



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BE INVOLVED



WINTER 2013

NORTH BOROUGH'S YMCA

Hours of Operation

Monday thru Friday 5:30am – 9pm
Saturday 7am–5pm
Sunday 11am –5pm

Holiday Hours

Christmas Eve Closed
Christmas Day Closed
New Year's Eve Closed
New Year's Day 10am–2pm
Good Friday Closed
Easter Closed
Memorial Day Closed

North Boroughs YMCA

629 Lincoln Avenue
Pittsburgh PA 15202
Phone: 412-761-1227

OUR COMMUNITY RALLIES TO SUPPORT OUR CAUSE

We're able to accomplish the work we do because of the incredible support of our volunteers and the Greater Pittsburgh community. We have deep gratitude for all who help, from those who assist with events, dedicate their time to provide services like coaching youth sports and leading wellness classes to policy volunteers who advocate on our behalf and the many nonprofits and other companies who partner with us to serve the greater good of the community. Thank you.

Volunteer Opportunities

Whether you enjoy working with kids, fundraising, have a passion for sports, or a health and wellness guru, we would be happy to match your skills with our needs.

- Board Member
- Community Center
- Special Events
- Fundraising

For more information, contact:

Maureen Newcamp mnewcamp@ymcapgh.org

COMMUNITY BENEFITS BE INVOLVED

As the leading nonprofit for youth development, healthy living and social responsibility, the Y works side-by-side with our neighbors every day to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive. To do our important work, the Y relies on support from members, donors, volunteers and community leaders.

When you are involved with the Y, you help bring about lasting personal and social change. Whether you want to nurture the potential of children and teens, improve your or your family's health and well-being, or give back and support your neighbors, your involvement with the Y will positively impact those in your community.



At the Y, we've always known that positive change only comes about when we invest in our kids, our health and our neighbors. And that's why we're here. We have three areas of focus:

YOUTH DEVELOPMENT

Because young people need caring adults to provide support, guidance and encouragement as they grow.

HEALTHY LIVING

Because wellness in spirit, mind and body strengthens our very being, and enhances our interactions with others.

SOCIAL RESPONSIBILITY

Because we truly are in this together, and together we can harness our individual strengths and bring about positive change around us.

So while we've changed our appearance to better reflect the work we do and the positive impact we make, we're still supporting this community in the same way we always have. We look forward to enriching more lives and more families, and to further strengthening this community for decades to come.

Note from the Branch Executive

Dear Neighbors,

As a member of the YMCA, you belong to one of the most diverse organizations in our region. Just as distinct as the local communities we call home, our YMCAs are host to more than two hundred programs and services for people of all ages, religions, nationality, income levels and ethnicities. The more than 80,000 people we served last year participated in programming ranging from food banks to spinning classes. Each person walking through our doors has their own reason for coming, and each have their unique story.

We're committed to ensuring that our programs are open to everyone regardless of their ability to pay. Our Vision is what drives our progress in building stronger communities. We have a strong and diverse volunteer base, and together we have identified the areas of **Hope for Children, Family Engagement and Balanced Health for All** as our focus over the next decade. We also believe it is our responsibility to minimize the impact our actions have on the environment. We continue to build sustainable solutions into the way we work and deliver services.

Whether you're a busy family, young professional, or empty-nester looking for quality programs and connections the Y is here for you. I hope to learn your Y story and how we can continue to make a difference in your life.

Sincerely,

Bruce Berringer
Executive Director

Building Bridges Membership and Child Care

Persons with household incomes below \$50,000 may be eligible to take part in this program. A sliding scale format has been pre-determined for both membership fees and monthly child care fees for household income levels of \$50,000 and below. To apply for building bridges, just stop by the Welcome Center, please bring a copy of your most recent tax return. Through this program, we can continue to make the YMCA accessible to all!

Membership

Type	Monthly	Monthly	Joining Fee
Facility Memberships Access to Wellness Centers		Sustaining Membership*	
Youth (Ages 13-18)	\$14		\$20
Adult	\$37	\$42	\$60
Family	\$52	\$57	\$75
Association-wide Adult	\$66	\$71	\$125
Association-wide Family	\$99	\$104	\$125
Program Memberships Access to programs and member pricing	Annual Fee provides program access for 12 months.		Program fees vary.
Individual (up to 18 yrs)	\$59		
Older Adult (Age 55+)	\$29		
Adult (Ages 18-54)	\$59		
Family	\$78		

How to register for Programs

Registration is quick and easy! Through our easy online process, you can register for programs at www.ymcapgh.org. You can also fax, mail, or drop off the registration form. Online registration is available for current facility and program members only. No phone registrations.

Guest Policy

As a member organization, our facilities, programs, and activities are designed primarily for members. Members may bring a guest provided the guest abides by the following:

- Members are responsible for their guest and must accompany them to the Welcome Center to redeem or purchase a guest pass
- The same guest may use the facility or any other YMCA of Greater Pittsburgh facility no more than 3 times in a 12 month period.
- Guest fee is \$10 per visit. Guest fees may be applied to a membership (\$30 maximum)

Your Facility Membership Benefits:

- State-of-the-art Wellness Center with Treadmills, Ellipticals, Stationary Bikes, Strength Training circuit, Free Weights and more!
- Group Exercise Classes at no additional charge
- Increased Family Programming
- Senior Wellness
- Friendly, Certified Staff
- Member Newsletter

Family Membership: Family memberships apply to households with a maximum of two adults residing at the same address, and children residing at that same address who are up to the age of 21, and a full-time student; up to the age of 18 if not a student. Photo identification may be required.

AWAY Program: As a member, you're part of the AWAY Program which gives you access to Any Where Any Y in the country outside a 50-mile radius from your home YMCA.

***Sustaining Membership:** \$5 of this monthly membership fee increases our Annual Building Bridges Campaign which helps provide scholarships to people in our community who are experiencing financial difficulties. This fee is a tax-deductible contribution.

Register for programs on the web!
www.ymcapgh.org

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

We believe the values and skills learned early on are vital building blocks for life. Because of the Y, more young people in neighborhoods around the nation are taking a greater interest in learning and making smarter life choices. At the Y, children and teens learn values and positive behaviors, and can explore their unique talents and interests, helping them realize their potential. That makes for confident kids today and contributing and engaged adults tomorrow.



CHILD CARE BEFORE AND AFTER SCHOOL AGE CHILD CARE

Children grow and thrive with the right child care program and no one knows it better than the Y. Our child care programs—and the kids in them—are flourishing, thanks to a fresh approach based on the needs of families today and the Y's fundamental values of caring, honesty, respect and responsibility.

We plant the seeds for learning how to play, interact and live a healthy life. In fact, we offer oodles of opportunities of enrichment programs, creative play, structured activities and an occasional field trip—all in a safe, clean and caring environment.

Every day, your child will enjoy healthy snacks, recreation and the chance to bloom among friends and staff. Discover why so many families throughout the Pittsburgh region choose the YMCA for child care.

SCHOOL AGE CHILD CARE IS HELD AT THE FOLLOWING ELEMENTARY SCHOOLS:

- Avonworth
- Bellevue
- Burchfield
- Highcliff
- Marzolf
- McIntyre
- Rogers
- Ross
- Shaler
- West View

Contact JAmbrass@ymcapgh.org

Registration 2013–2014 – registration begins April 15, 2013

School age child care on school days off varies. Calendars can be found on the web site of each individual school district.

SWIM, SPORTS AND PLAY

The Y is the starting point for many youth to learn about becoming and staying active, and developing healthy habits they'll carry with them throughout their lives. And the benefits are far greater than just physical health. Whether it's gaining the confidence that comes from learning to swim or building the positive relationships that lead to good sportsmanship and teamwork, participating in sports at the Y is about building the whole child, from the inside out.

INSTRUCTIONAL

Boys and girls have the opportunity to learn and enjoy sports without pressure and competition. Our goals: Fun, Fair Play and Learning.

KINDER BASKETBALL (Ages 4–6)

Avalon Elementary
Saturdays, January 19 – March 2
9am
FFM \$18 PM \$36

JR. PENGUINS KINDER HOCKEY (Ages 4–6)

Avalon Elementary
Saturdays, January 19 – March 2
Option: 10am or 11am
FFM \$18 PM \$36

KINDER SOCCER (Ages 4–6)

YMCA Soccer Field
Saturdays, April 16 – June 1
Option: 10am, 11am or 12pm
FFM \$18 PM \$36

LEAGUES

JR. PENGUINS KINDER HOCKEY LEAGUE (Ages 4–6)

Avalon Elementary School
March 9 – April 16 (no class March 30)
Fee: FFM \$10 PM \$19

YOUTH SPORTS

JR. PENGUINS HOCKEY PROGRAM (Ages 7–12)

Baierl Family YMCA, 12 week session
January 12 at Baierl Family YMCA.
Fee: \$60 YMCA Members

SPRING SOCCER U8 (Under 8 years)

March 23 – June 8 (no game March 30)
One evening practice during the week—games scheduled on Saturdays.
Must register by Register by March 21 schedule pick up March 23 after 2pm.
Fee: FFM \$50 PM \$20

HEALTHY LIVING

Improving the nation's well-being

HEALTH, WELL-BEING & FITNESS

Because we know that healthy lifestyles are achieved through nurturing mind, body and spirit, well-being and fitness at the Y includes more than just working out. In addition to our physical fitness classes and facilities, we provide educational programs to promote healthier decisions, and offer a variety of programs that support physical, intellectual and spiritual strength

GROUP EXERCISES

Group Exercise classes are held at the Y Community Center located in Church of Epiphany and the Ben Avon Borough Building and are free to SilverSneakers and Full Facility Members.

14 week sessions: January 2 – April 6

Must Register for Group Exercise Classes at the North Boroughs Y

Cancellation Policy: Due to bad weather the North Boroughs YMCA Community Center follows Northgate School district for cancellations. If school is delayed or cancelled the Community Center is closed. No AM Fitness, no senior activities. Watch KDKA TV or listen to KDKA Radio 10:20am.

GROUP EXERCISE CLASSES AT THE Y COMMUNITY CENTER

Located in the Church of Epiphany, Corner of California Avenue and South Home Avenue, Avalon

MORNING CLASSES:

ARTHRITIS FOUNDATION EXERCISE (first floor) Designed specifically for members with arthritis and related diseases. Helps reduce pain and stiffness and maintain or improve mobility, muscle strength and functional ability. Each class includes a variety of exercises that can be performed while sitting or standing; endurance-building routines and relaxation exercises.

Mondays & Wednesdays 9am

Instructor: Ted P.

CORE & MORE (second floor) Work core and other major muscle groups for a total body workout. Recommended for anyone who wants to strengthen and tone the mid-section.

Wednesdays 9am

Instructor: Amy E.

SILVERSNEAKERS® YOGASTRETCH (first floor) 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.

Tuesdays 9:15am

Instructor: Gretchen D.

SILVERSNEAKERS®1 MUSCULAR STRENGTH & RANGE OF MOVEMENT (first floor)

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support.

Mondays, Tuesdays & Thursdays 10:15am

Instructors: Gretchen D., Cecelia W., Chantel S.

WOMAN ON WEIGHTS (second floor) This is a strength-training program designed specifically for women. Participants work all major muscle groups using various equipment.

Tuesdays & Thursdays 9am

Instructor: Amy E.

TAI CHI (first floor) An ancient practice that uses movement and breath to reduce pain and improve your mental and physical well-being. Wednesday's 1pm

Instructor: Ted P

SATURDAY CLASSES: All co-ed fitness levels welcome

HATHA YOGA (second floor) Hatha Yoga emphasizes physical alignment, understanding of movement, and various deep relaxation techniques. It increases strength, flexibility, and awareness of the body. Saturdays 9am

Instructor: Jean P.

ZUMBA (first floor) Exhilarating, effective, easy-to-follow, Latin-inspired, dance fitness party.

Saturdays 8am & 9am

Instructor: Jessica N.

EVENING CLASSES

20/20/20 (second floor) Three workouts in one! Combine cardio, strength, stretch and flexibility in 20 minute segments for a total body workout.

Monday 7:10pm

Instructor: Jennifer G.

BOOT CAMP (second Floor) Participants do a combination of cardio, weights, plyometric drills, and intervals that focus on strength, power, and total core transformation. Modifications are offered for a less intense workout.

Wednesdays 7:10pm

Instructor: Elizabeth B.

BODY SCULPT (second floor) Designed to tone & strengthen all major muscle groups using a variety of resistant tools. Abdominal & low back exercises are included for a complete, well-rounded workout. Mondays & Wednesday 6pm

Instructor: Mary Lou G., Elizabeth B.

CARDIO-SCULPT (second floor) Cardiovascular endurance with varying intensity levels mixed with weight training.

Tuesdays & Thursdays 6:15 pm

Instructor: Mary Lou G.

HEALTH, WELL-BEING & FITNESS

Continued

PILATES (first floor) Pilates is an all over body workout that improves flexibility, posture, stamina and strength. All movement taught to originate from the abdominals and back.

Mondays & Wednesdays 7pm

Instructor: Maureen K.

YOGA (first floor) The YogaFit style reduces the risk of injury & augments recovery for ailments including stress, lower back pain & tension.

Tuesdays & Thursdays 6pm

Instructor: Darlene M

ZUMBA (first floor) Exhilarating, effective, easy-to-follow, Latin-inspired, dance fitness party.

Mondays 6pm Thursdays 7:15pm

Instructor: Rachel K. Instructor: Jessica N

ZUMBA GOLD (first Floor) Exhilarating, effective, easy-to-follow, Latin-inspired, dance fitness party for of active older adults.

Monday's 4:30pm

Instructor: Rachel K.

CYCLING—INDOOR CYCLING held at the North Boroughs Y Free to SilverSneakers and Full Facility Members

High intensity exercise that involves the use of a stationary bike in a classroom setting. The ride simulates variations in terrain by altering resistance and rhythm.

DAY(S)	TIME	INSTRUCTOR(S)
M thru F	5:45am	Kevin K., Maureen K., Joe S., Brian T.
M	7pm	Joe S.
T	7pm	Maureen K.
T & Th	9am	Emily L.
W	7:15pm	Mary Lou G.
F	6pm	Mary Lou G., Bobbie A.
Sat	7:30am	Brian T.
	9am	Emily L.
Sun	11am	Emily L., Joe S., Mary Lou G.



Call 412-761-1227 day before reserve a bike for morning classes the day of to reserve a bike for evening classes Office opens at 9am

Call The wellness Center Sunday 11am-5pm 412-223-1115 to reserve a bike for Monday mornings.

GROUP EXERCISE CLASSES AT BEN AVON BOROUGH BUILDING

7101 Church Avenue, Ben Avon

20/20/20 20 minutes of strength & Sculpt, 20 minutes stretch & Core, 20 Minutes yoga & relaxation

Tuesdays & Thursdays 6am

Instructor: Maureen K.

CARDIO SCULPT Designed to tone & strengthen all major muscle groups using a variety of resistant tools. Abdominal & low back exercises are included for a complete, well-rounded workout.

Begins January 7

Monday & Wednesday 6am

Instructor: Jesse S.

ZUMBA BASIC Exhilarating, effective, easy-to-follow, Latin-inspired, dance fitness party for the whole family.

Tuesdays 6pm

No evening classes held the third Tuesday of the month.

Instructor: Kim B.

CORE & MORE Work core and other major muscle groups for a total body workout. Recommended for anyone who wants to strengthen and tone the mid-section.

Monday & Wednesday 6pm

No Evening Classes Held the third Monday or Wednesday of the month.

Instructor: Denise G.

HATHA YOGA Hatha Yoga emphasizes physical alignment, understanding of movement, and various deep relaxation techniques. It increases strength, flexibility, and awareness of the body.

Mondays & Wednesdays 7pm

No Evening Classes Held the third Monday or Wednesday of the month.

Instructor: Jean P.

YOGA Yoga is a mind/body exercise that uses slow movements and stretching though poses and techniques to gain strength, balance and flexibility.

Thursdays 6pm

No class held the first Thursday of the month.

Instructor: Erin C.



GROUP INTERESTS

Whether you're new to the community or simply want to pursue a new hobby, the Y brings together people who love to learn. Whether you want to cook new dishes, join a bible study, create pottery or speak a new language—you'll learn right alongside others from your community who share your interests.

SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors

Social Services

To bring about meaningful change, individuals need ongoing encouragement and tools. We're here day-in and day-out to provide the resources our communities need to address the most pressing social issues: child welfare, education, employment, housing and substance abuse. We work to make sure every child, family and community has what they need to achieve their best.

Global Services

At the Y, building a strong global community begins at home. Ys in the U.S. help young people develop cultural competencies, diverse populations connect to the community and individuals around the world gain access to life-changing resources and support. As an interconnected global network, the Y has the resources and solutions to build bridges and make our changing communities stronger—both at home and abroad.

Volunteerism

The generosity of others is at the core of our existence. It is only through the support of our hundreds of thousands of volunteers and public and private donors that we are able to give back to the communities we serve.

Advocacy

CIVIC ENGAGEMENT

BUILDING BRIDGES

Every day, gifts to the Campaign for Strong Communities make a difference in someone's life. Each gift is used to provide scholarships to people in our community who are experiencing financial difficulty. In fact, each year the need exceeds the funds that we raise and we draw on other sources to close the gap. The YMCA is committed to ensuring that our programs are available to anyone who would like to use them.

We believe that our programming lays the groundwork for healthy futures, builds a sense of community, and conveys the values of caring, honesty, respect and responsibility. Yes, children learn to swim, kids have somewhere to go after school and we teach about healthy lifestyles, but the YMCA is far more than that. We are a place where kids find direction, families come together and people rally to make a difference.



REGISTRATION PROCEDURES:

- Bring completed registration form and payment to register at the Welcome Center.

- Phone registrations will no longer be accepted.

- Enclose registration form and payment in an envelope and mail to:

North Boroughs YMCA:
629 Lincoln Avenue, Pittsburgh, PA 15202

- Fax registration form to: **412-766-9408**

- Register on line at:

www.ymcapgh.org
North Boroughs YMCA

REGISTRATION • Winter Programs • See online registration form or use this mail-in/drop-off registration form				
Parent/Adult Name		Payment		
Parent's Birth Date		<input type="checkbox"/> Cash <input type="checkbox"/> Check		
Address		Credit Card: <input type="checkbox"/> Discover <input type="checkbox"/> Master Card <input type="checkbox"/> Visa <input type="checkbox"/> Am Exp		
City/Zip		Credit Card # _____ Security Code # _____		
Child's Name		Exp. Date _____ Total Payment _____		
Gender		Card Holder's Name _____		
Birth Date/Age		Signature _____		
Phone		Day Phone		
E-mail		If registering for a Youth Sport, please circle a t-shirt size for your child: <input type="checkbox"/> Youth Medium (10-12) <input type="checkbox"/> Youth Large (14-16)		
Facility Member		<input type="checkbox"/> Adult Small <input type="checkbox"/> Adult Medium <input type="checkbox"/> Adult Large <input type="checkbox"/> Adult XLarge		
Program Member		Would you be interested in being a Parent Volunteer <input type="checkbox"/> Yes <input type="checkbox"/> No		
Class	Program	Day/Date	Time	Fee



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NONPROFIT
ORGANIZATION
U.S. POSTAGE
PAID
Pittsburgh, PA
PERMIT NO. 937

NORTH BOROUGH'S YMCA

629 Lincoln Avenue
Pittsburgh, PA 15202
412-761-1227
Fax: 412-766-9408
www.ymcapgh.org

NORTH BOROUGH'S YMCA WELLNESS CENTER

Open 7 days a week—Over 30 pieces of equipment for a great workout in a great convenient and friendly environment. And you'll love the social atmosphere in our Group Exercise Classes included with Membership.

PERSONAL FITNESS

PERSONAL TRAINING

The North Borough's YMCA Personal Training staff is here to help get your training on track. Our personal trainers will assist you in creating a training plan that is tailored to your specific fitness level, goals, and experience.
Fee: FFM \$45/hour



16TH ANNUAL GOLF OUTING June 17, 2013

Proceeds benefit our Literacy Programs.

**For more details contact:
bberringer@ymcapgh.org
or call 412-761-1227**

JOIN THE NORTH BOROUGH'S COMMUNITY CENTER TODAY

SENIORS 55+

Located in the Church of the Epiphany on the corner of S. Home and California Avenues
Hours of operation Monday – Thursday 9am to 3pm
412-734-2090

This is the perfect place to meet new people and enrich your life. We are the hub for activities, information and services that are specifically geared towards active adults. Open to SilverSneaker, Full Facility and Program Members, The annual program membership for senior citizens is \$29. Every membership dollar makes a difference to help support our programs, activities and to maintain our facility. With this membership you will receive one complimentary lunch per month for one year.

Stop in for a coffee and visit! Pick up a newsletter for monthly activities. Volunteer opportunities.