymca.org](mailto:camprise@beavercountyyymca.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 Infants through Pre-Kindergarten.

**Open from 6:45am-6pm, 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 activities 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 art, 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@beavercountnymca.org](mailto:childcaredirector@beavercountnymca.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.beavercountnymca.org](http://www.beavercountnymca.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**

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

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

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

# FREE SUMMER PLAYGROUND SITES

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

Beaver County YMCA



<b>Antoline Memorial</b> 2500 Marshall Road Monaca, PA 15061 June 15th – August 7th M-Th: 10am – 2pm F: 10am – 12:30pm	<b>Fallston Park</b> 87 Main Street New Brighton, PA 15066 June 15th – August 7th M-Th: 10am – 2pm F: 10am – 12:30pm	<b>Gordon Camp Apartments</b> 225 Jefferson Street Rochester, PA 15074 June 15th – August 7th M-Th: 10am – 2pm F: 10am – 12:30pm	<b>Grove Avenue Playground</b> 901 Penn Avenue New Brighton, PA 15066 June 15th – August 7th M-Th: 10am – 2pm F: 10am – 12:30pm
<b>Hardy Field</b> 4900 Tusca Road Beaver, PA 15009 June 15th – August 7th M-Th: 10am – 2pm F: 10am – 12:30pm	<b>Pulaski Homes</b> 50th Street Pulaski Twp PA 15066 June 15th – August 7th M-Th: 10am – 2pm F: 10am – 12:30pm	<b>Rocco Bovolino</b> 1116 18th Avenue Freedom, PA 15042 June 15th – August 7th M-Th: 10am – 2pm F: 10am – 12:30pm	<b>Stephen Phillips Homes</b> Project Rd Monaca, PA 15061 June 15th – August 7th M-Th: 10am – 2pm F: 10am – 12:30pm

Visit Our Website at [beavercountyyymca.org](http://beavercountyyymca.org) for More Info



# 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

**Star Spangled Training Session Sale: July 1st-8th**  
**Back to School, Back to a Fitness Routine Sale:**  
**August 25th- September 1st**

### Personal Training Promotional Sales:

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



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

# HEALTHY EATING INITIATIVE

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

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

## BEAVER SPORTS NUTRITION

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

- **First Time Registration: \$35 Members, \$45 Non-Members**
- **Follow Up Appointments: \$25 Members, \$35 Non-Members**
- **\$15 No Show Fee**
- **For further assistance, Contact: 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!

- **May 8th - Reverse and Prevent Diabetes**
- **June 12th - First Bite-How We Learn To Eat**
- **July 10th - What Causes Autoimmune Disease**
- **August 14th - What Is Good Nutrition**
- **\$20 for Members, \$25 for Non-Members!**

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



“Finally, brethren, farewell. Be perfect, be of good comfort, be of one mind, live in peace; and the God of love and peace shall be with you.”  
- II Corinthians 13:11

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



TAUGHT BY BEAVER COUNTY  
YMCA AT MONACA LIBRARY

# TAI CHI CLASS

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)



**REGISTER NOW ONLINE OR AT  
FRONT DESK!**

For Further Assistance  
Heathy Living Director  
Pamela Torbett  
724-891-8439 ext 305  
aoa@beavercountyyymca.org



# 2026 WNPf WESTERN PENN POWERLIFTING CHAMPIONSHIPS

## NEW BRIGHTON MAY 16<sup>TH</sup>

**\$15 ENTRY FEE FOR SPECTATORS**

Contact: Ron DeAmicis - [powerlt1103@aol.com](mailto:powerlt1103@aol.com) or [www.wnpfpl.com](http://www.wnpfpl.com)



Please register on our website at [www.beavercountyyymca.org](http://www.beavercountyyymca.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 Dance Class** – Explore a different style of dance each week including jazz, hip hop, contemporary and more. Every class is designed for all levels. You will learn combos, build confidence, and get moving in a supportive, no-pressure environment.

**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.

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

**Circuit** – A combination of strength, cardiovascular and flexibility components. Participants use the Life Fitness machines with a variety of floor cardiovascular activities in the Fitness Studio.

**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.

**Intermediate Cycle** – An intermediate cycle class is a high-energy, cardiovascular workout designed for riders who have mastered basic bike setup and are ready to push their endurance, strength and move beyond simple steady-state pedaling to incorporate more complex drills such as sprints.

**Intermediate Vibration Plate** – This class challenges the body's neuromuscular system by performing dynamic movements on an unstable, oscillating platform. These sessions typically begin with a standing athletic stance to balance and strengthen legs, hips, and torso. Chair support is always available.

**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!

**Praise Fitness** – A high-energy, Zumba-inspired dance workout that uses exclusively Christian and Gospel music. Participants can expect a full-body cardiovascular routine that incorporates clapping, lifting hands, and joyful movement, often beginning or ending with prayer and scripture to nourish the spirit while toning the body.



– 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.

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

**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.

**Xtreme Hip Hop** - A fun, high energy step class set to hip hop music. The class starts with basic step moves and then build routines that are easy to follow. No experience needed.

**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](http://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** - A total body fitness through movements on an unstable surface, focusing on building core strength, balance and posture. Classes start with a warm-up, pelvic rocks, hand weights are used for balance, crunches, ball roll-outs and bridges. Floor mat work, lying on back and front, is performed. Mat and ball provided.

**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.

**Drummerize** - 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 For You Choice** - A 30-minute class in the Fitness Studio using 10 Life Fitness machines for resistance training intermittently with cardio exercises that the participants get to choose for added surprise.

**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.

**Seated Vibration Plate** - Low impact, small classes, seated only at individual vibration machines. The plate improves circulation, balance and muscle strength. Full-body warm-up with exercises for lymphatic drainage. A 30 minute class.

**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](http://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 [beavercountyyymca.org](http://beavercountyyymca.org)**

## Off-Site Active Older Adult Aerobics Program

**NEW  
LOCATION!**

**Church in the Round**  
784 Griffith Street, Aliquippa, PA 15001  
Saturdays 11am-12pm

**NEW  
LOCATION!**

**Wildwood Chapel**  
2850 Jack Street, 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:

#### Active Older Adult 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**



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

- 1 Peter 1:5

**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)**

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

**Register by:**

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

**First Wednesday  
Lunch Meet Ups**

Email: [aoa@beavercountymca.org](mailto:aoa@beavercountymca.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)****AOA Picnic – Brady’s Run Lodge – June 18, 2026**

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



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



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

- 1Peter 5:7

Please register on our website at [www.beavercountymmca.org](http://www.beavercountymmca.org).

# SEATED VIBRATION PLATE 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**

# VIBRATION PLATE 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**

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

# MISSION ADVANCEMENT

MAY THRU AUGUST 2026



## National Day of Prayer

Plan to join us on Thursday May 7th for the annual National Day of Prayer observance. We will be gathering in the YMCA Lobby from 9:00-9:30 AM for a time of group prayer. This is a time set aside each year on the first Thursday in May for Americans to pray for our nation and for our leaders. Join us to seek the help of heaven for the future of our country and our families.

## Weekly Bible Study

We have a weekly Bible study group to help you with your spiritual fitness. Join us this summer on Wednesday mornings from 9-10 AM in the YMCA Board Room. Make plans to strengthen your faith along with all the other fun that summer brings. You will find more inspiration, more encouragement, and more new friends in the process.

## Chaplain Chat

Life isn't always easy to figure out. As we deal with the daily grind, we could all use some prayer or just someone to talk to. As part of the YMCA's commitment to support your total well-being, we now have our very own YMCA chaplain stationed in the lobby at various times throughout the week. Stop by and let us know how we can be of service to you.

## Mission Partnerships

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



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"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

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**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](mailto:partyplanner@beavercountyyymca.org) for more information.**

# The YMCA Commons is available to rent for your next event!

2232 Third Avenue • New Brighton

**Birthday Parties • Wedding Showers**  
**Baby Showers • Family Reunion**  
**Fundraisers • Graduations**



## RENTAL FEES

**Member: \$350 • Non-Members: \$400**

Non-Refundable Security Deposit: \$150

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

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



**SISTERS OF  
ST. JOSEPH  
OF NORTHWESTERN  
PENNSYLVANIA**

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**If you have any questions regarding the Beaver County YMCA  
or its programs, contact our professional staff:**

**Michael B. Harich, President/CEO**

**Mandy DeFilippi, Chief Operating Officer**

**Ed Braddock, Wellness Director**

**Megan Green, Childcare Director**

**Calista Harty, Swim Lesson Coordinator**

**John Merola, Director of Mission Advancement**

**Jacqueline Peiffer, Aquatics Coordinator**

**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](http://www.beavercountyyymca.org)

**The YMCA serves all ages, abilities, incomes and faiths.  
Financial assistance is available for programs and/or membership.**