

Beaver County YMCA



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL/WINTER 2026 PROGRAM CATALOG



September 1st-December 31st

OUR MISSION

OUR MISSION:

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

OUR VALUES:

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

AREAS OF FOCUS:

For Youth Development
For Healthy Living
For Social Responsibility

Building Closings

- September 7th: Labor Day
- November 26th: Thanksgiving
- December 24th: Christmas Eve (Open 5am-12pm)
- December 25th: Christmas Day
- December 31st: New Year's Eve (Open 5am-12pm)
- January 1st: New Year's Day

Hours of Operation

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

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

YMCA FOOD PROGRAM SEPTEMBER through DECEMBER 2026

YMCA FOOD LOCKER



As part of our ongoing commitment to fighting hunger in Beaver County, we are proud to continue offering our Food Locker Program located in the YMCA lobby. This free resource is available to all Beaver County residents, though registration is required to participate. Food locker distributions begin on the second Tuesday of each month. For more information on how to register or support the program by helping fill lockers, please contact Kourtney Shoop, Food Service Director, at foodservice@beavercountyyymca.org or call 724-891-8439 ext. 310.

FAMILY SUPPER

- When: 3rd Wednesday of each month
- Time: 5:30-6:30pm
- Where: Beaver County YMCA - Main Lobby

Join us for Family Supper! Free nutritious meals are available for children, teens, and parents in a safe, welcoming environment. Come enjoy a healthy dinner, connect with friends, and be part of fun community activities. All families are welcome! Please contact Kourtney Shoop to RSVP at foodservice@beavercountyyymca.org.

THANKSGIVING FOOD DRIVE

This Thanksgiving season let's come together to ensure every family in our community has a reason to give thanks. Please donate whole Turkeys to the Beaver County YMCA from November 16th-November 20th, 2026. Food will be distributed to families in need through our Food Lockers starting on Monday, November 23rd, 2026.

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



"Therefore, just as through one man sin entered the world, and death through sin, and thus death spread to all men, because all sinned—"
— Romans 5:12

BEAVER COUNTY YMCA FALL FESTIVAL

Join us for a fun-filled Fall Festival at the Beaver County YMCA on

Saturday, October 10
11:00am–1:00pm

This **FREE** family event is the perfect opportunity to celebrate the season while exploring everything the YMCA has to offer. Enjoy an afternoon filled with:

- Games and activities for all ages all throughout the Y
- Seasonal fun and surprises
- A FREE lunch for all children attending the event in our YMCA Commons
- Cornhole Tournament: Register your 2 person team at the front desk

Costumes are welcome, so come dressed in your favorite fall or Halloween costume (please keep costumes family-friendly)!

Whether you're already part of the Y family or visiting for the first time, we invite you to spend the day making memories, meeting our staff, and experiencing our welcoming community.

This event is free, but pre-registration is required. We can't wait to celebrate fall with you!



"And they said, Believe on the Lord Jesus Christ, and thou shalt be saved, and thy house."

- Acts 16:31

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

AQUATICS

FALL AQUATIC SCHEDULE

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

Class	Day	Time	Location	Member Rate	Non-Member Rate
Parent/Child : Ages 6 Months to 3 Years (30 min. class)					
Baby and Me	Monday	10:30 – 11:00am	Therapy Pool	\$60	\$120
Baby and Me	Monday	7:00 – 7:30pm	Therapy Pool	\$60	\$120
Baby and Me	Tuesday	7:00 – 7:30pm	Therapy Pool	\$60	\$120
Baby and Me	Thursday	4:30 – 5:00pm	Therapy Pool	\$60	\$120
Baby and Me	Saturday	9:00 – 9:30am	Therapy Pool	\$60	\$120
Preschool Lessons: Ages 2 Years and up (30 min. class)					
Toddler Level 1	Monday	11:15 – 11:45am	Therapy Pool	\$60	\$120
Toddler Level 1	Monday	4:45 – 5:15pm	Therapy Pool	\$60	\$120
Toddler Level 1	Tuesday	4:45 – 5:15pm	Therapy Pool	\$60	\$120
Toddler Level 1	Thursday	5:50 – 6:20pm	Therapy Pool	\$60	\$120
Toddler Level 1	Saturday	9:45 – 10:15am	Therapy Pool	\$60	\$120
Toddler Level 2	Monday	12:00 – 12:30pm	Lap Pool	\$60	\$120
Toddler Level 2	Monday	5:30 – 6:00pm	Therapy Pool	\$60	\$120
Toddler Level 2	Tuesday	5:30 – 6:00pm	Therapy Pool	\$60	\$120
Toddler Level 2	Thursday	5:10 – 5:40pm	Therapy Pool	\$60	\$120
Toddler Level 2	Saturday	10:45 – 11:15am	Therapy Pool	\$60	\$120
Toddler Level 3	Monday	12:45 – 1:15pm	Lap Pool	\$60	\$120
Toddler Level 3	Monday	6:15 – 6:45pm	Therapy Pool	\$60	\$120
Toddler Level 3	Tuesday	6:15 – 6:45pm	Therapy Pool	\$60	\$120
Toddler Level 3	Saturday	11:30am – 12:00pm	Therapy Pool	\$60	\$120
Toddler Level 4	Monday	1:30 – 2:00pm	Lap Pool	\$60	\$120
Toddler Level 4	Monday	7:00 – 7:30pm	Lap Pool	\$60	\$120
Toddler Level 4	Tuesday	7:00 – 7:30pm	Lap Pool	\$60	\$120
Toddler Level 4	Saturday	12:00 – 12:30pm	Lap Pool	\$60	\$120
Youth Lessons: Ages 6 and up (30 min. class)					
Youth Level 1	Monday	4:45 – 5:15pm	Lap Pool	\$60	\$120
Youth Level 1	Tuesday	4:45 – 5:15pm	Lap Pool	\$60	\$120
Youth Level 1	Saturday	9:00 – 9:30am	Lap Pool	\$60	\$120
Youth Level 2	Monday	5:30 – 6:00pm	Lap Pool	\$60	\$120
Youth Level 2	Tuesday	5:30 – 6:00pm	Lap Pool	\$60	\$120
Youth Level 2	Thursday	5:50 – 6:20pm	Lap Pool	\$60	\$120
Youth Level 2	Saturday	9:45 – 10:15am	Lap Pool	\$60	\$120
Youth Level 3	Monday	6:15 – 6:45pm	Lap Pool	\$60	\$120
Youth Level 3	Tuesday	6:15 – 6:45pm	Lap Pool	\$60	\$120
Youth Level 3	Thursday	5:10 – 5:40pm	Lap Pool	\$60	\$120
Youth Level 3	Saturday	10:30 – 11:00am	Lap Pool	\$60	\$120
Youth Level 4	Monday	7:00 – 7:30pm	Lap Pool	\$60	\$120
Youth Level 4	Tuesday	7:00 – 7:30pm	Lap Pool	\$60	\$120
Youth Level 4	Thursday	4:30 – 5:00pm	Lap Pool	\$60	\$120
Youth Level 4	Saturday	11:15 – 11:45am	Lap Pool	\$60	\$120
Adult Group Lessons					
Adult Group Lessons	Tuesday	7:25 – 7:55pm	Therapy/Lap Pool	\$60	\$120
Adult Group Lessons	Saturday	8:20 – 8:50am	Therapy/Lap Pool	\$60	\$120
Private Lessons: Ages 6 months and up					
Private Swim Lessons*	Flexible	6-30 Min. OR 4-45 Min	Therapy/Lap Pool	\$120	\$180
Semi-Private Swim Lessons*	Flexible	6-30 Min. OR 4-45 Min	Therapy/Lap Pool	2 People \$165	\$255
				3 People \$210	\$330

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

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

Fall 1:
Week of Aug. 24th-Oct. 3rd
Registration Begins:

- NOW OPEN

Fall 2:
Week of Oct. 5th-Nov. 14th
Registration Begins:

- Member: Sept. 14th
- Non-Member: Sept. 21st

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

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

Beaver County YMCA Swim Lesson Descriptions

Baby and Me

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 LAP POOL SCHEDULE

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 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				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 4:30-7:15pm	Lap Swim			Open Swim	
6:00 – 7:00pm	(Tues/Thurs)	Lap Swim			HydroFit – Shallow Water (6:15-7pm-Tues/Thurs)	
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

FALL '26 THERAPY POOL

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	Open Swim
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	Open Swim
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



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

Please register on our website at www.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,
visit the Member Service Desk or email: aquatics2@beavercountyyymca.org.

2026 COURSE DATES

Full Certification Dates:

- Sept. 26th-28th; 8am-4:30pm
- Oct. 16th-18th; 8am-4:30pm
- Nov. 6th-8th; 8am-4:30pm
- Dec. 28th-30th; 8am-4:30pm

Recertification Dates:

- Sept. 19th; 8am-4:30pm
- Nov. 14th; 8am-4:30pm
- Dec. 19th; 8am-4:30pm



If you have not received and email or phone call for confirmation of sign up, please contact **Jacqueline** at **724-891-8439 ext. 306** or email **aquatics2@beavercountyyymca.org**.

Please register on our website at www.beavercountyyymca.org, visit the Member Service Desk or email: aquatics2@beavercountyyymca.org.

YOUTH

CHILD WATCH



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

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

Child Watch

(ages 6 month to 8 years)

• **Monday - Friday:**
8am-12pm; 4:30-8pm

• **Saturday:**
9am-12pm

*Hours are subject to change.

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

Y-Runners

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

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

School Aged Session

When: Thursdays - October 1st-December 2nd

Santa Run on December 6th

Time: 5:15-6:00pm

Toddler Session (4-5 years olds)

When: Wednesdays - October 7th-December 9th

Santa Run on December 6th

Time: 10:30-11:15am

Where: Main Gym

Fee: Members: \$35 | Non-Members: \$50

No PM Session on: October 20th; November 26th

No AM Session on: November 25th

Homeschool Gym & Swim

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

Day: Fridays

When: October 2nd-December 18th

Time: 11:15-11:45am
11:45am-12pm - Station Change
12-12:30pm

Where: Gym & Pool

Ages: 3-10 years old

Fee: Members \$50; Non-Members \$75
****\$10 Sibling Discount****



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

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

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.

Monday

- Youth: 6:10-6:55pm
- Teens: 7:00-8:00pm

Wednesday

- Youth: 6:00-6:45pm
- Teens: 7:00-8:00pm

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



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

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

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

- **Youth** - <https://cp.mystudio.io/r/?=Glx/3869/80220//1665618971>
- **Adult** - <https://cp.mystudio.io/r/?=Glx/3869/80219//1665618971>

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

You can sign up for the online curriculum here:

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

I am including a complimentary lesson on how to tie your belt.
<https://youtu.be/D5zkTIeU4Q>

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



For More Information, Visit: Sotamartialarts.com

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

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.

For More Information, Please Contact Pamela Torbett, Healthy Living Director
at aaa@beavercountymmca.org Or 724-891-8439 Ext. 305.

PERSONAL TRAINING SALES

Fall into Fitness: October 1st- 8th

Personal Training Promotional Sales:

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



"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.beavercountymmca.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
September 8

Tuesday
October 13

Tuesday
November 10

Tuesday
December 8

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.



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

- Romans 6:23

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

DISCOVER TAI CHI LEAD BY INSTRUCTOR SIFU DOUG STOPP

**Mondays: 6pm
Wednesday: 2:25pm
Water Tai Chi (Pool)**

**Select Fridays: 1:15–2pm
Monaca Library**

Check Monthly Class Schedule for Dates



"The Lord is not slack concerning His promise, as some count slackness, but is longsuffering toward us, not willing that any should perish but that all should come to repentance."
- 2 Peter 3:9

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

FALL NUTRITIONAL SEMINAR SERIES



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

Seminar Schedule:

- Wednesday, September 16th – Bone Health
- Wednesday, October 14th – Protecting Your Immune System
- Wednesday, November 11th – The Gut Micro

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

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

Location: Board Room

Time: 6–7pm

Register: Online or At Front Desk

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



“For God did not send His Son into the world to condemn the world,
but that the world through Him might be saved.”

– John 3:17

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

COUPLES PARTNER WORKOUT



**Check Out Our Monthly Class Schedule
for Days and Times**

— Must Register —

Members: \$12 per Couple

Non-Members: \$20 per Couple



**FOR ALL AGES
& ABILITIES!**

**ALL COUPLES
WELCOME!**

**STRENGTHEN
YOUR BOND &
YOUR BODY!**

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

REGISTRATION NOW OPEN!

Beaver County YMCA

the **Santa Run**
5K 10K

Sunday, December 6th

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

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

Fees:

Regular Registration (through 12/5/26):

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



Sign up before November 20th to guarantee your race hoodie.

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

Register Today!



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

- Psalm 31:24

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

10 LB WEIGHTS & UNDER



Sundays

3-4pm

Multipurpose Room

Drop In...No Registration Needed!

FULL BODY WORKOUT

- **Dumbbells**
- **Cardio**
- **Mat Work**
- **Loops**
- **Sliders**



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

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

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

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

Couples' Partner Workout – For all ages and abilities. Strengthen your bond & your body. Fun, motivating group environment. Learn partner-based exercises.

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

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

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

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

Dance Cardio – 45 min dance fitness class that consists of a warm-up session, toning & tightening, 2 dance choreography segments, a high-intensity interval training (HIIT) cardio section, & a grand finale where all the dance moves come together. Get ready to groove, tone & sweat with us!

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



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

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



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

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

Spring 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 step shop to get cardio, strength and balance in one class.

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

Strength, Balance & Restore – Designed for all fitness levels to build strength, improve balance, increase mobility and leave feeling refreshed. Mat floor work and weights used.

Supersets – Strength & toning class in which you move quickly from one exercise to a separate exercise. This can lead to muscle, cardiac and other health gains in a shorter exercise session.

Tone & Sculpt – Functional strength training that focuses on balance and then a deep stretch to end.

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.

Monthly Aerobic Schedule
Available at Member Service Desk
or beavercountymca.org

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.beavercountyymca.org or visit the Member Service Desk.

Active Older Adult Water Classes



CLASS DESCRIPTIONS

Arthritis Class – This class is designed to center the body while lengthening and strengthening your muscles. We will work on core to promote better posture, balance, range of motion and enhance performance in everyday activities. This class is offered on land and in the therapy pool.

Hydro Fit – This is a one hour class using water as resistance targeting all muscle groups. This class is suitable for all fitness levels and is held in the shallow end of the lap pool.

Poolates – This class takes Pilates to the pool! Aqua Pilates combines the principles of Pilates with all the benefits of aquatic exercise by using the buoyancy, resistance, and gentle movement of water to strengthen muscles, enhance flexibility and posture, sharpen coordination and balance, and relax body and soul.

SilverSplash – A fun, shallow-water exercise class that uses a signature splash-board to improve agility, flexibility and cardiovascular endurance. SilverSplash is suitable for all skill levels and is safe for non-swimmers. The pool provides many benefits when used for aerobic exercise and resistance training.

Total Aqua Body – Get yourself in shape while suspended in deep water with the assistance of aqua belt. Using the water resistance, body weight, noodles, and aqua dumbbells you will be engaging core, arms, legs, back and chest for a full body workout!

Water Based Tai Chi – Water Tai Chi is an exercise and relaxation program, used to help people keep fit and prevent diseases. It is ideal for improving range of motion, balance and mobility, increasing circulation and oxygen levels. It can also be used for relaxation. Our classes are 60 minutes.

Water Volleyball – A low impact exercise that’s gentle on joints, making it an ideal activity for people of all ages and fitness levels. The constant movement in the water provides resistance for muscles, resulting in a challenging and effective workout.

Water Walking – A very basic, low-impact, light-intensity workout using the natural resistance of the water to strengthen core musculature, increase balance, coordination and flexibility. Water Walking is appropriate for those just starting an exercise program or those interested in water exercise.

Why would this class be good for me?
If you are looking for a slower-paced water class, which integrates both mental and physical health, and leaves you feeling relaxed, this one is ideal for you.

**Monthly Aerobic Schedule
Available at Member Service Desk
or beavercountyyymca.org**

Off-Site Active Older Adult Aerobics Program

Wildwood Chapel

2850 Jack St, Aliquippa, PA 15001

Tuesday, Thursday, and Fridays 9:30–10:15am

Fee: FREE for YMCA Members and the following qualifying insurance programs: SilverSneakers, Silver & Fit, Renew Active & FitOn.

Classes offered include:

SilverSneakers Circuit

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

Silver & Fit Experience



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

SilverSneaker Yoga

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

Class Schedule

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

Christmas Party – Tuesday, December 15th, 2026

Join us for food and fellowship during normal class time.



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

– Psalm 31:24

Off-Site Active Older Adult Aerobics Program

Church in the Round

784 Griffith Street, Aliquippa, PA 15001

Saturdays 11am-12pm

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.



"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

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 Date (Tuesday)

• **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: Mondays and Wednesdays; 2-3pm

Dates: August 17th-October 7

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

TOPS (Take Off Pounds Sensibly)

This nationwide weight loss support group meets in our board room Wednesdays at 10am. Join them for a weekly weigh in and tips and tricks to sensibly and sustainably lose weight and keep it off! For more information, visit www.tops.org.



First Wednesday

Lunch Meet Ups

Email: 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)

Friendsgiving

Wednesday November 4th from 12-3pm in The Commons.

Join us for Friendsgiving Potluck; giving thanks together. Sign-up sheet will be at the front desk. Please bring your favorite pot luck dish!



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

WINTER CAMP

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

Program Dates:

December 28th - 31st

Times: 7am-5pm

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

Location: At the Beaver County YMCA



Contact Information:

Sarah Yauger, Curriculum Director

(724) 891-8439 ext. 314

curriculumdirector@beavercountyyymca.org

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

FULL DAY CHILDCARE

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

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

Our center prides itself in creating a safe and respectable environment in which children can reach their full potential. Our center follows Gee Whiz, an age-appropriate curriculum to meet the needs of children in all age groups from 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@beavercountymca.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.beavercountymca.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: \$120* |
| 4 days a week: \$89 | 4 days a week: \$109 | 4 days a week: \$140* |
| 5 days a week: \$99 | 5 days a week: \$114 | 5 days a week: \$160* |
- *effective October 5, 2026

For families interested in enrolling their child at any of our school age sites, please contact:
Megan Green, Childcare Director for more information by either calling the Y at
(724)891-8439 ext. 314 or by emailing childcaredirector@beavercountyyymca.org



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

MISSION ADVANCEMENT

SEPTEMBER THRU DECEMBER 2026



Weekly Bible Study

Our weekly Bible study group meets on Wednesday mornings from 9-10am in the YMCA board room. This fall we will continue exploring an overview of each book of the Bible. If you want to deepen your faith by experiencing the life-changing power of the Bible better than ever before, make plans to join us for more inspiration, more encouragement, and more new friends.

Chaplain Chat

Life isn't always easy to figure out. As we deal with the daily grind, we could all use some prayer or just someone to talk to. As part of the YMCA's commitment to support your total well-being, our very own YMCA chaplain is available upon request. Stop by the front desk and let us know how we can help.

Resource Table

Have you stopped by our free resource table in the YMCA lobby? There you can find an array of faith-building reading material at no cost to you. As part of our mission we are pleased to make free bibles, devotionals, prayers, and seasonal articles available to anyone interested.

Mission Partnerships

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

Coffee Klatch

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



"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

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

Types of Parties:

- **Pool; Basketball**

Available Times:

- **Saturdays & Sundays 1-3pm**



Party Descriptions

- **Pool Party:** 1 hour in our warm 90 degree, 4 ft. deep therapy pool. Pool Noodles will be provided for children.
- **Basketball:** 1 hour game of basketball in our Multi-Purpose Room.

Basic Birthday Party includes:

- **30 Kids**, \$5 per additional child.
- **Activity:** 1 hour of activity, 1 hour of celebration.
- **All Paper Products:** Table Cloths, Napkins, Plates, Cups and Forks
- **Food for the Guests:** 2-One Topping Pizzas, 30 Bags of Chips and Water
- Youth Attendees will Receive a Y Coupon • **FREE T-Shirt for the birthday child**
- **Party Planner to take care of it all!**
- **Fee: Members \$300; Non-Members \$350 *\$100 deposit due at registration.**

Deposits are non-refundable

Add-On Items: Additional Pizza (24 slices), Chips (30 bags) or Water (30-8 oz. bottles) - \$18
Add an additional HOUR of activity for \$100

What is a YMCA Party Planner?

A YMCA Party Planner does everything for you. They set up the party room & activity room. They also clean up so you have a hassle free party! **Please call the Y at 724-891-8439 ext. 331 or email partyplanner@beavercountyyymca.org for more information.**

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

2232 Third Avenue • New Brighton

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



RENTAL FEES

Member: \$350 • Non-Members: \$400

Non-Refundable Security Deposit: \$150

For More Information, Call: 724-891-8439 Ext. 331, Email: partyplanner@beavercountyyymca.org

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



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

**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

Megan Green, Childcare Director

Calista Harty, Swim Lesson Coordinator

John Merola, Director of Mission Advancement

Jacqueline Peiffer, Aquatics Coordinator

Tina Quintana, Aquatics Director

Kourtney Shoop, Food Service Director

Chasity Smith, Office Manager

Jewell Solomon, Membership Director

Pamela Torbett, Healthy Living Director

Sarah Yauger, Curriculum 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.**