



FALL 2015 PROGRAM CATALOG

August 31st - January 3rd

Beaver County YMCA



FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



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

Devotions for Daily Living

In an effort to fulfill our mission, to put Christian principles into practice through programs that build healthy spirit, mind and body for all, we are offering an open book Bible study. Members of all denominations are welcome to join us in the Board Room every Monday at 9:30 a.m. We will serve you a cup of coffee and the Good Word. **Exercise is good for your body, but religion helps you in every way. It promises life now and forever.**

- 1 Timothy 4:8

Need A Prayer or Know Someone Who Does?

In addition to the prayer box and church directory that is located in the lobby at the information table, we have a prayer chain. If you have a specific crisis situation or someone close to you does and needs strength from prayer, contact the Member Service Director at 724-891-THE-Y (8439) between 9 a.m.-5 p.m. Monday through Friday. Your concern will be confidentially passed on to others who will pray for you, your friends or family.

PSALM 46:1 God is our mighty fortress, always ready to help in times of trouble.

Youth Supper (children under 18 years of age)

On the 1st and 3rd Thursday of each month beginning September 17th, the Beaver County YMCA will serve youth in the community between 6:30-8 p.m. (Dinner is served from 6:30-7:30 p.m.) Along with a warm meal, the children will have the opportunity to use the facility through our Youth Center. The children will participate in activities, including basketball, swimming and the equipment in the Youth Center for the remainder of the evening with supervision of our Youth Center Staff. This program is designed to provide the youth of Beaver County with a safe place to go and just be kids.

Lifesteps Screenings

Lifesteps, Inc., a local nonprofit organization, is partnering with the YMCA to offer developmental screenings, a FREE screening service for all children from birth to five years of age.

A screening takes approximately 30 minutes to complete with results available immediately. The screening covers a child's development in the areas of playing, talking, seeing, hearing, moving, and thinking. Parents are urged to have their children screened so any developmental problems can be caught at the earliest stage. Appointments are required. For more information or to schedule an appointment call Lifesteps at 724-774-6494.

- **Dates:** Thursday, October 15th; Tuesday, December 1st
- **Location:** Board Room • **Time:** 11 a.m. - 5 p.m.



That they all may be one, as thou, Father, art in me, and I in thee; that they also may be one in us: that the world may believe that thou hast sent me.

- John 17:21



MEMBERSHIP

How to Join

You may obtain a YMCA Membership by choosing one of these payment plans:

- **Bank Draft:** Automatic monthly deductions continue to be drafted until the membership department is given a 30-day termination notice.
- **Pay in Full:** We accept payment by cash, check, MasterCard, Discover, Visa or American Express.

Joiner's Fee: For first-time members and expired memberships. (This fee can be spread over 3 months.)

William A Parise Scholarship Program

The Beaver County YMCA is more accessible and afford than ever before with programs in place to help support the community with financial assistance to join the YMCA.

Open Doors Mission Rate: Check with our Member Service Desk and if you meet the household income guidelines, they will provide you with the current subsidized rates. All we need is proof of income in the form of a 1040 tax document within 14 days of sign up. The joiner's fee can also be spread over 3 months.

William A Parise Scholarship application: If the open doors mission rate still does not meet your financial means, a William A. Parise Scholarship Application will be provided for further assistance. These applications are reviewed on a biweekly basis.

Building Closings

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

Hours of Operation

- Monday - Friday: 5 a.m. - 9 p.m.
- Saturday: 6 a.m. - 8 p.m.
- Sunday: 1 p.m.* - 8 p.m.

*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 Cool Down Café

Free coffee, tea, hot chocolate is available everyday until 9:30 a.m.. We also sell protein shakes and smoothies at the front desk.

- **Monday-Friday 7 a.m. - 8:30 p.m.**
- **Saturday 9 a.m. - 7 p.m.**
- **Sunday 2 - 7 p.m.**

Guest Pass Policy

Guests may visit a maximum of 3 times per year. On the fourth visit, a multi-day pass or membership must be purchased. After 4 p.m., guest passes are only issued to guests who are 12 and younger, and 30 and older. Those who are 12 and younger must be accompanied by a parent or guardian with photo identification.

Child Watch/Youth Center Program

This is a free service for all members with children ages 3 months to 14 while using the YMCA for up to two hours. Your children will enjoy structured age appropriate activities and peer interaction in our Child Watch and Youth Center. The Child Watch staff will provide a daily kid fit program as well as use of the playground (weather permitting). Under Youth Center Counselor supervision, the children will have access to utilize the basketball courts, racquetball courts, playground and swimming pool. Parental sign in/out procedures are required.

Child Watch (ages 3 months- age 6)

- **Monday-Thursday:**
8:30 a.m.-1 p.m. & 4 p.m.-8 p.m.
- **Friday:**
8:30 a.m.-1 p.m. & 4 p.m.-7 p.m.
- **Saturday:**
8 a.m.-1 p.m.
- **Sunday:**
Care offered during Aerobic classes. See schedule for specific times.

Youth Center (age 7-14)

Evening Youth Center Hours

- Monday - Thursday 5-8 p.m.

Morning Youth Center Hours

(Available holidays and in service days based on New Brighton School District's schedule)

- 9-11 a.m.



"In the beginning God created the heaven and the earth."

- Genesis 1:1

Parking

Members may park in the YMCA lot, behind the YMCA near Yesco Electric Supply, or across the street near Vollmer's Service. Please reserve the handicap spaces and the Jamie's Physical Therapy spaces for those who need them. Please also obey the childcare drop-off times, leaving those spaces available for parents picking up and dropping off young children.

Picture-Taking Cell Phones Prohibited

All members should be aware that picture-taking cell phones are not permitted at the Beaver County YMCA. This policy is for member protection. We thank you for your compliance with this policy.

Locker-Room Designation

The locker rooms in the back hallway near the Therapy Pool are designated for parents with children of the opposite sex up to the age of 5.

If you feel uncomfortable with this arrangement, please use our locker rooms located near the Wellness Center, or the family changing area located in the back hallway. The front locker rooms are female and male only at all times.

Volunteer Opportunities Available

Our mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all. We serve thousands of young people and adults through a wide variety of programs and services and have been a vital and contributing part of the community since 1891. These programs and services are undertaken by hundreds of dedicated volunteers. Your investment of time and talents are needed for us to continue and expand our youth and community services. As a volunteer you will be treated as a partner and coworker of the Beaver County YMCA and be assigned to a meaningful position that meets your individual interests, skills and life experiences. Applications are available at our Member Services Desk or you can contact the Member Service Director at 724-891-8439.

Current volunteer opportunities include:

- Greeters
- Special Events
- Santa 5K

No Smoking Policy

Beaver County YMCA and grounds are smoke and tobacco-free environments.

Gift Cards

YMCA gift cards, in any amount, can be used for memberships, swim lessons, youth programs, childcare and adult classes. All gift cards expire one year from purchase date and system credits expire 6 months after issued date.

Thunder/Lightning Policy

In the event of inclement weather, including thunder and lightning, the pool will close and the pool deck will be cleared. During this time, all patrons and staff must exit the pool, whirlpool, steam room, and sauna.

The pool deck will reopen once the lightning flash to thunder bang is longer than 10 seconds.

Core Values

Our Christian values of caring, honesty, respect, responsibility and faith will be reflected in examples of our staff and volunteer leadership and how we respond to community needs. If you have questions regarding our mission and/or our values, we'd be happy to hear from you. Call 724-891-8439 and ask for the President & CEO or the V.P. of Member Services.

Go Green...Give Us Your Email

It's easy! Simply stop by the YMCA Member Service Desk and supply us with your email. We will provide you with reminders on upcoming building closings, special YMCA announcements, and a birthday email providing you with a coupon for a FREE bottled water via email. (We will not share your email address with other companies or organizations.)



"Husbands, love your wives, even as Christ also loved the church, and gave himself for it;"

- Ephesians 5:25

MEMBERSHIP EVENTS

Member Appreciation Events

September

• Month of September

Visit the Y 17 times in the month of September to receive a special YMCA T-shirt.

• Saturday, September 12th

Back to school-All children receive a \$1.00 smoothie (12 oz. drink).

Bench Press Challenge:

How many times can you bench press your body weight in 2 minutes? Hey gals! How about half your body weight? Stop by Wellness center for details.

October

• Sunday, October 18th

Lost or Broken Card? Stop by the desk and receive a free card all day.

• Saturday, October 17th-Tuesday, October 20th

Bring in your Ghoulish Pumpkin to be entered to Win! Members will vote and the winner will be announced October 26th!

Lazy Man Triathlon

Swim, Bike, Run! Are you up to the challenge? The Lazy Man Triathlon is going to be a fun competitive event. All levels are welcome and encouraged to participate. The best part is you can compete at your own pace. We will provide a form to track your miles, all on the honor system. All participants will be entered into a drawing for a YMCA gift bag!

November

• Monday-Friday, November 9th-13th

We will have 4 baskets to give away. Pay it forward and give the basket to a friend or family member; since November is the month of Giving Thanks! Raffle will be announced on November 16th.

• Friday, November 20th

Free hot chocolate all day!

Planksgiving!

30 Day of Thanks & Planks. Stop by wellness center for details.

December

• Tuesday, December 8th

Every 10th person who purchases a drink receives a shaker bottle.

• Wednesday, December 16th

Enjoy a FREE WATER after an intense workout.

12 Days of Christmas Workout

Stop by the wellness center to join the Christmas celebration.

Rite Aid's Q&A

• Monday, September 14th; 8-9 a.m.

Did you receive your immunizations yet? Stop by to receive information on Flu, Shingles, Pneumonia, MMR, Hep B, Adacel (whooping cough, tetanus).

• Monday, October 5th; 8-9 a.m.

Fight the Bite - Diabetes is a bigger problem than most people are aware of; stop by and learn how to manage, with better habits.

• Monday, November 2nd; 8-9 a.m.

Have you ever wanted to quit smoking? Stop by and speak to the professionals on ways you can beat this habit.

• Monday, December 7th; 8-9 a.m.

Ask any questions you want about OTC Cold/Flu and Pain Medications. We all have questions and this is an easy way to have our questions answered.

Rite Aid will be Administering Flu Shots

Stop by and receive your Flu Shots with NO APPT. needed! Did you know most insurances cover the cost to receive your Flu Shot?

• Thursday, September 3rd; 8-10 a.m.

• Monday, September 28th; 5-7 p.m.

• Saturday, October 17th; 7-9 a.m.

Youth CPR Training

Ages 10-17. This FREE course is available for the youth in our community to learn the skills that help save a life!

• Saturday, November 14th; 12-3 p.m.

American Heart Association CPR

If cardiac arrest happened to your loved one or a close friend, would you know how to perform life-saving CPR, which can double a victim's chance of survival? Surprisingly, the vast majority of Americans don't. That's why the Beaver County YMCA is offering a FREE CPR Course for YMCA Members.

Pre-registration required, Limited Space Available.

• Friday, September 25th; 9 a.m.- NOON

• Friday, November 13th; 9 a.m.- NOON

Friends & Family First Aid Course for Children

The American Heart Association's First Aid course offers the most comprehensive, flexible first aid training. The proven methods of hands-on instruction will give you the confidence and skills to manage a variety of emergencies. The Beaver County YMCA is offering this course FREE for YMCA Members.

Pre-registration required, Limited Space Available.

• Friday, October 16th; 9 a.m. - NOON

Scholastic Book Fair

December 7th-12th in the lobby

Mon.-Fri. 9 a.m. - 6 p.m. • Sat. 9 a.m.-NOON



FAMILY EVENTS

Event	Date	Time	Location	Fee
Family Painting	September 12th	6:30 - 8:30 p.m.	Main Gym	Free to the Community
Fall Festival	September 20th	5 - 7 p.m.	Main Gym	Free to the Community
Family Aquatic Game Night	October 10th	5 - 7 p.m.	Lap Pool	Free to the Community
Trick or Treat	October 25th	3 - 5 p.m.	Throughout the YMCA	Free to the Community
Indoor Picnic	November 7th	6:30 - 8:30 p.m.	Main Gym	Free to the Community
Craft Night	November 22nd	5 - 7 p.m.	Main Gym	Free to the Community
Flick and Float	December 12th	5 - 7 p.m.	Lap Pool	Free to the Community

Family Painting

Parents and children join us at the YMCA for a little painting fun. Each family will be able to create their own master piece to take home with them.

Fall Festival

Fall is almost here! Come have a fun eventful evening with us decorating pumpkins, making candy apples, playing games and more.

Pre-registration is required. Space is limited.

Family Aquatic Game Night

Join us for a family game night in the pool. Games will include a water monster hunt, a pumpkin swim, and anything that floats race. Raffle prizes will be available for all those in attendance to win. Children under the age of 10 and those who can not pass a swim test must be accompanied by an adult 18 years or older IN the pool with them at all times.

Pre-registration required. Space is limited to 75 people.

Trick or Treat

The YMCA will have a safe and fun trick or treat event for your whole family. Come dressed up and ready for tricks and treats.

Indoor Picnic

Meet us in the gym for some fun family physical activities. This indoor picnic brought inside. Corn toss, beach volleyball, backyard games and all of the table snacks necessary.

Craft Night

Sign up and learn how to make a fun holiday wreath at the Y. **Pre-registration is required by November 17th. Space is limited, ages 10 and up.**

Flick and Float

Join us for a movie in the pool! Rafts will be available for floating in the pool but you are also welcome to bring your own. This event is open to the community, so don't forget to bring your friends. All Ages Welcome! Children under the age of 10 and those who can not pass a swim test must be accompanied by an adult 18 years or older IN the pool with them at all times. **Pre-registration required. Space is limited to 75 people.**



“Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh.”

- Genesis 2:24

Please register by stopping by the Member Service Desk, by calling the YMCA at (724) 891-8439 or by logging onto www.beavercountyyymca.org

LANE SCHEDULE

Mon./Wed.	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Therapy Pool
5:00 - 8:00 a.m.	Lap Swim			Open Swim			Closed
8:00 - 9:00 a.m.	Lap Swim			Aqua Jog (Deep End) / Open Swim (Shallow End)			Open Swim
9:00 - 10:00 a.m.	Lap Swim			Open Swim (Deep End) / Aqua Aerobics (Shallow End)			Swim Lessons/Child Care
10:00 - 11:30 a.m.	Lap Swim		Volleyball (Shallow End) / Open Swim (Deep End)			Swim Lessons/Child Care	
11:30 a.m. - Noon	Swim Lessons (11:30 a.m.-12:15 p.m.)		Lap Swim		Open Swim		Open Swim
Noon - 1:00 p.m.	Lap Swim			Open Swim			Arthritis
1:00 - 2:00 p.m.	Lap Swim			Open Swim			Arthritis
2:00 - 3:00 p.m.	Lap Swim			Open Swim			Open Swim
3:00 - 4:00 p.m.	Lap Swim			Open Swim			Open Swim
4:00 - 5:00 p.m.	Swim Lessons		Lap Swim		Open Swim		Swim Lessons/Open Swim
5:00 - 6:00 p.m.	Swim Lessons		Lap Swim		Open Swim		Swim Lessons/Open Swim
6:00 - 7:00 p.m.	Swim Lessons		Lap Swim		Open Swim		Swim Lessons
7:00 - 8:00 p.m.	Lap Swim			Instructor's Mix/Open Swim			Open Swim (7-7:30 p.m.)
8:00 - 8:30 p.m.	Lap Swim			Open Swim			Adults Only Open Swim (7:30-8:30 p.m.)
8:30 - 9:00 p.m.	Lap Swim			Open Swim			Closed
9:00 p.m.	Pool Closed						
Tues./Thurs.	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Therapy Pool
5:00 - 8:00 a.m.	Lap Swim			Open Swim			Open Swim (7 a.m.)
8:00 - 9:00 a.m.	Lap Swim			Open Swim			Open Swim
9:00 - 10:00 a.m.	Child Care		Lap Swim		Open Swim		Aqua Pilates
10:00 - 11:00 a.m.	Lap Swim			Open Swim / Instructor's Mix (Tue) / Aqua Zumba (Thurs.)			Open Swim/Child Care
11:00 a.m. - Noon	Swim Lessons/Child Care		Lap Swim		Open Swim		Silver Splash
Noon - 1:00 p.m.	Swim Lessons		Lap Swim		Open Swim		Just My Speed
1:00 - 2:00 p.m.	Swim Lessons		Lap Swim		Open Swim		Open Swim
2:00 - 3:00 p.m.	Lap Swim			Open Swim			Arthritis
3:00 - 4:00 p.m.	Lap Swim			Open Swim			Open Swim
4:00 - 5:00 p.m.	Swim Lessons		Lap Swim		Open Swim		Swim Lessons/Open Swim
5:00 - 6:00 p.m.	Swim Lessons		Lap Swim		Open Swim		Swim Lessons/Open Swim
6:00 - 7:00 p.m.	Swim Lessons		Lap Swim		Open Swim		Swim Lessons
7:00 - 8:00 p.m.	Lap Swim			Open Swim			Arthritis
8:00 - 8:30 p.m.	Lap Swim			Open Swim			Adults Only Open Swim
8:30 - 9:00 p.m.	Lap Swim			Open Swim			Closed
9:00 p.m.	Pool Closed						
Fri.	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Therapy Pool
5:00 - 8:00 a.m.	Lap Swim			Open Swim			Open Swim (7 a.m.)
8:00 - 9:00 a.m.	Lap Swim			Aqua Jog (Deep End) / Open Swim (Shallow End)			Open Swim
9:00 - 10:00 a.m.	Lap Swim			Open Swim (Deep End) / Aqua Aerobics (Shallow End)			Swim Lessons/Open Swim
10:00 - 11:30 a.m.	Lap Swim		Volleyball (Shallow End) / Open Swim (Deep End)			Swim Lessons/Open Swim	
11:30 a.m. - Noon	Swim Lessons		Lap Swim		Open Swim		Swim Lessons/Open Swim
Noon - 1:00 p.m.	Lap Swim			Open Swim			Arthritis
1:00 - 2:00 p.m.	Lap Swim			Open Swim			Arthritis
2:00 - 3:00 p.m.	Lap Swim			Open Swim			Open Swim
3:00 - 4:00 p.m.	Lap Swim			Open Swim			Open Swim
4:00 - 5:00 p.m.	Lap Swim			Open Swim			Open Swim
5:00 - 6:30 p.m.	Lap Swim			Open Swim			Open Swim
6:30 - 7:30 p.m.	Lap Swim			Open Swim			Rentals (6:30-7:30 p.m.)
7:30 - 8:30 p.m.	Lap Swim			Open Swim			Adults Only Open Swim
8:30 - 9:30 p.m.	Lap Swim			Open Swim			Closed
9:30 p.m.	Pool Closed						
Sat.	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Therapy Pool
6:00 - 8:00 a.m.	Lap Swim			Open Swim			Open Swim (8 a.m.)
8:00 - 9:00 a.m.	Swim Lessons		Lap Swim		Open Swim		Open Swim
9:00 - 10:00 a.m.	Swim Lessons		Lap Swim		Open Swim		Swim Lessons
10:00 - 11:00 a.m.	Swim Lessons		Lap Swim		Open Swim		Swim Lessons
11:00 a.m. - 1 p.m.	Swim Lessons		Lap Swim		Open Swim		Swim Lessons
1:00 - 2:00 p.m.	Swim Lessons		Lap Swim		Open Swim		Open Swim
2:00 - 3:00 p.m.	Lap Swim			Open Swim			Rentals
3:00 - 5:00 p.m.	Lap Swim			Open Swim			Open Swim
5:00 - 6:00 p.m.	Lap Swim			Open Swim			Rentals
6:00 - 7:30 p.m.	Lap Swim			Open Swim / Events			Open Swim
7:30 - 8:00 p.m.	Lap Swim			Open Swim			Adults Only Open Swim
8:00 p.m.	Pool Closed						
Sun.	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Therapy Pool
6:00 a.m. - 1:00 p.m.	CLOSED...SEE YOU IN CHURCH!!!						
1:00 - 2:00 p.m.	Lap Swim			Open Swim			Open Swim
2:00 - 3:00 p.m.	Lap Swim			Open Swim			Rentals
3:00 - 5:00 p.m.	Lap Swim			Open Swim			Open Swim
5:00 - 6:00 p.m.	Lap Swim			Open Swim			Rentals
6:00 - 7:00 p.m.	Lap Swim			Open Swim			Open Swim
7:00 - 7:30 p.m.	Lap Swim			Open Swim			Open Swim
7:30 - 8:00 p.m.	Lap Swim			Open Swim			Adults Only Open Swim
8:00 p.m.	Pool Closed						

Pool schedule is subject to adjustments due to usage and programs. All children under the age of 10 MUST be accompanied by an adult. Open swim may be available during Rental times on pool schedule, check with Member Service Desk.

AQUATICS

Daytime, Evening, and Weekend Lessons (Once each week for 8 weeks)

Class	Day	Time	Location	Member Rate	Non-Member Rate
Parent/Child Lessons: Ages 6 Months to 36 Months					
Shrimp/Kipper/Inia/Perch	Monday	11:00 - 11:30 a.m.	Therapy Pool	Shrimp/Kipper: Free; Inia/Perch: \$32	\$57
Shrimp/Kipper/Inia/Perch	Monday	6:30 - 7:00 p.m.	Therapy Pool	Shrimp/Kipper: Free; Inia/Perch: \$32	\$57
Shrimp/Kipper/Inia/Perch	Saturday	10:20 - 10:50 a.m.	Therapy Pool	Shrimp/Kipper: Free; Inia/Perch: \$32	\$57
Pre-Pike Lessons: Ages 30 Months to 36 Months					
Pre-Pike	Monday	10:20 - 10:50 a.m.	Therapy Pool	\$32	\$57
Pre-Pike	Monday	4:30 - 5:00 p.m.	Therapy Pool	\$32	\$57
Pre-Pike	Wednesday	6:30 - 7:00 p.m.	Therapy Pool	\$32	\$57
Pre-Pike	Saturday	11:40 a.m. - 12:10 p.m.	Therapy Pool	\$32	\$57
Preschool Lessons: Ages 3 Years to 5 Years					
Pike	Monday	9:40 - 10:10 a.m.	Therapy Pool	Free	\$57
Pike	Monday	5:10 - 5:40 p.m.	Therapy Pool	Free	\$57
Pike	Tuesday	4:30 - 5:00 p.m.	Therapy Pool	Free	\$57
Pike	Tuesday	5:10 - 5:40 p.m.	Therapy Pool	Free	\$57
Pike	Tuesday	5:50 - 6:20 p.m.	Therapy Pool	Free	\$57
Pike	Wednesday	4:30 - 5:00 p.m.	Therapy Pool	Free	\$57
Pike	Wednesday	5:50 - 6:20 p.m.	Therapy Pool	Free	\$57
Pike	Thursday	4:30 - 5:00 p.m.	Therapy Pool	Free	\$57
Pike	Thursday	5:10 - 5:40 p.m.	Therapy Pool	Free	\$57
Pike	Saturday	9:40 - 10:10 a.m.	Therapy Pool	Free	\$57
Pike	Saturday	11:00 - 11:30 a.m.	Therapy Pool	Free	\$57
Pike	Saturday	12:20 - 12:50 p.m.	Therapy Pool	Free	\$57
Eel	Monday	9:00 - 9:30 a.m.	Therapy Pool	\$32	\$57
Eel	Monday	5:50 - 6:20 p.m.	Lap Pool	\$32	\$57
Eel	Tuesday	6:30 - 7:00 p.m.	Therapy Pool	\$32	\$57
Eel	Wednesday	5:10 - 5:40 p.m.	Therapy Pool	\$32	\$57
Eel	Thursday	5:50 - 6:20 p.m.	Lap Pool	\$32	\$57
Eel	Saturday	9:00 - 9:30 a.m.	Therapy Pool	\$32	\$57
Ray/Starfish	Monday	11:40 a.m. - 12:10 p.m.	Lap Pool	\$32	\$57
Ray/Starfish	Monday	6:30 - 7:00 p.m.	Lap Pool	\$32	\$57
Ray/Starfish	Thursday	6:30 - 7:00 p.m.	Lap Pool	\$32	\$57
Ray/Starfish	Saturday	10:20 - 10:50 a.m.	Lap Pool	\$32	\$57
Youth Lessons: Ages: 6 Years and up					
Polliwog	Monday	6:15 - 7:00 p.m.	Lap Pool	Free	\$57
Polliwog	Tuesday	6:15 - 7:00 p.m.	Lap Pool	Free	\$57
Polliwog	Wednesday	4:30 - 5:15 p.m.	Lap Pool	Free	\$57
Polliwog	Thursday	5:25 - 6:10 p.m.	Lap Pool	Free	\$57
Polliwog	Saturday	9:55 - 10:40 a.m.	Lap Pool	Free	\$57
Polliwog	Saturday	12:40 - 1:25 p.m.	Lap Pool	Free	\$57
Guppy	Tuesday	5:25 - 6:10 p.m.	Lap Pool	\$32	\$57
Guppy	Saturday	10:50 - 11:35 a.m.	Lap Pool	\$32	\$57
Guppy/Minnow	Monday	4:30 - 5:15 p.m.	Lap Pool	\$32	\$57
Guppy/Minnow	Wednesday	5:25 - 6:10 p.m.	Lap Pool	\$32	\$57
Guppy/Minnow	Thursday	4:30 - 5:15 p.m.	Lap Pool	\$32	\$57
Minnow	Tuesday	4:30 - 5:15 p.m.	Lap Pool	\$32	\$57
Minnow	Saturday	11:45 a.m. - 12:30 p.m.	Lap Pool	\$32	\$57
Fish/Flying Fish/Shark/Porpoise	Monday	5:25 - 6:10 p.m.	Lap Pool	\$32	\$57
Fish/Flying Fish/Shark/Porpoise	Wednesday	6:15 - 7:00 p.m.	Lap Pool	\$32	\$57
Fish/Flying Fish/Shark/Porpoise	Saturday	9:00 - 9:45 a.m.	Lap Pool	\$32	\$57
Adult Lessons: Ages: 15 Years and up					
Adult Swim Lessons	Thursday	6:15 - 7:00 p.m.	Lap Pool	\$32	\$57
Adult Swim Lessons	Saturday	8:00 - 8:45 a.m.	Lap Pool	\$32	\$57

* PLEASE NOTE: Make-Up Lessons for the Pre-Pike, Preschool, and Youth Programs will be offered on select Fridays, Saturdays, and Sundays. Parent Child Make-Up Classes are offered during the three regularly scheduled class times. Please register online or with the member service desk.

Classes will not be offered on Monday, September 7 and Thursday, November 26 due to the Holidays.
Please register for a Make-Up lesson in advance.

Daytime, Evening, and Weekend Lessons (Once each week for 8 weeks)

Fall 1: Week of Aug. 31st - Week of Oct. 19th

Fall 2: Week of Oct. 26th - Week of Dec. 14th

Registration Begins:

Registration Begins:

- Member On-Line: Register Now
- Member: August 7th
- Non-Member: August 14th

- Member On-Line: October 5th
- Member: October 9th
- Non-Member: October 16th

- Swim Lesson Level Descriptions found on [page 8](#)
- Additional Swim Lessons and Aquatic Programs found on [Page 9 & 10](#)

Please register by stopping by the Member Service Desk, by calling the YMCA at (724) 891-8439 or by logging onto www.beavercountymca.org

SWIM LESSON LEVEL DESCRIPTIONS

Parent/Child Swim Lessons

(Ages: 6 - 36 months) This 30-minute class is for children ages 6 to 36 months and their parents. This program is always taught in our warm water therapy pool and the maximum student to instructor ratio is 1:20. The primary objective is to get both the parent and child comfortable in the water by focusing on having fun, playing games, bonding, and interacting with others. Children will be exposed to games that use basic movements in the water, such as kicking, arm strokes, and breath control.

Each class time will serve different swim level combinations of Shrimp, Kipper, Inia, and Perch. As the children progress, the focus for each parent-child team will begin to change based upon the developmental abilities of the child and the guidelines below.

Shrimp (6-8 months) - This is an introduction to the aquatic environment for parents and their infants. They learn basic aquatic safety and have a positive experience with their child that helps them bond.

Kipper (9-12 months) - This level continues to provide positive aquatic experiences for parents and infants. The infants learn basic skills, cue words, and have fun playing with toys and floatation devices.

Inia (13-18 months) - Children do more independent exploration of the aquatic environment with help from their parents. This stage provides a great opportunity for parent/child teams to socialize with each other.

Perch (19-36 months) - Children start moving more independently through the water under their parents' guidance. At this point, the children begin to prepare to work directly with an instructor on their own.

Pre-Pike Swim Lessons

(Ages 2 ½ - 3 years) This 30 minute class is designed especially for swimmers between the ages of 2 ½ and 3 years of age who are more advanced than the Parent/Child Program but not old enough for the Preschool Program. Classes will cover the same skills taught in the Pike Level but will be conducted with a low ratio of 1 instructor for every 3 children. Parents will not be permitted in the pool for this level, therefore children must be able to swim with an instructor have the ability to stay focused and follow direction in a class setting.

Preschool Swim Lessons

(Ages 3 to 5 years) This program offers many children their first experience in the pool without parental assistance. These 30 minute classes are taught in either the Therapy Pool or Lap Pool and the maximum student to instructor ratio is 1:5. The children are taught the basic skills that are the building blocks of swimming including kicking, arm strokes, and breath control.

Pike - This class is designed for the beginning swimmer who requires the assistance of an instructor and floatation device for swimming.

Eel - This class is designed for the child that has advanced from the Pike class or can already **swim independently the length of the pool with a flotation device** on their front, back, and side with a flotation device and a **minimum of 5 feet without a flotation device** on their front and back.

Ray - This class is designed for the child that has advanced from the Eel class or can already **swim independently a minimum of 15 feet without a flotation device** on their front, back, and side.

Starfish - This class is designed for the child that has advanced from the Ray class or can already **swim independently the length of the pool without a flotation device** on their front, back, and side.

Youth Swim Lessons

(Ages 6 years and up) This program comprises five main components: personal growth, personal safety, stroke development, water sports and games, and rescue. These 45 minute classes are taught in the Lap Pool. The maximum student to instructor ratio for Polliwog and Guppy is 1:7. The maximum student to instructor ratio for Minnow and Up is 1:10. Each level builds upon the preceding level, with seven levels covering all the strokes, diving fundamentals, and safety.

Polliwog - This class is designed for the beginning swimmer who requires the assistance of an instructor and floatation device for swimming.

Guppy - This class is designed for the child that has advanced from the Polliwog class or **can already swim independently the length of the pool without a flotation device** or the assistance of an instructor on their front, back, and side.

Minnow - This class is designed for the child that has advanced from the Guppy class or **can already swim front crawl with rotary breathing, sidestroke, and elementary backstroke each for one length** of the pool.

Fish - This class is designed for the child that has advanced from the Minnow class or **can already swim front crawl with rotary breathing, back crawl, sidestroke, and breaststroke each for two lengths** of the pool and **tread water for 1 minute**.

Flying Fish - This class is designed for the child that has advanced from the Fish class or **can already swim front crawl with rotary breathing, back crawl, sidestroke, and breaststroke each for two lengths** of the pool, **swim 1/2 length of butterfly, and tread water for 3 minutes**.

Shark - This class is designed for the child that has advanced from the Flying Fish class or **can already swim front crawl with rotary breathing, back crawl, sidestroke, and breaststroke each for four lengths** of the pool, **swim one length of butterfly, and tread water for 6 minutes**.

Porpoise - This class is designed for the child that has advanced from the Shark class or **can already swim front crawl with rotary breathing, back crawl, breaststroke, sidestroke, elementary backstroke, and butterfly each for four lengths** of the pool, **swim a 200 yd Individual Medley, and tread water with hands out of the water**.

Adult Swim Lessons

(Ages 15 and up) This 45 minute lesson is available to adults that are comfortable learning in a group setting. Great start for all ability levels, the maximum student to instructor ratio is 1:7.

Please register by stopping by the Member Service Desk, by calling the YMCA at (724) 891-8439 or by logging onto www.beavercountymca.org

Aquatic Fitness Programs

Ages: 15 and Up (Members 9-14 may participate in aerobic classes with a parent/guardian.) The Beaver County YMCA has a variety of FREE aquatic fitness classes designed to improve or maintain your health while using water as a cushion. Each class is able to be adjusted to your personal level of ability.

Aqua Aerobics - This is a one-hour workout using water as a cushion. The exercises target the arms, legs, thighs, hips, and abdominal region. This class suits a wide range of fitness levels.

Day/Time: Mon., Wed., & Fri. 9-10 a.m.;
Location: Shallow End Lap Pool

Aqua Jog - This is a one-hour workout in the deep water using flotation belts for support. The exercises target the arms, legs, thighs, hips and abdominal region and suits a wide range of fitness levels.

Day/Time: Mon., Wed., & Fri. 8-9 a.m.
Location: Deep End Lap Pool

Aqua Pilates - 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.

Day/Time: Tues. & Thurs. 9-10 a.m.
Location: Therapy Pool

Aqua ZUMBA® - This high intensity water workout brings ZUMBA® music and dance moves to the pool. Aqua ZUMBA® combines fast past choreography with the benefits of aquatic exercise by using the resistance of water to help strengthen muscles. Come join the party in the pool!

Day/Time: Thurs. 10-11 a.m.
Location: Lap Pool

**Please note if the Licensed Aqua Zumba instructor is not available, an alternative class will be offered in its place*

Arthritis - This one-hour class helps individuals who have arthritis feel better as they exercise with a purpose. This class is filled with range of motion exercises for joint and muscle movement.

Day/Time: Mon., Wed. & Fri. 12-1 p.m., 1-2 p.m.;
Tues. & Thurs. 2-3 p.m., 7-8 p.m.

Location: Therapy Pool

Instructor's Mix - This one-hour workout will use a variety of techniques. This class may be taught in the shallow or deep end.

Day/Time: Mon. & Wed. 7-8 p.m.; Tues. 10-11 a.m.
Location: Lap Pool

Just My Speed - This one-hour class is a low intensity Aqua Aerobic workout based on strength building and range of motion movements.

Day/Time: Tues. & Thurs. 12-1 p.m.
Location: Therapy Pool

SilverSneakers® Splash - Activate your aqua exercise urge for variety! SilverSneakers Splash offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability required and a special SilverSneakers kickboard is used to develop strength, balance and coordination.

Day/Time: Tues. & Thurs. 11-11:45 a.m.
Location: Therapy Pool

Youth and Adult Private Swimming Lessons

Ages: 2 and Up. Private swimming lessons provide everyone with the opportunity to improve their swimming skills and are an excellent way to receive the one-on-one attention you may need. Lessons are planned according to individual needs and schedules; the most common is (6) 30 minute classes held once a week. **Register at any time!**

Fee: Members \$70; Non-Members \$120

Note: Private lessons are not available during group swim lesson times.

YMCA Lifeguard Certification Class

Ages: 16 and Up. The Beaver County YMCA is offering a YMCA Lifeguard Certification class to anyone who would like to become certified. The course includes: YMCA Lifeguard Certification, American Safety and Health Institute certifications for First Aid, CPR, AED, and Oxygen. You must attend all class dates to receive certification.

Prerequisites for the Lifeguard Certification Class include:

- A) Minimum age of 16
- B) 250 yard consecutive swim - 50 yard swim of each: front crawl, breaststroke, breaststroke head out of water, sidestroke, and elementary back stroke with arms on stomach
- C) Treading water for 2 minutes with hands out of water
- D) Surface dive to bottom of deep end to retrieve and object

Pre-Course Meeting:

Saturday, September 12th; 10-11 a.m.

Skills Test will be conducted and On-Line Assignments required for certification will be assigned.

Dates: October 6th-24th

Days: Tuesday, Thursday, Saturday

Times: Tuesday & Thursday: 4-8 p.m.
Saturday: 8 a.m.-8 p.m.

Location: Lap Pool, Therapy Pool and Board Room

Fee: Members: \$150 Non-Members: \$200



Please register by stopping by the Member Service Desk, by calling the YMCA at (724) 891-8439 or by logging onto www.beavercountyyymca.org

AQUATICS PROGRAMS



You Can Swim

Ages: 3-5 and 6-15. This 30 minute program is designed to provide a wonderful opportunity for children with physical and developmental disabilities to explore the water and learn to swim. The classes will operate with a low ratio of one instructor for every two children and will always be held in our warm water Therapy Pool. In addition, parents are welcomed to join the children and assist in the water if they choose.

Session 1: September 3rd - October 22nd
Registration: Member On-line: Register Now
Member: August 7th
Non-Member: August 15th

Session 2: October 29th - December 17th
Registration: Member On-line: October 5th
Member: October 9th
Non-Member: October 16th

Day: Thursday

Time: Ages 3-5 - 6:00-6:30 p.m.
Ages 6+ - 6:30-7:00 p.m.

Location: Therapy Pool

Fee: Members \$40; Non-Members \$75

Scout Days at the YMCA

Ages: 6 and Up

The Beaver County YMCA is now offering Scout Days for Boy Scouts and Girl Scout Troops to increase their water safety knowledge. Topics can include water safety, boating safety, and water swim testing. Troops will cover the topic and have the opportunity to stay and swim! Contact the Aquatic Director to reserve your date today!

Group rates starting at \$25.

YMCA Masters Swim Team

Ages: 18 and up

Interested in a little friendly competition? Bored with your regular lap swimming routine? The Beaver County YMCA Masters Swim Team is for you!

This program is designed for the novice to experienced swimmers ages 18 and up. The season begins in September and runs through March with one to two meets each month. Each participant may swim in up to 4 events per meet and is responsible for individual meet entry fees (\$7 per meet). There are no practice times or commitments to participate in the program; you can swim in one meet or every meet.

Check Out the 2015-2016 Schedule on the Web at amymsa.org

- **Dates:** Start at Any Time!
- **Days:** Meets held on Sundays
- **Times:** Meets begin at Noon (Warm-Ups begin at 11 a.m.)
- **Fee:** **Team Registration is FREE.** Meet Registration is \$7 each meet that you choose to attend.



“Children’s children are the crown of old men; and the glory of children are their fathers.”

- Proverbs 17:6

Please register by stopping by the Member Service Desk, by calling the YMCA at (724) 891-8439 or by logging onto www.beavercountyyymca.org



Class	Day	Location	Time	Member Rate	Non-Member Rate
Ages: 2-3 Years					
Mini Sports	Monday	Main Gym	6:00 - 6:30 p.m.	\$21	\$41
Mini Sports	Monday	Main Gym	6:30 - 7:00 p.m.	\$21	\$41
Mini Sports	Monday	Main Gym	6:00 - 6:30 p.m.	\$21	\$41
Mini Sports	Monday	Main Gym	6:30 - 7:00 p.m.	\$21	\$41
Ages: 3-5 Years					
Soccer	Tuesday	Multi-Purpose Room	4:30 - 5:00 p.m.	\$21	\$41
Kinder Gym & Swim	Wednesday	Main Gym/ Lap Pool	11:00 - 12:15 a.m.	Pike \$10 Eel/Ray/Starfish \$42	\$57
Archery	Saturday	Main Gym	9:00 - 9:30 a.m.	\$21	\$41
Hockey	Tuesday	Multi-Purpose Room	4:30 - 5:00 p.m.	\$21	\$41
Kinder Gym & Swim	Wednesday	Main Gym/ Lap Pool	11:00 - 12:15 a.m.	Pike \$10 Eel/Ray/Starfish \$42	\$57
Hockey	Saturday	Main Gym	9:00 - 9:30 a.m.	\$21	\$41
Ages: 6-11 Years					
Archery (Group 1)	Saturday	Main Gym	9:45 - 10:30 a.m.	\$21	\$41
Archery (Group 2)	Saturday	Main Gym	10:45 - 11:30 a.m.	\$21	\$41
Archery (Group 3)	Saturday	Main Gym	11:45 a.m. - 12:30 p.m.	\$21	\$41
Hockey	Saturday	Main Gym	9:45 - 10:30 a.m.	\$21	\$41

Fall Session 1:

Week of Aug. 31st - Week of Oct. 19th

Registration Begins:

- Member On-line: Register Now
- Member: August 7th
- Non-Member: August 14th

Fall Session 2:

Week of Oct. 26th - Week of Dec. 14th

Registration Begins:

- Member On-line: October 5th
- Member: October 9th
- Non-Member: October 16th



"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 by stopping by the Member Service Desk, by calling the YMCA at (724) 891-8439 or by logging onto www.beavercountyyymca.org

YOUTH CLASS DESCRIPTIONS

Mini Sports

Children will work on developing coordination, balance, and body awareness while exploring a variety of sports. Make sure to wear your tennis shoes! Registration is required. Maximum of 10 participants per class for safety and effective coaching. Parents are welcome to join their children during this class.

Sports:

- **Week 1:** Basketball
- **Week 2:** Basketball
- **Week 3:** Soccer
- **Week 4:** Soccer
- **Week 5:** Tumbling
- **Week 6:** Tumbling
- **Week 7:** T-Ball
- **Week 8:** T-Ball

Kinder Gym and Swim

Ages: 3-5. This program is designed to take children through a 30 minute gym class and then on to a 30 minute swim lesson. Designed for parents' convenience, your child can participate in these activities while you work out. All swimming levels and abilities will be served.

Soccer

Come and learn the basic fundamental skills of soccer including, passing, dribbling, kicking at a goal and coordination. Groups will progress towards small group games with modifications of a soccer game. Registration is required.

Hockey

This class will teach the basic fundamentals of hockey. Skills include passing, stick handling, goal tending, and more! We will also work on sportsmanship and competition. Fundamentals skills will be the primary focus with various games progressing towards a hockey game. Registration is required.

Archery

This is a fundamental/beginners class on Archery. Beginning with safety and learning the parts of a bow and arrow. Participants will progress to understand patience, focus, and balance when practicing archery. Participants are welcome to bring their own equipment and must be inspected by the coach prior to being used. Registration is required! Maximum of 8 participants per class for safety.

Basketball

This eight week program is designed to teach the basic fundamentals of basketball. Dribbling, passing, and shooting are basic fundamentals with progressing towards playing a basketball game. Modified games will be played during session. This class not only helps to develop skill but also will teach sportsmanship and competition. Registration is required.

PLEASE NOTE:

**Maximum of 10 participants per class for 3-5 year olds & 20 for 6-11 year olds for safety and effective coaching. In an event that the class size reaches its maximum capacity a second class will be offered.*

Home School Gym, Swim and Art

Home-schooled children ages 6-18 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. Home School Gym and Swim is a week to week program which will allow you the flexibility to sign up for the class each day or all at once. **All swimming levels and abilities will be served.**

Ages: 6 and up

Day: Tuesday

Dates: September 1st - December 15th

Time: 11:30 a.m. - 1:15 p.m. - Gym/Swim
1:45 - 2:30 p.m. - Art

Location: Lap Pool/Multipurpose
Gym/Youth Center

Fee: Members: First Child \$5, Additional Children \$3 each

Non-Members: First Child \$7, Additional Children \$6 each

Church/Youth Group Nights

Come join us at the YMCA the fourth Sunday of each month for Church/Youth Group night. Churches are welcome to bring a group of people to the Y to enjoy swimming, basketball, and the Youth Center. Each group must be supervised by an adult 21 years or older. Please call to reserve a date.

Ages: All ages

Dates: September 27th; October 25th;
November 22nd

Time: 5:30-7:30 p.m.

Fee: \$5/person (chaperones free)



"Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers."

- Ephesians 4:29

Please register by stopping by the Member Service Desk, by calling the YMCA at (724) 891-8439 or by logging onto www.bevercountymca.org

Sport Specific Training

Our Sport Specific Training program will be a one on one or in small group training with one of our coaches. Our coaches have experience and knowledge in various sports and levels. Please schedule to meet with one of the coaches through the Youth Director.

Sport Specific Training program includes:

- Consultation with coach
- Individualized training program
- One-on-one or small group program
- Knowledgeable & experienced coaching staff

Ages: 8 – 18 years

Day/Date/Time:

Scheduled with Youth Director and Coach

Location: Varies

Fee:

Member:

4 one-hour sessions: \$65 (\$16.25/session)

Non-Member:

4 one-hour sessions: \$100 (\$25/session)

American Red Cross Babysitting Course

What you need to know and what every parent wants in a safe and responsible babysitter! This course would also be very helpful to older siblings who are sometimes left responsible for their younger brothers and sisters. Designed for 11-15 year old, the Babysitter's Training course can help you-

- Care for children and infants
- Be a good leader and role model
- Make good decisions and solve problems
- Keep the children you babysit and yourself safe
- Handle emergencies such as injuries, illnesses, and household accidents.

Date: Wednesday, November 11

Time: 11 a.m.-5 p.m.

Location: Board Room

Fee: Members FREE; Non-Member \$30

*** PLEASE REMEMBER TO BRING BAG LUNCH***

Kids Splash then Dash!

This event is a fun way for children 8-14 years old to experience a multi-sport competition. The event will consist of a 10 minute swim then a 10 minute run. The results of the event will be based on distance. All athletes will receive a finisher's medal.

Ages: 8 – 14 years

Date: November 15th

Day: Sunday

Time: 2 p.m.

Location: Pool and Walking Track

Registration: Members \$10; Non-Members \$20



“Woe unto them that call evil good, and good evil; that put darkness for light, and light for darkness; that put bitter for sweet, and sweet for bitter!”

- Isaiah 5:20

Hoop Shoot

The Rochester Elks Hoop Shoot is FREE to all boys and girls ages 8-13 (Must be 8 years old by April 1st, 2015) and provides youth an opportunity to **compete, connect and succeed.**

Date: Thursday, November 19th

**Time: Registration begins at 6 p.m. in YMCA Lobby
Contest begins promptly at 7 p.m.**

Fee: FREE to the ENTIRE COMMUNITY

Mom & Dad, Shop `Til You Drop Day

Parents, take morning off to finish all of your Christmas shopping. The kids will start their day with a pancake breakfast. Activities for the day include coloring Christmas pictures, watching Christmas movies, and making arts and crafts.

Ages: 3-12 (Must be potty trained)

Day: Saturday

Date: December 5th

Time: 7:30 a.m.-Noon

Location: Front ½ Youth Center

Fee: Members: \$5 Non-Members: \$8

Girls on the Run

Girls on the Run is an empowerment program for 3rd-5th grade girls which gives them skills and experiences to navigate their world confidently and to unleash their limitless potential. At Girls on the Run, the main focus is to have fun! Girls of all physical abilities participate and can benefit from the program.

Fall GOTR Season:

September 21st – December 14th

Fall GOTR 5K: December 6th

Registration begins online at gotrimagee.org:

August 17th – September 11th

Registration: \$160, Income based program scholarships and shoe scholarships are available through Girls on the Run. Includes 12 weeks of lessons, meeting twice a week, snacks at each lesson, official Girls on the Run t-shirt and water bottle, registration for the celebration event 5K and end of season celebration banquet.

Days: Tuesdays and Thursdays

Time: 6:00-7:15 p.m.

Location: Various locations, indoors and outdoors/ Beaver County YMCA Walking Track

Please register by stopping by the Member Service Desk, by calling the YMCA at (724) 891-8439 or by logging onto www.beavercountyymca.org

HEALTH & WELLNESS

Free Wellness Orientation

The Free Wellness Orientation session is designed to help our members get started on their path to good health! The Wellness Orientation will introduce members to various cardiovascular and strength machines. Members will learn how to correctly set up and use equipment and also how to utilize our 3 & 5-Day Workouts. Please register at the Member Service Desk.

Ages: 15 years and older

Location: Wellness Center

Date: By appointment only

Free Parent & Child Training Passport

This free one-time training session is mandatory for all children 9-14 years old and their parents who would like to to exercise together in the Wellness Center. Wellness Center staff will instruct participants in the correct use of strength and cardio equipment. Parents and children must abide by the following rules:

- Attend Parent & Child Wellness Training.
- Check in at the Member Service Desk to pick up a Wellness Center Passport each time you visit the Wellness Center together.
- Wellness Center Passport must be worn by the child while in the Wellness Center.
- Parent and child must stay together while using all strength training equipment.
- Children may use cardio equipment on their own.
- No child will be permitted access to the Wellness Center without a Passport.

Please register at the Member Service Desk.

Ages: 9-14 years old

Time: Appointment only

Personal Training

Achieve your personal best and maximize your workout with motivation and safe fitness-training methods! Medical clearance by your physician may be required prior to starting this program. Appointment set-up will be through the Wellness Director and Personal Trainer within 24 hours of registering training hours.

Program includes:

- Consultation
- Training program specific to your needs
- One-on-one training/coaching
- Led by knowledgeable, certified trainers with a personal training certification.

Day/Date/Time: Appointment set-up will be through Wellness Director and Personal Trainer within 24 hours of registration.

Location: Wellness Center

Member Fee:

- 1 one-hour session = \$27
- 6 one-hour sessions = \$143
- 12 one-hour sessions = \$275
- 24 one-hour sessions = \$526

Non-Member Fee:

- 1 one-hour session = \$40
- 6 one-hour sessions = \$214
- 12 one-hour sessions = \$412
- 24 one-hour sessions = \$799

Pilates Reformer Training

One of the best things about the reformer is its versatility. Exercises are done on the reformer to promote **strength, flexibility and balance**. There are many reformer exercises from those for beginners to exercises that challenge the most advanced participant. For the senior population, reformer exercises have helped improved flexibility, strength and coordination. Our Certified Pilates Trainers offer personalized guidance & instruct you how to modify exercises, making them easier or harder, so that they are appropriate for you.

Day & Time: Appointment only

Appointment scheduling will be through the Group Exercise Director and Pilates Trainer within 24 hours of registration.

Member Fee:

- 1 one-hour session = \$27
- 6 one-hour sessions = \$143
- 12 one-hour sessions = \$275

Non-Member Fee:

- 1 one-hour session = \$40
- 6 one-hour sessions = \$214
- 12 one-hour sessions = \$412

Small Group Training

Challenge yourself to a new level of fitness! All the benefits of a personal trainer and the camaraderie of working in a group. Small Group Training combines resistance training with drills to build strength and stamina while burning extra calories. Classes are instructed by an experienced personal trainer to accommodate all fitness levels. Class is limited to 10 participants.

Days: Monday and Wednesday

Time: Noon - 1:00 p.m.

Location: Varies, please check in at the Wellness Center Desk

Registration Fee: 4 One Hour Sessions \$66;

8 One Hour sessions \$105

Fitness with Friends Personal Training

We know the saying goes less is more, but let's be honest. Sometimes two is just plain better than one. When it comes to working out, having a friend along for the ride is always beneficial. A Personal Trainer will work with 2-6 participants per group. So call your friends, get the bridal party on board and all of those attending the next class reunion...it's time to get fit with friends!

Day/Date/Time: Appointment set-up will be through the Wellness Director and Personal Trainer within 24 hours of registration

Fee:

Member: 6 - One hour sessions = \$250 per group

Non-Members: 6 - One hour sessions = \$380 per group

Please register by stopping by the Member Service Desk, by calling the YMCA at (724) 891-8439 or by logging onto www.beavercountyyymca.org

Specialized Pilates Mat and Barre Training

Want to train in Pilates in a smaller group setting where the workout is customized to individual needs? This is the program for you and your friends. A certified Pilates instructor will work with groups of 2-6 participants for one hour sessions. All ability levels will be modified as needed.

Day/Date/Time: Appointment set-up will be through the Wellness Director and Personal Trainer within 24 hours of registration

Fee:

Member: 6 - One hour sessions = \$250 per group

Non-Members: 6 - One hour sessions = \$380 per group

Medical Wellness Program

Join our 8 week weight loss program to support your good health to prevent and reverse health issues related to weight gain such as, sleep apnea, obesity, hypertension and diabetes. Participants will meet as a group twice a week, 30 minutes in the boardroom for health and wellness education and weigh-in, and 30 in the with a personal trainer for a safe and effective workout.

Fall Session: September 29th- November 19th

Registration opens September 1st

Day: Tuesdays and Thursdays

Please choose Session Time: 1-2 p.m. OR 6-7 p.m.

Location: Boardroom and Fitness Studio

Fee: Members \$35; Non-Members \$60

Self Defense Class

Participants will learn various self-defense holds and how to escape and defeat holds while controlling the attacker including choke holds, weapon holds, full nelsons, & hand grips.

Instructor: Ed Hermick, 5th Degree Black Belt

Dates: October 3rd – November 21st

Time: 8-9:30 a.m.

Location: Gross Motor Room

Fee: Members \$40; Non-Members \$80

ADULT

Pickleball

Pickleball combines the elements of tennis, badminton and ping-pong! Pickleball uses a composite paddle and a wiffle ball hit over a net. The rules are simple and the game easy to learn. Join us in the Main Gym to give it a try!

Day/Time: Wednesday 11:30 a.m. - 12:30 p.m.
Friday 11 a.m. - 1 p.m.

Location: Main Gym

Open Adult Wallyball

Wallyball is a game played in our racquetball court and much of the strategy is similar to that used in volleyball. Join us to meet others and enjoy a friendly game of wallyball.

Day/Time: Monday-Friday 10 a.m. - Noon
Tuesday & Thursday 5 - 6 p.m.
Wednesday 7 - 9 p.m.
Saturday 10 - 11 a.m.



Jamie's Physical Therapy and Sports Medicine

Jamie's Physical Therapy and Sports Medicine is pleased to be partnering with the Beaver County YMCA. This is Jamie's second clinic in Beaver County. This is a full service physical therapy private practice. In addition to the traditional treatments provided, this facility offers aquatic therapy as well. This will benefit many patients with a variety of diagnoses ranging from fibromyalgia to joint replacements. The facility director of this clinic is Kevin Edwards. Kevin has over 15 years experience serving Beaver County. Kevin has extensive knowledge with a very diverse background of providing the highest quality of care to his patients. The hours of operation are 8 a.m. until 4 p.m. Monday, Wednesday, and Friday. On Tuesday and Thursday, the clinic is open from 8 a.m. until 6 p.m. Pool times are Monday and Wednesday 2-4 p.m. as well as Tuesday and Thursday 12-2 p.m. & 3-7 p.m. Because Kevin has direct access, he can see most patients without a physician prescription. Please stop by and see him with any questions you may have. He can be reached at 724-846-1633.

Please register by stopping by the Member Service Desk, by calling the YMCA at (724) 891-8439 or by logging onto www.beavercountymca.org

Santa Run 5K

The Santa Run 5K is Saturday, November 7th at 10 a.m. and will take place during rain, snow or shine. Refunds are not available. Pre-registration is encouraged. Participants who register before October 4 are guaranteed a 5K Tech long-sleeve shirt and swag bag.

Location: Beaver/Bridgewater

Select Event	Pre-Register (before 10/4)	Pre-Register (10/4-11/6)	Race Day Registration
5K	\$18.91	\$25.00	\$35.00

Awards

An awards ceremony will be held immediately following the race.

5K Run Awards (18 & older)

Top Overall Male; Top Overall Female
Top 3 Finishers/Age Group for Runners & Walkers:

(18-29; 30-39; 40-49; 50+)

Youth 5K Awards (17 & under)

Top 3 Overall Boys; Top 3 Overall Girls

Participant medals for anyone running their first 5K and all children 12 & under!

Sponsors

- Philadelphia Insurance
- Bodyworks Massage Therapy
- Huntington Bank
- Nova Chemicals
- WesBanco
- Cafe Kolache
- Beaver County Commissioners: Joe Spanik; Tony Amadio; Dennis Nichols
- Medic Rescue
- AXA/ Equitable, Paul Mehno
- Dave & Misty Lytle
- Heritage Valley Health Systems
- Lakeview Personal Care
- Tookan Graphics
- Crows Run Recycling
- Guys Full Service & Convenience Store
- McDanel Advanced Ceramic Technologies
- Northwood Realty Services: Aimee Tustin
- Healthways SilverSneakers Fitness



“Train up a child in the way he should go: and when he is old, he will not depart from it.”

- Proverbs 22:6

Please register by stopping by the Member Service Desk, by calling the YMCA at (724) 891-8439 or by logging onto www.beavercountyyymca.org

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



Four Types of Parties:

- **Pool Party, Fun and Fit Party, Messy Me Party or Cooking Party**

Available Times:

- **Friday 7-9 p.m.**
- **Saturday and Sunday 2-4 p.m. and 5-7 p.m.**

Party Descriptions

- **Pool Party:** 1 hour in our warm 90 degree, 4 ft deep therapy pool. Games and activities will be organized for children.
- **Fun and Fit Party:** 1 hour of physical gym activities age specific will be organized for children. Games, parachute, scooters, obstacle courses, soccer, basketball and more are available.
- **Messy Me Party:** 1 hour of creativity using play dough, Jello, silly string, splatter paint and more! The mess stays with us, just wear old clothes; smocks will be provided.
- **Cooking Party:** 1 hour of cooking your favorite food. While waiting for everything to bake, decorate a craft to take home!

Basic Birthday Party for 16 includes:

- **2 Hour Rental:** 1 hour of activity and 1 hour in the Gross Motor Room
- **All Paper Products:** Table Cloths, Napkins, Plates, Cups and Forks
- **Food for the Guests:** 4-One Topping Pizzas, 4-Bottles of Pop, 2 Bags of Chips
- 2 Week YMCA Guest Pass for all Attendees
- A Birthday Shirt for the Birthday Child and a Party Planner to take care of it all!
- **Fee:**
 - **Pool:** Members \$175; Non-Members \$225
 - **Fun & Fit:** Members \$175; Non-Members \$225
 - **Cooking:** Members \$205; Non-Members \$255
 - **Messy Me:** Members \$205; Non-Members \$255

Basic Birthday Party for 25 includes:

- **2 Hour Rental:** 1 hour of activity and 1 hour in the Gross Motor Room
- **All Paper Products:** Table Cloths, Napkins, Plates, Cups and Forks
- **Food for the Guests:** 6-One Topping Pizzas, 6-Bottles of Pop, 3 Bags of Chips
- 2 Week YMCA Guest Pass for all Attendees
- A Birthday Shirt for the Birthday Child and a Party Planner to take care of it all!
- **Fee:**
 - **Pool:** Members \$225; Non-Members \$275
 - **Fun & Fit:** Members \$225; Non-Members \$275
 - **Cooking:** Members \$255; Non-Members \$305
 - **Messy Me:** Members \$255; Non-Members \$305

Add-On Items:

- Extra Child \$10 • Invitations \$23 • Treat Bags \$30 • Cake ½ Sheet \$44 • Pizza \$10
- Superhero or Princess Appearance \$10.00-1 hour/\$20.00-2 hours

What is a YMCA Party Planner?

A YMCA Party Planner does everything for you. They buy decorations and decorate, get all of the food, organize games and activities for the kids. They also clean up so you have a hassle free party! **For more information or to schedule a date, please contact the Member Service Specialist Kristina Upham or the Member Service Desk at 724-891-8439.**

Pool party packages are also available during the summer months at the Ellwood City Pool and the Midland Pool.

GYM SCHEDULE

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Closed! See You in Church	Open Gym 5-9 a.m.	Open Gym 5-9 a.m.	Open Gym 5-9 a.m.	Open Gym 5-9 a.m.	Open Gym 5-9 a.m.	Closed
	Open Gym 9-10 a.m.	Open Gym 9-10 a.m.	Open Gym 9-10 a.m.	Open Gym 9-10 a.m.	Open Gym 9-10 a.m.	
	Open Gym 10-11 a.m.	YMCA Program 9-11:30 a.m.	Open Gym 10-11 a.m.	Open Gym 10-11 a.m.	Open Gym 10-11 a.m.	Open Gym 8- Noon
	Open Gym 11 a.m. - Noon	18 & Over Games 11:30 a.m. - 12:30 p.m.	Open Gym 11 a.m. - Noon	Open Gym 11 a.m. - Noon	Open Gym 11 a.m. - Noon	
	Open Gym Noon - 1:30 p.m.	YMCA Program 12:30 - 2:30 p.m.	Open Gym 1:30 - 3:30 p.m.	Open Gym Noon - 2:30 p.m.	Open Gym Noon - 1:30 p.m.	Open Gym Noon- 4 p.m.
	Open Gym 1:30 - 3:30 p.m.	18 & Over Games 2:30 - 4 p.m.	Open Gym 3:30 - 5 p.m.	Open Gym 2:30 - 5 p.m.	Open Gym 1:30 - 3:30 p.m.	
	Open Gym 3-5 p.m.	Open Gym 3:30 - 5 p.m.	Open Gym 3:30 - 5 p.m.	Open Gym 2:30 - 5 p.m.	Open Gym 3:30 - 5 p.m.	Open Gym 4- 6 p.m.
	Open Gym 5-7 p.m.	Open Gym 5-6 p.m.	Open Gym 5-6 p.m.	Open Gym 5-6 p.m.	Open Gym 5-6 p.m.	
	Open Gym 6-8 p.m.	Open Gym 6-7 p.m.	Open Gym 6-7 p.m.	Open Gym 6-7 p.m.	Open Gym 6-7 p.m.	Open Gym 6- 8 p.m.
	Open Gym 7-8 p.m.	Open Gym 7-9 p.m.	Open Gym 7-9 p.m.	Open Gym 7-9 p.m.	Open Gym 7-8 p.m.	
Closed	Open Gym 7-9 p.m.	Open Gym 7-9 p.m.	Open Gym 7-9 p.m.	Open Gym 7-9 p.m.	Open Gym 7-8 p.m.	Closed
	Under 18 Games 7-8 p.m.	Under 18 Games 7-8 p.m.	Under 18 Games 7-8 p.m.	Under 18 Games 7-8 p.m.	Open Gym 7-8 p.m.	
	Over 18 Games 8-9 p.m.	Over 18 Games 8-9 p.m.	Over 18 Games 8-9 p.m.	Over 18 Games 8-9 p.m.	Full Court Basketball 18 & Over: 8-9 p.m.	

Shoot Around is available in Multi Purpose Room. Check with Member Service Desk for availability.

*Gym Schedule subject to change as additional programs may be added throughout the year.

Indoor Cycling

If you think riding a stationary bicycle is dull, you've never tried indoor cycling!

- Cycling burns serious calories (400-600 in one session)!
- Cycling strengthens quads, gluteus, hamstrings & calves -- a whole-leg workout!
- There's a limited amount of joint impact in cycling.
- Cycling is safe for all healthy participants.
- Feel free, as the rider, to be in command of your cycling experience. You can increase or decrease the intensity of your ride by changing your resistance level, speed or position. Make your ride what you need no matter what class you choose.

Cycling classes are on a first come first serve basis. Class participation fee is payable at the Member Service Desk. You will receive a cycle class receipt. **You will need your receipt for admittance into the Cycle Studio.**

Fee:

Members: \$2 per class; Non-Members: \$7 per class
Registration opens day of class.

Join us for the ride of your life!

Attention first time cycling members! Please arrive at the Cycling Studio 10 minutes before class time for bike preparation instruction.

Outdoor Cycling

Join us for some cycling fun outside on our patio! This is a free class but please sign up to be sure there will be a bike for you! You can choose to sign up for a 1 hour portion of the morning or stay for 2!

Date: Saturday, September 26th

Time: 8-9 a.m. & 9-10 a.m.

Location: Outdoor patio

Fee: FREE TO MEMBERS

Become a Frequent Cycler!

Enjoy unlimited cycle classes for only \$12.00 per month. Monthly payments are made through bank draft or you may pay in full for the year. This allows you the privilege to call 7:30 p.m. the day before class to register. Please remember to follow the current cycle class receipt procedures.

Stop by the Member Service Desk and sign up today!

**Monthly Class Schedule Available
at Member Service Desk or
online at beavercountyymca.org**



“And I saw the dead, small and great, stand before God; and the books were opened: and another book was opened, which is the book of life: and the dead were judged out of those things which were written in the books, according to their works.”
- Revelation 20:12

**Please register by stopping by the Member Service Desk,
by calling the YMCA at (724) 891-8439 or by logging onto www.beavercountyymca.org**

AEROBICS CLASS OFFERINGS

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

Class Descriptions

Boot Camp - Nothing is off limits in Boot Camp! Join us for a Hi-Intensity-Interval-Training with Lunges, Squats, Push-ups, Burpees...get ready to sweat and have fun! I = 3/4 C = 2

Cardio Sculpt - A great class for building a strong fitness foundation. Fun, low impact aerobic class incorporating hand held weights, resistance bands and balls for a total body workout and stretch. Beginner class uses less equipment. I = 2 C = 2

Cardio Core - This class is a combination of great moves to increase your heart rate while strengthening your core as well! I = 0 C = 3

Simple Circuit - This class uses our traditional 'Just For You' format. It includes strength training as well as cardio for a fast paced full body workout. I = 0 C = 0

Circuit PLUS - Ready to amplify your strength and cardio routine? Join us for a high intensity total body workout! This class will incorporate our equipment in the Just For You fitness studio plus a whole lot more! I = 3/4 C = 3/4

Cross Training - A creative mix of aerobics, kickboxing, strength training and abs, topped off with a stretching segment for a great training routine for the entire body. I = 3/4 C = 3

Hard "Core" Training - A strong core will have you moving with efficiency and ease. This class will use a wide variety of bodyweight exercises that both stabilize & strengthen these important muscles and will push your exercise regimen to the next level. I = 3/4 C = 0

Hi/Lo - A low-intermediate cardio workout including muscle toning with free weights and a cool-down stretch. I = 3 C = 3

INSANITY This is a MAX Interval Training, which replaces traditional moderate-intensity exercise with maximum-intensity exercise, and trades short intervals of intensity for short periods of rest. Adding high-intensity exercise forces the body to use fast-twitch muscle fibers not normally engaged in cardio exercise. I = 3/4 C = 3/4

Just 4 You - 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.

Kettlebell - Kettlebell workouts take functional training to the next level by incorporating momentum. Muscles are recruited throughout the entire body to control acceleration and deceleration while simultaneously providing stabilization. I = 3 C = 0

Line Dancing - A fun low impact dance class designed to get you moving. I = 1 C = 4

Muscle Blast - Extreme muscle conditioning! Toning & sculpting! Muscle Blast format consist of resistance training of one body part per song ranging from 5 - 6 minutes for a full body workout. I = 3/4 C = 0

PSOX Total-body, cardio, and strength-training class using body weight as well as dumbbells. I = 0 C = 0

Pilates & More - An intermediate core body workout, including stretching and breathing techniques. Classes will also target specific upper and lower body muscle groups using various types of equipment. I = 3 C = 1

Pilates Barre Plus - This class focuses on total body strengthening, lengthening and toning. Class design may vary upon the use of equipment, the barre, weights, bands, and resistance bands. I=0 C=0

PIYO - This high intensity, low impact workout takes the very best Pilates and Yoga inspired moves and cranks up the speed to give you a full-throttle cardio, strength and flexibility training all at once. You will build lean muscles while you burn crazy calories. If a PiYo instructor is unavailable, a similar class style will be offered. I = 4 C = 4

R.I.P.P.E.D - Experience this total body "plateau proof fitness formula" workout, utilizing resistance and cardio training to help you attain and maintain your physique in ways that are fun, safe, doable and extremely effective. If a R.I.P.P.E.D instructor is unavailable a similar style class will be offered. I = 0 C = 3

Silver Samba - Silver Samba dance / fitness class is the perfect class for the older participant, new health seekers and those making their comeback from injuries. Class consist of Latin dance moves and incorporates light hand-held weights. I = 0 C = 0

Step Up - Intermediate to advanced level. Highly choreographed and challenging step moves combined with sculpting exercises for muscular strength and endurance. I = 3 C = 4

Total Body - A low to moderate impact aerobics class. Interval training and step aerobics combine with a variety of toning equipment to give you a total body workout. I = 3 C = 2/3

Yoga - This class consists of a specific flow of physical postures, breathing and body awareness. The key elements in the class will be mindfulness, breath, concentration, focus, increased flexibility, strength building, endurance development, improvements of posture and create stress reduction and relaxation. I = 0

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. I = 1 C = 0

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! I = 1 C = 0

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. I = 1 C = 0

SilverSneakers Yoga - YogaStretch 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. I = 1 C = 0

Zumba® - A Latin inspired dance fitness class that blends dynamic dance movements with a unique balance of cardiovascular benefits and total body toning. If a Zumba instructor is unavailable, a similar class style will be offered. I = 3 C = 4

Class Guide

I = Intensity C = Choreography

0 = Adjust to Personal 2 = Beginner

Fitness Level 3 = Intermediate

1 = Senior Start 4 = Advanced

The numbers are a guide to let participants know what to expect. Please do not let a number keep you out of a class. Feel free to adjust your workout to fit your needs. Work harder or lighter!

* All aerobics classes listed on this page are **FREE**. No registration needed.

ACTIVE OLDER ADULTS

Seniors for Safe Driving

If you are 55 or older, join us for a driver-awareness and behavior-modification program. There is no on-the-road driving or classroom testing. Students must attend both sessions. Course completion may qualify you for an auto insurance discount of 5%. Check with your insurance agent. Two-day certification classes are for first-time attendees. Single-day classes are for recertification only.

Dates: September 9th; October 14th;
November 13th; December 9th

Time: 9 a.m. – 1 p.m.

Location: Board Room

Fee: \$16

Call: 1-800-559-4880 to register

Arthritis Aquatics

Individuals who have arthritis feel better as they exercise with a purpose. Our class is filled with exercises for joint and muscle movement.

Day/Time: Mon., Wed., Fri: 12 - 1 p.m. & 1 - 2 p.m.
Tues., Thurs.: 2 - 3 p.m., 7 - 8 p.m.

Location: Therapy Pool

Just My Speed

This is a slower paced Aerobic class based on strength building and easy movement.

Day/Time: Tues. & Thurs. 12 - 1 p.m.

Location: Therapy Pool

SilverSneakers Splash

Activate your aqua exercise urge for variety! SilverSneakers Splash offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability required and a special SilverSneakers kickboard is used to develop strength, balance and coordination.

Day/Time: Tues. & Thurs. 11-11:45 a.m.

Location: Therapy Pool



The Beaver County YMCA is a Silver & Fit® & SilverSneakers® participating facility.

ATTENTION SILVER & FIT & SILVERSNEAKERS MEMBERS!!!

Just a reminder, you will need to renew your membership at the YMCA annually. If you have any questions, please feel free to contact the Member Service Desk 724-891-8439.



Healthy Steps Fall Prevention Lunch & Learn

Your Beaver County YMCA in partnership with The Beaver County Office on Aging is pleased to present Healthy Steps to all adults 55 years and older.

This class will provide you with:

- Practical advice on how to prevent falls and related injuries
- Movements for staying active
- Making your home safer
- Proper foot care and foot ware

Registration is required. All participants must pick up and fill out an information packet prior to class.

Date: Tuesday, September 22nd

Time: 8:30 a.m. - 1:30 p.m. Lunch will be provided

Location: Life Center (building behind the YMCA)

Fee: FREE to all adults 55 years and older

Rite Aid will be Administering Flu Shots

Stop by and receive your Flu Shots with NO APPT. needed! Did you know most insurances cover the cost to receive your Flu Shot?

- **Thursday, September 3rd; 8-10 a.m.**
- **Monday, September 28th; 5-7 p.m.**
- **Saturday, October 17th; 7-9 a.m.**

Artsy Doodle Crafts

Join us for an afternoon full of crafts, food, fellowship and fun! Artsy Doodle is coming to the Beaver County YMCA to make Christmas door hanger. We will have a potluck so bring your favorite appetizer or dessert and we will supply the drinks. Spaces are limited to 50 participants so be sure to sign up at our member service desk to secure your spot! MUST register by Friday, October 23rd.

Date: Thursday, November 12th



Time: 1-3 p.m.

Location: Multipurpose Room

Fee: \$10




Active Older Adult Land Classes

Time	Mon.	Tues.	Wed.	Thurs.	Fri.
A.M.	SilverSneakers Circuit (8-8:45 a.m.)	SilverSneakers Classic (9-9:45 a.m.)	SilverSneakers Circuit (8-8:45 a.m.)	SilverSneakers Classic (9-9:45 a.m.)	SilverSneakers Circuit (8-8:45 a.m.)
	Just 4 You (9-9:45 a.m.)	Just 4 You (9-9:45 a.m.)	Just 4 You (9-9:45 a.m.)	Just 4 You (9-9:45 a.m.)	Just 4 You (9-9:45 a.m.)
		SilverSneakers Yoga (9:45-10:30 a.m.)		SilverSneakers Yoga (9:45-10:30 a.m.)	
		SilverSneakers Circuit (10:30-11:15 a.m.)		SilverSneakers Circuit (10:30-11:15 a.m.)	
	Just 4 You (10:30-11 a.m.) (11-11:30 a.m.)	Just 4 You (10:30-11 a.m.)	Just 4 You (10:30-11 a.m.) (11-11:30 a.m.)	Just 4 You (10:30-11 a.m.)	Just 4 You (10:30-11 a.m.)
	 SilverSneakers Yoga (11:15 a.m.-Noon)	SilverSneakers Yoga (11:15 a.m.-Noon)	SilverSneakers Classic (11:15 a.m.-Noon)	SilverSneakers Yoga (11:15 a.m.-Noon)	 SilverSneakers Yoga (11:15 a.m.-Noon)
P.M.		Heart Beats (4:30 - 5 p.m.)		Heart Beats (4:30 - 5 p.m.)	

Designates classes are held in Multi Purpose Room

Designates classes are held in Fitness Studio

CLASS DESCRIPTIONS

 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.

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.

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!

SilverSneakers® 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.

Heart Beats - Senior members! Increase your cardiovascular endurance and muscular strength by participating in Heart Beats Just for You class combined with non-impact aerobic choreography and flexibility movements. No registration required!

Just 4 You - This 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.

Active Older Adult Orientation

Start out on the right foot by getting to know your YMCA facility by taking advantage of the program orientation. The orientation consist of an in-depth review of the fitness program and classes along with a visit to the Wellness Center, Fitness Studio and pools.

Members MUST register at the Member Service Desk.

Day: 1st and 3rd Wednesday of each month.

Time: 9:30 am

Location: Meet in the lobby

Fee: This is a FREE training

**Please register by stopping by the Member Service Desk,
by calling the YMCA at (724) 891-8439 or by logging onto www.beavercountyymca.org**

Active Older Adult Water Classes

Time	Mon.	Tues.	Wed.	Thurs.	Fri.
A.M.	Aqua Jog (8-9 a.m.)		Aqua Jog (8-9 a.m.)		Aqua Jog (8-9 a.m.)
	Aqua Aerobics (9-10 a.m.)	Aqua Pilates (9-10 a.m.)	Aqua Aerobics (9-10 a.m.)	Aqua Pilates (9-10 a.m.)	Aqua Aerobics (9-10 a.m.)
		Instructor's Mix (10-11 a.m.)		Aqua Zumba (10-11 a.m.)	
		SilverSneakers® Splash (11 a.m.-Noon)		SilverSneakers® Splash (11 a.m.-Noon)	
P.M.	Arthritis (Noon-1 p.m.)	Just My Speed (Noon-1 p.m.)	Arthritis (Noon-1 p.m.)	Just My Speed (Noon-1 p.m.)	Arthritis (Noon-1 p.m.)
	Arthritis (1-2 p.m.)		Arthritis (1-2 p.m.)		Arthritis (1-2 p.m.)
		Arthritis (2-3 p.m.)		Arthritis (2-3 p.m.)	
	Instructor's Mix (7-8 p.m.)	Arthritis (7-8 p.m.)	Instructor's Mix (7-8 p.m.)	Arthritis (7-8 p.m.)	Instructor's Mix (7-8 p.m.)

Designates classes are held in Lap Pool

Designates classes are held in Therapy Pool

CLASS DESCRIPTIONS

Aqua Aerobics - This is a one-hour workout using water as a cushion. The exercises target the arms, legs, thighs, hips, and abdominal region. This class suits a wide range of fitness levels.

Aqua Jog - This is a one-hour workout in the deep water using flotation belts for support. The exercises target the arms, legs, thighs, hips and abdominal region and suits a wide range of fitness levels.

Aqua Pilates - 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.

Aqua ZUMBA® - This high intensity water workout brings ZUMBA® music and dance moves to the pool. Aqua ZUMBA® combines fast past choreography with the benefits of aquatic exercise by using the resistance of water to help strengthen muscles. Come join the party in the pool!

SILVER&FIT
ENDORSED

Arthritis - This one-hour class helps individuals who have arthritis feel better as they exercise with a purpose. This class is filled with range of motion exercises for joint and muscle movement.

Instructor's Mix - This one-hour workout will use a variety of techniques. This class may be taught in the shallow or deep end.

SilverSneakers® Splash - Activate your aqua exercise urge for variety! SilverSneakers Splash® offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required and a special SilverSneakers® kickboard is used to develop strength, balance and coordination.



Please register by calling the YMCA at (724) 891-8439 and scheduling an appointment.



Infant Room

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

Young Toddler Room

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

Older Toddler Room

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

Preschool Room Care

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

School-Age Care

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

- New Brighton site: Beaver County YMCA, Youth Center
- Hopewell site: Hopewell Memorial Jr. High School, Room 115
- Baden site: Baden Academy, Gymnasium



Emergency Child Care

Child care is available for children ages 6 weeks to 12 years on an emergency basis. The emergency child care allows 36 visits in a 12 month period. An appointment will be required to complete the necessary paperwork. Care will be available upon completion of paperwork; **24 hour notice is needed for care. Approval is needed from Child Care Directors as care is not guaranteed.**

Rates are as follows:

Infants (6 weeks - 13 months)

- \$35.00/full day; \$24.00/half day

Young Toddler (13 months - 25 months)

- \$32.00/full day; \$23.00/half day

Older Toddler (25 months - 37 months)

- \$32.00/full day; \$23.00/half day

Preschool (37 months - Kindergarten)

- \$28.00/full day; \$20.00/half day

School age (Kindergarten - 12 years)

- \$28.00/full day; \$14.00/half day

* A full day is anything over 5 hours; a half day is anything up to 5 hours.

We also offer emergency child care for scheduled days when school is closed. Two weeks' notice is necessary in order to use this service.

Dates Available: 10/12, 11/11, 11/27, 11/30, 12/21-12/24, 12/28-12/31

In addition, we offer care for school delays and cancellations. Please inquire with Child Care Director for additional information.

Beaver County YMCA Childcare Program Offers More...
Free breakfast and snack everyday • Free membership to the Y • Free swim lessons
Licensed by the PA Department of Public Welfare. We accept funding from CCIS.

Please register by stopping by the Member Service Desk, by calling the YMCA at (724) 891-8439 or by logging onto www.beavercountyyymca.org

Rates Effective: June 1, 2014

Enrollment registration fee of \$25 is non-refundable. Registration fee is waived for YMCA members.

Type of Care	Weekly Rates*
Infants = 6 weeks - 12 months	
Infants 3 half days/week (less than 5 hours/day)	\$76
Infants 4 half days/week (less than 5 hours/day)	\$86
Infants 5 half days/week (less than 5 hours/day)	\$96
Infants 3 full days/week	\$112
Infants 4 full days/week	\$132
Infants 5 full days/week	\$155
Young Toddlers = 13 months - 24 months	
Young Toddler 3 half days/week (less than 5 hours/day)	\$73
Young Toddler 4 half days/week (less than 5 hours/day)	\$79
Young Toddler 5 half days/week (less than 5 hours/day)	\$95
Young Toddler 3 full days/week	\$103
Young Toddler 4 full days/week	\$126
Young Toddler 5 full days/week	\$150
Older Toddlers = 25 months - 36 months	
Older Toddler 3 half days/week (less than 5 hours/day)	\$73
Older Toddler 4 half days/week (less than 5 hours/day)	\$79
Older Toddler 5 half days/week (less than 5 hours/day)	\$95
Older Toddler 3 full days/week	\$95
Older Toddler 4 full days/week	\$124
Older Toddler 5 full days/week	\$145
Preschool = 3 years - Kindergarten (Preschool program is included in weekly rates)	
Preschool 3 half days/week (less than 5 hours/day)	\$64
Preschool 4 half days/week (less than 5 hours/day)	\$78
Preschool 5 half days/week (less than 5 hours/day)	\$93
Preschool 3 full days/week	\$91
Preschool 4 full days/week	\$123
Preschool 5 full days/week	\$145
School Age = 1st - 6th grade	
School Age- Before or after school 3 days/week	\$49
School Age- Before or after school 4 days/week	\$52
School Age- Before or after school 5 days/week	\$58
School Age- Before and after school 3 days/week	\$54
School Age- Before and after school 4 days/week	\$64
School Age- Before and after school 5 days/week	\$74

Early dismissal \$15 additional fee. Rates are subject to change.



PRESCHOOL



2-Year-Old Preschool Program

(must be 2 by September 1st, 2015):

In our 2-year-old preschool program many skills will be touched upon. Children will begin to gain independence, develop responsibility, strengthen motor skills, and to associate with other children in an appropriate manner.

Days: Tuesday & Thursday

Time: 9 – 11 a.m.

Fee: Members: \$50 per month; Non-Members: \$70 per month, plus one-time \$15 registration fee

3-Year-Old Preschool Program

(must be 3 by September 1st, 2015):

In our 3-year-old preschool program, we will continue to build character development. The children will enter the emerging learning stages, while the teachers plan and implement lessons that incorporate all areas of the curriculum such as language arts, math, science and many more!

Days: Monday & Wednesday

Time: 9 – 11 a.m.

Fee: Members: \$50 per month; Non-Members: \$70 per month, plus one-time \$15 registration fee

4-Year-Old Pre-K Program

(must be 4 by September 1st, 2015):

By this stage, children are ready to jump into academics! They will be exposed to all areas of the curriculum, such as math, language arts, science and social studies. In addition, they will be exposed to a physical education/health class to ensure healthy choices and a well-balanced routine. They will learn to recognize and correctly write letters, numbers, and common site words. With the help of our brand-new curriculum, our 4-year-old preschool program will help prepare the children for kindergarten!

Days: Monday, Tuesday, Wednesday, Thursday

Time: 9 – 11:30 a.m.; 12:30 – 3 p.m.

Fee: Members: \$75 per month; Non-Members: \$110 per month, plus one-time \$15 registration fee

Our Preschool Program follows the New Brighton School District calendar. If New Brighton School District has a delay, preschool will be held from 10-11:30 a.m.

Afternoon session will run on regular schedule.

If New Brighton School District cancels, there will be no preschool.



“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

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MISSION PARTNERS

Meeting Our Mission through Community Support

Mission Partners help the Beaver County YMCA meet its mission of putting Christian principles into practice through programs that build healthy spirit, mind and body for all.

Mission Partner criteria include:

- substantial financial contributions;
- event sponsorships, such as annual YMCA Golf Outing and Christmas of Giving;
- in-kind donations;
- services and/or partnerships that help us meet our mission; and
- volunteerism/board representation/Annual Support campaigns.

The Beaver County YMCA proudly recognizes the following businesses and organizations as Beaver County YMCA Mission Partners:

- **Grossi & Associates**
- **Bob Tracy Insurance**
- **McDanel Vending**
- **Valspar**
- **NNDS**
- **McGaffic Advertising**
- **Knepper Press**
- **WesBanco**
- **Nationwide Insurance**
- **Vollmer Sales & Service**
- **Farmers Insurance Parise Agency**
- **Brighton Hot Dog Shoppe**
- **Desmone and Associates**
- **Rochester Manor + Villa**
- **RAM Acoustical**
- **Beaver County Educational Trust**
- **Horace Mann**
- **Healthcare Licensed Personnel**
- **McCarter Transit**
- **Paycor**
- **Homer Nine & Sons Inc.**
- **Fort McIntosh Group LLC.**
- **Beaver County Bar Association**
- **Liptak Family**
- **Parise Family**

The Life Center

"Reaching people with the love of Christ and extending life in Christ"

The Life Center is a ministry of New Brighton Christian Assembly, created in partnership with the Beaver County YMCA. Located next to YMCA, it houses the following ministries, offering love and life to all generations.

Powersource Youth Ministry – Grades 7 to 12

Redeem your past, reclaim your present, and fulfill your future! Powersource is a diverse student ministry comprised of Jr. & Sr. High students (7th-12th grade) from all areas of Beaver County. They meet every Wednesday night from 7:00 - 8:15 p.m. at The Life Center for dynamic worship, teaching, and fun. Special events are offered every month and they attend camps, conferences, and retreats all through the year. All this for ONE purpose — to go deeper in our relationship with God! Come check it out!

"Living Free" – Christian Recovery Group

"Living Free" is a Small Group strategy open to those fighting addictions and life-controlling issues, as well as their family members, to help them learn to face life's struggles and move toward freedom and wholeness in Christ. They meet every Monday from 6:30-8:00 p.m. at the Life Center.

"55 & Better Coffee Klatch" – Senior Citizens Fellowship

An informal gathering for Senior Citizens where coffee is served. A place to meet, fellowship, pray and share your need. A brief devotional will be offered. All are welcome!! Every Monday from 10 a.m. to 12 p.m. Please join us!

"Garments of Love" – Free Children's Clothing Distribution

A ministry designed to express the love of Christ by providing free children's clothing for families in need. Donations of gently used clothing, sizes infant through teen, may be dropped off at any time in the specially marked bin at the side of The Life Center building or on Tuesdays from 6-8 p.m. Clothing distributions are held on various Saturdays throughout the year, from 9 a.m. to Noon.

"City Reach Beaver County" – Church Plant

City Reach Beaver County is part of a national church planting network that specializes in planting in urban areas. CRB is an outward focused fellowship that has a vision to visibly demonstrate the love of Jesus Christ through compassion based ministry. Through an amazing partnership with New Brighton Christian Assembly and the Beaver County YMCA, this new church plant is hoping to reach the ONE far from God. Learn more about the CRB at whatisthecrb.com, or join us at The Life Center on Sunday nights at 5 p.m.



"The harvest is past, the summer is ended, and we are not saved."

– Jeremiah 8:20

CODE OF CONDUCT

The Beaver County YMCA is fanatically committed to the safety and well being of all participants. All employees go through a mandatory child-abuse-prevention training, receive CPR/ AED training, and must be issued Act 34 and 151 clearances. Any staff directly working with children are mandatory to have FBI background check. Some departments participate in First Aid, O2 and Blood Borne Pathogens training. In addition, each staff member signs the following Staff Pledge. We take great pride in being equipped to build strong kids, strong families and strong communities.

YMCA of the USA Child Abuse Prevention CODE OF CONDUCT

In order to protect YMCA staff, volunteers, and program participants – at no time during a YMCA program may a staff person be alone with a single child where they cannot be observed by others. As staff supervise children, they should space themselves in a way that other staff can see them.

Staff shall never leave a child unsupervised.

Restroom supervision: Staff will make sure the restroom is not occupied by suspicious or unknown individuals before allowing children to use the facilities. Staff will stand in the doorway while children are using the restroom. This policy allows privacy for the children and protection for the staff (not being alone with a child). If staff are assisting younger children, doors to the facility must remain open. No child regardless of age should ever enter a bathroom alone on a field trip. Always send children in pairs, and whenever possible, with staff.

Staff should conduct or supervise private activities in pairs - diapering, putting on bathing suits, taking showers, etc. When this is not feasible, staff should be positioned so that they are visible to others.

Staff shall not abuse children including:

- physical abuse – strike, spank, shake, slap;
- verbal abuse – humiliate, degrade, threaten;
- sexual abuse – inappropriate touch or verbal exchange;
- mental abuse – shaming, withholding love, cruelty;
- neglect – withholding food, water, basic care, etc.

Any type of abuse will not be tolerated and may be cause for immediate dismissal.

Staff must use positive techniques of guidance, including redirection, positive reinforcement and encouragement rather than competition, comparison and criticism. Staff will have age appropriate expectations and set up guidelines and environments that minimize the need for discipline. Physical restraint is used only in pre-determined situations (necessary to protect the child or other children from harm), is only administered in a prescribed manner and must be documented in writing.

Staff will conduct a health check of each child, each day, as they enter the program, noting any fever, bumps, bruises, burns, etc. Questions or comments will be addressed to the parent or child in a non-threatening way. Any questionable marks or responses will be documented.

Staff respond to children with respect and consideration and treat all children equally regardless of sex, race, religion, culture.

Staff will respect children's rights to not be touched in ways that make them feel uncomfortable, and their right to say no. Other than diapering, children are not to be touched in areas of their bodies that would be covered by a bathing suit.

Staff will refrain from intimate displays of affection towards others in the presence of children, parents, and staff.

While the YMCA does not discriminate against an individual's lifestyle, it does require that in the performance of their job they will abide by the standards of conduct set forth by the YMCA. Staff must appear clean, neat, and appropriately attired. Using, possessing, or being under the influence of alcohol or illegal drugs during working hours is prohibited.

Smoking or use of tobacco in the presence of children or parents during working hours is prohibited.

Profanity, inappropriate jokes, sharing intimate details of one's personal life, and any kind of harassment in the presence of children or parents is prohibited.

Staff must be free of physical or psychological conditions that might adversely affect children's physical or mental health. If in doubt, an expert should be consulted.

Staff will portray a positive role model for youth by maintaining an attitude of respect, loyalty, patience, courtesy, tact, and maturity.

Staff may not be alone with children they meet in YMCA programs outside of the YMCA. This includes babysitting, sleepovers, and inviting children to your home. Any exceptions require a written explanation before the fact and are subject to administrator approval.

Staff are not to transport children in their own vehicles.

Staff may not date program participants under the age of 18 years of age.

Under no circumstance should staff release children to anyone other than the authorized parent, guardian, or other adult authorized by the parent or guardian (written parent authorization on file with the YMCA).

Staff are required to read and sign all policies related to identifying, documenting, and reporting child abuse and attend trainings on the subject, as instructed by a supervisor.

Please register by calling the YMCA at (724) 891-8439 and scheduling an appointment.

HAVE ALL THE INFORMATION YOU
NEED AT YOUR FINGERTIPS...
VISIT WWW.BEAVERCOUNTYYMCA.ORG

Our Mobile site provides you with quick access to what's happening at the Y including Aerobics, Gym, and Pool Schedules as well as links to our current program guide, online registration, and member account manager.

**Attention
Smartphone Owners:
Scan this code to visit
our mobile site.**



Account Manager

The Beaver County YMCA members have the option to manage their account online. Just visit our website at www.beavercountyyymca.org and click on Account Manager and follow prompts to begin managing your account.

Once signed into the Account Manager, the following are your menu options:

My Account: will give you the option to update your contact information and billing methods.

My Balance: will allow you to pay outstanding balances, or schedule out payments for fees not currently due.

View Payment History: will allow you the option to view past payments made and the details of the fees charged.

Program Registration: will allow you to register for a variety of program offerings. If you have any questions or problems using the account manager, please feel free to contact the Member Service Desk at 724-891-8439 for assistance.

Beaver County YMCA

2236 Third Ave.

New Brighton, PA 15066

724-891-THE-Y

Fax: 724-847-3923

www.beavercountyyymca.org

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

Michael B. Harich, President/CEO

Renee Sannan, V.P. of Operations

Aaron Bingle, Youth Director

Susan Brothers, Assistant Finance Manager

Nichole Cain, Aquatic Director

Kristen Campbell, Membership Director

Teresa Hamilton, Child Care Director

Cyril Jurkowski, Finance Manager

Heather McGee, Assistant Child Care Director

Howdy Mohrbacher, Property Manager

Jennifer Priest, Group Exercise Director

Chasity Smith, Administrative Assistant

Kristina Upham, Member Service Specialist

Sandy Vukich, Wellness Director

724·891·THE·Y (8439)

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