



Beaver County YMCA



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL 2018 PROGRAM CATALOG

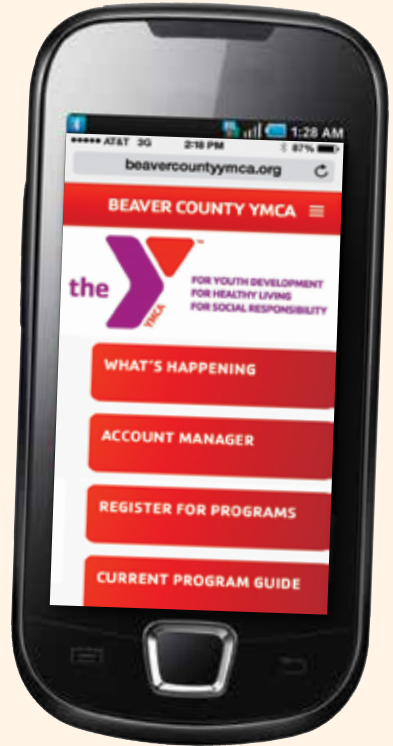
September 3rd - December 31st



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.



**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

Jamie's Physical Therapy and Sports Medicine

Jamie's Physical Therapy continues to partner up with the Beaver County YMCA to offer both clinic and aquatic physical therapy. Christina Johnson, DPT is the new treating therapist at the YMCA location. Chrissy is well versed in treating all PT related injuries and has advanced her skills to include many new manual techniques that have proved to be very beneficial in patient recovery. Chrissy has her Direct Access Certification and can see most patients without a physician prescription. The hours of operation are Monday, Tuesday and Thursday 8 a.m.-5:30 p.m., Wednesday 8 a.m.-3 p.m. and Friday 8 a.m.-2 p.m. Call or stop in to schedule your appointment. 724-846-1633.

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

On the 1st and 3rd Thursday of each month beginning September 6th, 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.

Year Round At-Risk FOOD SERVICE PROGRAMS

The YMCA partners with multiple locations during the school year to supply a supper program to youth of Beaver County through the CACFP Program. The following locations are Open Sites where any child under the age of 18 may go to receive dinner during the weekly servicing times.

- **THE CENTER**
54 Ohio Avenue, Midland
Tues. & Thurs. 6-7 p.m.
 - **ALIQUIPPA IMPACT**
1 Linmar Terrace, Aliquippa
Tues. & Thurs. 3-5 p.m.
 - **CRESTVIEW VILLAGE**
1100 Larch Street, Economy
Wed. & Thurs. 3-6 p.m.
 - **LIFE CENTER**
2232 3rd Avenue, New Brighton
Wed. 6-7 p.m.
 - **NEW BRIGHTON UNITED METHODIST CHURCH**
1033 6th Avenue, New Brighton
Tues., Wed., Thurs. 3-6 p.m.
 - **ST. JOHN THE EVANGELIST ORTHODOX CHRISTIAN CHURCH**
1501 8th Avenue, Beaver Falls
Wed. & Thurs. 3-6 p.m.
 - **STEPHEN PHILLIPS APARTMENTS**
1 Project Road, Monaca
Tues. & Thurs. 3-6 p.m.
- *Additional sites may be available. Please check website for details.*

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:** October 19th; November 21st; December 5th
- **Time:** 11 a.m. - 3 p.m.

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.)

Financial Assistance Program

The Beaver County YMCA is more accessible and affordable 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 to see if you meet the household income guidelines to qualify for a subsidized rate. All we need is proof of income in the form of your most recent 1040 tax return within 14 days of sign up. The joiner's fee can also be spread over 3 months.

All financial aid made is possible through generous donations and our William A. Parise Scholarship fund.

Building Closings

- September 3rd: Labor Day
- November 22nd: Thanksgiving
- December 24th: Christmas Eve (Close at 5 p.m.)
- December 25th: Christmas
- December 31st: New Year's Eve (Close at 5 p.m.)
- 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 and hot chocolate is available everyday until 9:30 a.m.. We are now offering the healthiest protein on the market. "About Time" protein shakes are made with Silk Unsweetened Vanilla Almond Milk or 2% Milk.

- **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 single or multi-day pass or membership must be purchased. All guests 18 and over must present photo ID to gain entry. Guests who are 12 and younger must be accompanied by a parent or guardian with photo identification. Members must accompany their guests when visiting the YMCA.

Day Pass Policy

Single Day Passes and Family Day Passes are available for purchase and are redeemable towards membership should you wish to join at a later date, up to 1 year. You may purchase up to 3 of each type of day passes per year.

- **Single Day Pass - \$10**
Single Day Family Pass - \$15
- **3 Day Pass - \$25**
3 Day Family Pass - \$35
- **7 Day Pass - \$50**
7 Day Family Pass - \$55

Single Day Passes will be sold to guests 13 and older. Family Passes will be sold to individuals living in the same household.

Nationwide Membership

Y's can better strengthen communities when all Y's are open to all Y members and they are dedicated to providing a safe, welcoming environment for everyone. Simply present your active YMCA Membership Card and photo ID at any participating YMCA's nationwide and enjoy free access. Visit www.ymca.net to locate participating Nationwide YMCA's. (Prime, Silver Sneakers, and Silver & Fit are excluded)



"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

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.

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. Apply online or you can contact the Membership Director at 724-891-8439.

Current volunteer opportunities include:

- Family Events
- Member Appreciation Events
- At-Risk Feeding Programs
- 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 Operations.

FIND US ON



to stay up to date on what's happening @ the Y!



"The harvest is past, the summer is ended, and we are not saved."
- Jeremiah 8:20

It's All About You...Our Members!

MEMBERSHIP EVENTS

September

- **Friday, September 7th, 6-8 p.m.: Member's Only Pool Game Night!**
Splish-Splash, it's a Family Pool Game Bash! Join us at the Swimming Pool for fun, laughter and family bonding.
- **Friday, September 21st, Noon-2 p.m.: Veggie Soup Day at the Y!**
Share some of your vegetable harvest with us and we'll dish up a delicious veggie soup!

October

- **Friday, October 19th, 6-7 p.m.: Friday Happy Hour!**
Ditch the empty calories sipping on drinks, and come to the YMCA for an energizing, end-of-week sweat session complete with restorative exercise, healthy drinks and snacks!
- **Sunday, October 21st through Saturday, October 27th.: Bring a Friend Week!**
We know 1 day is not enough time to experience all that the Y has to offer! Register your friend to enjoy the entire facility for a week and try all of our Group Exercise Classes! Bonus: If your friend joins the YMCA during this week, you'll receive a free month of membership!
- **Wednesday, October 31st, All Day!: Trick or Treat Costume Contest!**
Spiders, black cats and more...Let's see what Halloween has in store! Come celebrate Halloween by wearing your most creative costume for a spooktacular surprise!

November

- **November 1st-8th: Halloween Candy Collection for the Troops!**
The candy will be donated to the Yellow Ribbon Girls in Ellwood City.
- **Friday, November 9th, Multi-Purpose Room, 7 p.m.: Member's Only Movie Night!**
Come out to the YMCA for a Movie and Pop Corn! Bring your sleeping bags, or soccer chairs. The feature movie will be member chosen, and raffled off at the end of the night. Register today for this exciting event!
- **November 13th, 12-2 and 4-6 p.m.: November Membership Appreciation Event**
Enjoy a fresh salad bar with your YMCA Family!

December

- **December 1st through 12th: Christmas Give and Get**
Make a Christmas toy or clothing donation and get a gift!
- **Friday, December 28th, 6-7 p.m.: Friday Happy Hour!**
Stretch off the stress of the holidays, and come to the YMCA for an energizing, end-of-week sweat session complete with restorative exercise, healthy drinks and snacks! Theme to be determined with Member Feedback!



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

THE YMCA OF BEAVER COUNTY WANTS TO SEE YOU!

MONTHLY CHALLENGES

OCTOBER CHALLENGE

Y to Y Across America

• October 1–November 30

Do you want to be challenged during the fall months? We have the solution. We are taking a journey across America. We are starting here at the Beaver County YMCA and ending at the YMCA of Honolulu. Y to Y across America starts on October 1. All levels of fitness are welcomed to join in the adventure. After each visit to the YMCA, stop in the Wellness Center to log your number of miles for the day. We will plot your progress on the bulletin board. All areas will count towards your mileage (swimming, wellness center, all classes, indoor track, basketball racquetball, cycling and weight lifting). As you travel from Y to Y Across America, prizes will be given out. Registration is required at the Member Service Desk or with the Wellness Attendant.

DECEMBER CHALLENGE

STEP UP to the Challenge!

• December 1 through December 31

The journey for success begins with one single step. How many steps can you walk in 1 month? You must use an activity tracker (iwatch, fitbit, etc) to track your daily steps. You will then check in daily with the Wellness Attendant to log the day's steps. You can take a picture of your completed day or show the activity session to the attendant to record your totals. The person who has the most steps for the month will win a gift card. One female, one male and one child (under the age of 12) will win.

MONTHLY INCENTIVES

SEPTEMBER

• Month of September: **Grandparent Appreciation Membership Incentive**

Earn a chance to win 1 of 4 Grandparent Care Packages with every visit to the YMCA in September. Members Only - 1 entry per day. Drawing will take place on September 28th.

OCTOBER

• Month of October: **Run you Soles off!**

Enter to win a \$100 Gift Card to Lloyd's Running Store with every visit to the YMCA in the month of October. Members Only - 1 entry per day. The winner will be drawn on October 30th.

NOVEMBER

• Month of November: **November Membership Yoga Incentive**

Earn a chance to win 1 of 4 Yoga inspired packages with every visit in November. Members Only - 1 entry per day. Drawing will take place November 30th.

DECEMBER

• Month of December: **Member Chosen T-Shirt Incentive**

Members will vote on the next T-Shirt Incentive Design! Visit 15 times in the month of December and take home a Beaver County Member Choice T-Shirt!

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

AQUATICS

FALL I & FALL II AQUATICS SCHEDULE

(FALL I: Week of Sept. 3rd - Week of Oct. 22nd • FALL II: Week of Oct. 29th - Week of Dec. 17th)
Daytime, Evening, and Weekend Lessons (Once each week for 8 weeks)

Class	Day	Time	Location	Member Rate	Non-Member Rate
Skippers Lessons: Ages 6 Months to 36 Months (30 min. class)					
Skippers	Monday	11:00 - 11:30 a.m.	Therapy Pool	Ages 6-12 Mo. FREE / 13-36 Mo. \$32	\$57
Skippers	Monday	6:15 - 6:45 p.m.	Therapy Pool	Ages 6-12 Mo. FREE / 13-36 Mo. \$32	\$57
Skippers	Tuesday	6:20 - 6:50 p.m.	Therapy Pool	Ages 6-12 Mo. FREE / 13-36 Mo. \$32	\$57
Skippers	Saturday	10:20 - 10:50 a.m.	Therapy Pool	Ages 6-12 Mo. FREE / 13-36 Mo. \$32	\$57
Preschool Lessons: Ages 3 Years to 5 Years (30 min. class)					
Pike	Monday	10:20 - 10:50 a.m.	Therapy Pool	Free	\$57
Pike	Monday	5:00 - 5:30 p.m.	Therapy Pool	Free	\$57
Pike	Tuesday	4:30 - 5:00 p.m.	Therapy Pool	Free	\$57
Pike	Wednesday	5:45 - 6:15 p.m.	Therapy Pool	Free	\$57
Pike	Thursday	10:15 - 10:45 a.m.	Therapy Pool	Free	\$57
Pike	Thursday	4:30 - 5:00 p.m.	Therapy Pool	Free	\$57
Pike	Saturday	9:00 - 9:30 a.m.	Therapy Pool	Free	\$57
Pike	Saturday	11:00 - 11:30 a.m.	Therapy Pool	Free	\$57
Eel	Monday	9:45 - 10:15 a.m.	Therapy Pool	\$32	\$57
Eel	Monday	5:40 - 6:10 p.m.	Therapy Pool	\$32	\$57
Eel	Tuesday	5:10 - 5:40 p.m.	Therapy Pool	\$32	\$57
Eel	Wednesday	5:10 - 5:40 p.m.	Therapy Pool	\$32	\$57
Eel	Thursday	11:00 - 11:30 a.m.	Lap Pool	\$32	\$57
Eel	Thursday	5:10 - 5:40 p.m.	Therapy Pool	\$32	\$57
Eel	Saturday	9:45 - 10:15 a.m.	Therapy Pool	\$32	\$57
Ray/Starfish	Tuesday	5:45 - 6:15 p.m.	Therapy Pool	\$32	\$57
Ray/Starfish	Wednesday	4:30 - 5:00 p.m.	Therapy Pool	\$32	\$57
Ray/Starfish	Thursday	5:45 - 6:15 p.m.	Therapy Pool	\$32	\$57
Ray/Starfish	Saturday	10:20 - 10:50 a.m.	Lap Pool	\$32	\$57
You Can Swim (ages 3-5)	Thursday	5:45 - 6:15 p.m.	Therapy Pool	\$32	\$57
Youth Lessons: Ages: 6 Years and up (45 min. class)					
Polliwog	Tuesday	6:15 - 7:00 p.m.	Lap Pool	\$48	\$64
Polliwog	Wednesday	4:30 - 5:15 p.m.	Lap Pool	\$48	\$64
Polliwog	Thursday	4:30 - 5:15 p.m.	Lap Pool	\$48	\$64
Polliwog	Saturday	9:00 - 9:45 a.m.	Lap Pool	\$48	\$64
Guppy	Monday	6:15 - 7:00 p.m.	Lap Pool	\$48	\$64
Guppy	Tuesday	5:25 - 6:10 p.m.	Lap Pool	\$48	\$64
Guppy	Wednesday	5:25 - 6:10 p.m.	Lap Pool	\$48	\$64
Guppy	Thursday	5:25 - 6:10 p.m.	Lap Pool	\$48	\$64
Guppy	Saturday	9:50 - 10:35 a.m.	Lap Pool	\$48	\$64
Minnow	Monday	5:25 - 6:10 p.m.	Lap Pool	\$48	\$64
Minnow	Tuesday	4:30 - 5:15 p.m.	Lap Pool	\$48	\$64
Minnow	Wednesday	6:15 - 7:00 p.m.	Lap Pool	\$48	\$64
Minnow	Saturday	10:45 - 11:30 a.m.	Lap Pool	\$48	\$64
Fish/Flying Fish/Shark	Monday	4:30 - 5:15 p.m.	Lap Pool	\$48	\$64
Fish/Flying Fish/Shark	Thursday	6:15 - 7:00 p.m.	Lap Pool	\$48	\$64
Fish/Flying Fish/Shark	Saturday	11:40 a.m. - 12:25 p.m.	Lap Pool	\$48	\$64
You Can Swim (ages 6 and up)	Thursday	6:15 - 6:45 p.m.	Therapy Pool	\$32	\$57
Adult Lesson: Ages: 18 Years - Beginner and Intermediate (45 min. class)					
Adult Swim Lessons	Saturday	8:00 - 8:45 a.m.	Lap Pool	\$48	\$64

* PLEASE NOTE: Make-Up Lessons for the Preschool and Youth classes will be offered once during session. Parent/Child make-up classes are offered during the regularly scheduled class times. Please register online or with the Member Service Desk.

FALL I:

Week of Sept. 3rd - Week of Oct. 22nd

Registration Begins:

- Member On-Line: Register Now
- Member: Register Now
- Non-Member: Register Now

NO CLASS SEPT. 3RD - MAKE-UP OCT. 19TH

FALL II:

Week of Oct. 29th - Week of Dec. 17th

Registration Begins:

- Member On-Line: Oct. 1st
- Member: Oct. 6th
- Non-Member: Oct. 8th

NO CLASS NOV. 22ND - MAKE-UP DEC. 14TH

• Swim Lesson Level Descriptions found on [page 8](#)

• Additional Swim Lessons and Aquatic Programs found on [Page 9](#)

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

BEAVER COUNTY YMCA FALL POOL SCHEDULE

(September 3rd - December 31st)

Mon./Wed.	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Therapy Pool
5:00 - 7:00 a.m.	Lap Swim				Open Swim		Closed
7:00 - 8:00 a.m.	Lap Swim				Open Swim		Open Swim
8:00 - 9:00 a.m.	Lap Swim			Y Program (Deep End) / Open Swim (Shallow End)			Open Swim
9:00 - 10:00 a.m.	Lap Swim				Open Swim (Deep End) / Y Program (Shallow End)		Lessons (Mon. 9:45-11:30 a.m./3 yr. CC Wed. 9-11 a.m.)
10:00 - 11:30 a.m.	Lap Swim		Volleyball (Shallow End) / Open Swim (Deep End)				Lessons (Mon. 9:45-11:30 a.m./3 yr. CC Wed. 9-11 a.m.)
11:30 a.m. - Noon	Lap Swim				Open Swim		Swim Lessons
Noon - 1:00 p.m.	Lap Swim				Open Swim		Y Program
1:00 - 2:00 p.m.	Lap Swim				Open Swim		Y Program
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 - 7:00 p.m.	Swim Lessons (Mon. & Wed. 4:30-7)		Lap Swim		Open Swim		Swim Lessons (Wed. 4:30-6:15 p.m.)
7:00 - 8:00 p.m.	Lap Swim			Y Program / Open Swim			Open Swim
8:00 - 8:30 p.m.	Lap Swim			Open Swim			Adult Only Open Swim (8-8:30 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 - 7:00 a.m.	Lap Swim				Open Swim		Closed
7:00 - 9:00 a.m.	Lap Swim				Open Swim		Y Program
9:00 - 10:00 a.m.	Lap Swim				Open Swim		Open Swim
10:00 - 11:00 a.m.	Lap Swim				Open Swim		Swim Lessons (Thurs. 10:30-11:30 a.m.)
11:00 a.m. - Noon	Homeschool Swim (Tues. 11:30 a.m.-1:15 p.m.)			Lap Swim	Open Swim		Y Program
Noon - 1:00 p.m.	Homeschool Swim (Tues. 11:30 a.m.-1:15 p.m.)			Lap Swim	Open Swim		Y Program
1:00 - 2:00 p.m.	Lap Swim				Open Swim		Open Swim
2:00 - 3:00 p.m.	Lap Swim				Open Swim		Y Program
3:00 - 4:00 p.m.	Lap Swim				Open Swim		Open Swim
4:00 - 5:00 p.m.	Swim Lessons		Lap Swim		Open Swim		Open Swim
5:00 - 7:00 p.m.	Swim Lessons (4:30-7 p.m.)		Lap Swim		Open Swim		Swim Lessons (4:30-7 p.m.)
7:00 - 8:00 p.m.	Lap Swim			Open Swim			Y Program
8:00 - 8:30 p.m.	Lap Swim			Open Swim			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 - 7:00 a.m.	Lap Swim				Open Swim		Closed
7:00 - 8:00 a.m.	Lap Swim				Open Swim		Open Swim
8:00 - 9:00 a.m.	Lap Swim			Y Program (Deep End) / Open Swim (Shallow End)			Open Swim
9:00 - 10:00 a.m.	Lap Swim				Open Swim (Deep End) / Y Program (Shallow End)		Child Care Swim Lessons
10:00 - 11:30 a.m.	Lap Swim		Volleyball (Shallow End) / Open Swim (Deep End)				Child Care Swim Lessons
11:30 a.m. - Noon	Lap Swim				Open Swim		Child Care Swim Lessons
Noon - 1:00 p.m.	Lap Swim				Open Swim		Y Program
1:00 - 2:00 p.m.	Lap Swim				Open Swim		Y Program
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
7:30 - 8:30 p.m.	Lap Swim				Open Swim		Open Swim
8:30 - 9:00 p.m.	Lap Swim				Open Swim		Closed
9:00 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		Closed
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 a.m. - 12:30 p.m.	Swim Lessons		Lap Swim		Open Swim		Swim Lessons
12:30 - 2:00 p.m.	Lap Swim				Open Swim		Open Swim
2:00 - 3:00 p.m.	Lap Swim				Open Swim		Rentals
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 - 6:00 p.m.	Lap Swim				Open Swim		Rentals
6:00 - 7:00 p.m.	Lap Swim				Open Swim		Open Swim
7:00 - 8:00 p.m.	Lap Swim				Open Swim		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 - 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. Please verify with the Member Service desk.

Beaver County YMCA Class Descriptions

Skippers (6-36 months Parent/Child): This is an introduction to the aquatic environment for parents and their infants. The infants learn basic skills and have fun playing with toys and floatation devices with the help of their parent(s). Infants and parents are given the opportunity to enjoy the aquatic environment in a fun way while reviewing skills and safety tips. (Members 6-12 months are **FREE**.)

Pike (3-5 years Beginners): This level helps children develop safe pool behavior, adjust to the water, and develop independent movement in the water. It is designed for new swimmers, teaching basic paddle stroke and kicking skills, pool safety, proper use of IFDs and PFDs, and comfort with holding the face in the water while blowing bubbles and swimming.

Eel (3-5 years Intermediate): This level reinforces Pike skills. It is for children who are comfortable in the water. They are taught to kick, dive, float, and perform the progressive paddle stroke. They also learn basic boating safety and use of PFDs. Children can swim across the pool without assistance by the end of this level.

Ray (3-5 years Intermediate/Advanced): At this level children review previous skills, improve stroke skills, learn more personal, safety, and rescue skills, build endurance by swimming on their front and back, and learn to tread water and perform more progressive diving skills. Children can swim across the pool on their front and back without assistance by the end of this level.

Starfish (3-5 years Advanced): Children at this level review previously learned skills and refine their strokes as well as their personal safety, rescue, and floating skills. They also learn underwater swimming skills. Children can swim a length of the pool on their front and back at the end of this level.

Polliwog (6 years and up Beginner) This is the beginner level for school-age children. It gets children acquainted with the pool, the use of floatation devices, and floating. By the end of this level, they should know the front paddle stroke, side and back paddle, and some synchronized swimming and wetball (lead-up game to water polo) movements. Children can swim across the pool without assistance by the end of this level.

Guppy (6 years and up Beginner/Intermediate): The children continue to practice and build upon basic skills, now performing more skills without the aid of a floatation device. They are introduced to lead-up strokes to the front and back crawl, sidestroke, breaststroke, and elementary backstroke. More synchronized swimming and wetball skills are taught as well as some diving skills. Children can swim a length of the pool without assistance at the end of this level.

Minnow (6 years and up Intermediate): This is the initial intermediate level. The children further refine the lead-up strokes they have learned as their skills become more like those normally used in swimming. They learn still more synchronized swimming, wetball, diving skills, personal safety, boating, and rescue.

Fish (6 years and up Advanced): At this point, students work to perform the crawl stroke, elementary backstroke, back crawl stroke, and sidestroke, with turns. They continue learning additional synchronized swimming movements, wetball skills, and diving skills; they continue learning personal safety, boating, and rescue skills; and they are introduced to the use of a mask and fins.

Flying Fish (6 years and up Advanced): At this advanced level, students work on refining their strokes and increasing their endurance. They develop the ability to perform more complex combinations of synchronized swimming movements, learn to dive off a one-meter board, and develop better wetball playing skills. They also are introduced to the use of a snorkel, and they learn more about boating safety, personal safety, and rescue procedures.

Shark (6 years and up Advanced): The students at this level continue to improve their strokes, with starts and turns, and are introduced to the inverted breaststroke, the trudgen crawl, and the overarm sidestroke. Opportunities are provided for further work on synchronized swimming, wetball, and snorkeling, as well as personal safety, boating safety, and rescue skills.

Adult (18 years and up Beginner/Intermediate): A class for adults who don't feel at ease in the water or who have never participated in swim lessons. Non-swimmers and intermediate swimmers are taught basic swimming skills to help them overcome their fear of the water.

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.



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 and Adult Private Swimming Lessons

Ages: 3 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

Scout Days

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!

Troop rates starting at \$25.

American Red Cross Lifeguard Certification Course

Provides entry-level participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over.

Prerequisites:

- Minimum age of 15 years
- Swim 300 yards continuously
- Tread water for 2 minutes using only the legs
- Complete a times event within 1 minute, 40 seconds
- Class dates are
(Must attend 100% of the classes):

Dates/Time: Coming in October

Fee: Members \$200; Non-Members \$225



“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

FAMILY EVENTS

Event	Date	Time	Location	Fee
Mad Science	Sunday, September 16th	2-3:30 p.m.	Multi-Purpose Room	Free to the Community
Dare to Dodge Dodgeball Tournament	Saturday, October 13th	1 p.m.	Main Gym	FREE for Members Only
Trick or Treat at the YMCA	Sunday, October 21st	2-3:30 p.m.	Multi-Purpose Room	Free to the Community
3 on 3 Basketball Tournament	Saturday, November 17th	1 p.m.	Main Gym	FREE for Members Only
Ice Cream with Santa	Sunday, December 1st	2-3:30 p.m.	Multi-Purpose Room	Free to the Community
Gaga Ball Tournament	Saturday, December 15th	1 p.m.	Main Gym	FREE for Members Only

Mad Science!

Join us in the Multipurpose Room for an exciting visit from the Carnegie Science Center on Sunday, September 16th, 2-3:30 p.m. Register today for this exciting event!

Dare to Dodge Dodgeball Tournament

Get your family, friends and co-workers together to build your team and come join the fun. This is a family friendly event and there will be teams for both children and adults. Saturday, October 13th beginning at 1 p.m. Stay tuned for additional details.

Trick or Treat at the YMCA!

Sunday, October 21st, 2-3:30 p.m. The YMCA will host a fun and safe afternoon of trick or treat for your family. Come dressed up in your favorite costume! Registration is required. Register for one of these three time slots:

- 2:00-2:30 p.m.
- 2:30-3:00 p.m.
- 3:00-3:30 p.m.

3 on 3 Basketball Tournament

Grab your friends and get to the court. This is a family friendly event for both adults and children. Saturday, November 17th beginning at 1 p.m. Stay tuned for additional details.

Ice Cream with Santa

Join us on Sunday, December 1st, 2:00-3:30 P.M. for a special Ice Cream with Santa sponsored by Bruster's Ice Cream. The Ice Cream will be served from 2-3 p.m. followed by crafts and ornament decorating. Santa will arrive at 2:30 p.m. for photos and we will conclude the event at 3:30 p.m. Register today for this exciting event!

Gaga Ball Tournament

Join us on Saturday, December 15th for the ultimate Gaga Tournament. Gaga ball is one of the hottest games and definitely a crowd favorite. Similar to dodgeball except played in an octagon-shaped ring. Bring the entire family and join in on the fun. Stay tuned for additional details.



“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

CHILD WATCH

Child Watch Program

Parents and guardians can utilize our Child Watch service for up to **two hours** while they are participating in a Y class, activity or working out at the Y. Child Watch is a dedicated area for children to be enriched and cared for and is a **FREE** service for all members. Our caring staff uses age-appropriate activities and positive guidance for children. Children will enjoy structured activities, crafts, educational time, and stories as they become part of the YMCA Family. For the safety of your child, parents must remain in the facility.

Child Watch (ages 3 months-5 years)

- **Monday-Thursday:**
8:30 a.m.-1 p.m. & 4:30 p.m.-8 p.m.
- **Friday:**
8:30 a.m.-1 p.m. & 4:30 p.m.-7 p.m.
- **Saturday:**
8:30 a.m.-1 p.m.
- **Sunday:**
4:30-7:30 p.m.



YOUTH CENTER

Youth Center Program

Come and enjoy our Youth Center for children between the ages of 6-14 years old. Parental sign in/out procedures are required and you will drop off your child in the child watch area and the staff will take your child to different parts of our facility to do supervised age appropriate games. The Youth Center offers a variety of sports, gym games, swimming and activities in our Youth Center! Please check online at our website to see our activity calendar. Keep in mind there will be alternatives for those who do not want to participate in the scheduled activities and activities subject to change based on room availability.



Check in at Child Watch

Evening Youth Hours

- Monday - Thursday 5-8 p.m.

*A monthly Youth Activity Schedule is available online and at the Member Service Desk.



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

- 1Peter 5:7

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

YOUTH

Class	Day	Location	Time	Member Rate	Non-Member Rate
Ages: 2-3 Years					
Mini Sports	Monday	Main Gym	5:30 - 6:00 p.m.	\$25	\$45
Mini Sports	Monday	Main Gym	6:00 - 6:30 p.m.	\$25	\$45
Mini Sports	Monday	Main Gym	5:30 - 6:00 p.m.	\$25	\$45
Mini Sports	Monday	Main Gym	6:00 - 6:30 p.m.	\$25	\$45
Ages: 3-5 Years					
Soccer	Tuesday	Multi-Purpose Room	4:30 - 5:00 p.m.	\$25	\$45
Hockey	Tuesday	Multi-Purpose Room	4:30 - 5:00 p.m.	\$25	\$45
Tumbling	Saturday	Main Gym	9:00 - 9:30 a.m.	\$25	\$45
Soccer 2	Saturday	Main Gym	9:45 - 10:15 a.m.	\$25	\$45
Hockey	Saturday	Main Gym	9:45 - 10:15 a.m.	\$25	\$45
Ages: 6-11 Years					
Soccer	Saturday	Main Gym	10:30 - 11:15 a.m.	\$25	\$45
Soccer	Saturday	Main Gym	10:30 - 11:15 a.m.	\$25	\$45

Fall Session I:

Week of Sept. 3rd - Week of Oct. 22nd

Registration Begins:

- Member On-line: Register Now
- Member: Register Now
- Non-Member: Register Now

Fall Session II:

Week of Oct. 29th - Week of Dec. 17th

Registration Begins:

- Member On-line: Oct. 1st
- Member: Oct. 6th
- Non-Member: Oct. 8th

Mini Sport

Mini Sports is a class for Children who are a first time sports participant. 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. Each class will have a maximum of 10 participants per class for safety purpose and effective coaching. Parents are encouraged to join and participate with their children during the class! Sign up for both sessions to participate in 8 different sports for the entire experience.

Mini-Sports Session 1

- Week 1 & 2 – Hockey
- Week 3 & 4 – Basketball
- Week 5 & 6 – Soccer
- Week 7 & 8 – T-Ball

Mini-Sports Session 2

- Week 1 & 2 – Football
- Week 3 & 4 – Tumbling
- Week 5 & 6 – Golf
- Week 7 & 8 – Track

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. 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.

Tumbling

Get ready to stretch! This class is designed to teach various tumbling skills including balance beams, rolls, and bends. Classes will vary depending on the age group and ability! 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. Fundamental skills will be the primary focus with a variety of games. Registration is required.



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

Home School Gym and Swim

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. **All swimming levels and abilities will be served.**

YMCA follows the New Brighton School District schedule. If New Brighton School District cancels school due to the weather, Home School Gym and Swim will also cancel.

Day: Tuesday

Dates: Sept. 4th - Oct. 23rd; Oct. 30th - Dec. 18th

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

Location: Lap Pool/Multipurpose/Main Gym

Fee: Members: Child \$40; Family \$60

Non-Members: Child \$75; Family \$110



Church/Youth Group Nights

Come join us at the YMCA on Sunday 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.

Dates: Sept. 23rd; Oct. 14th; Nov. 11th

Time: 5-7 p.m.

Fee: \$5/person
(chaperones free)

Y Runners

Join us for an exercise and nutrition program designed to motivate children to pursue quality nutrition and an active lifestyle by incorporating exercise and healthy eating habits into their daily routine. This session supports our Santa 5k.

Dates: September 18th-October 30th

Day: Tuesdays

Time: 5:30-6:30 p.m.

Ages: Kindergarten and up

Location: Main Gym

Dates: September 17th-October 29th

Day: Mondays

Time: 11:30 a.m.-Noon

Ages: 3-5

Location: Main Gym

Fee: Members \$25; Non-members \$50. This fee includes the program at the YMCA along with race entry for the relay race.

We are looking for volunteers to help with our program. If interested please contact the Wellness Director.

YOUTH RECREATION LEAGUES

Winter Basketball League

Pass, Jump and Shoot your way into the Beaver County YMCA Youth Basketball League. The League will teach the basic fundamentals of basketball with one practice a week teaching drills and skills. Games will be held on Saturday mornings between 10 a.m. and 1 p.m. based on league schedule. The League is 9 weeks long and will consist of 8 games. Each child will purchase a jersey to be worn during game days. After the game each child will receive a free snack.

Dates: January 21st - March 23rd.

Day: Saturday

Game Times: 10 a.m.-1 p.m.

Ages: 4 and up

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

Spring Soccer League

Run, Kick and Score your way into the Beaver County YMCA Youth Soccer League. The League will teach the basic fundamentals of soccer with two practices a week teaching drills and skills. Games will be held on Saturday mornings between 9 a.m. and Noon based on the league schedule. The League is 10 weeks long and will consist of 8 games. Each child will purchase a jersey to be worn during game days. After the game each child will receive a free snack.

Dates: Begins week of March 25th

Game Times: 9 a.m.-Noon

Ages: 4 and up

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

PLEASE NOTE: A reusable jersey must be purchased for \$20. Once a jersey is purchased, it can be used for all YMCA leagues.

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

BEAVER COUNTY YMCA 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.	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.	YMCA Program 9 a.m - 7 p.m.	Open Gym 9-10 a.m.	YMCA Program 9 a.m - 7 p.m.	Open Gym 9-10 a.m.	YMCA Program 9 a.m - 7 p.m.	Open Gym 9-10 a.m.	YMCA Program 9 a.m - 7 p.m.	Open Gym 9-10 a.m.	YMCA Program 9 a.m - 7 p.m.	Open Gym 9-10 a.m.	Open Gym 6-8 a.m.	Open Gym 6-9:30 a.m.
		Open Gym 10-11 a.m.		Open Gym 10-11 a.m.		Open Gym 10-11 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		Open Gym 11 a.m. - Noon		Open Gym 11 a.m. - Noon		Open Gym 11 a.m. - Noon		Open Gym 11 a.m. - Noon		Open Gym 11 a.m. - Noon	Open Gym 11 a.m. - Noon	YMCA Program 9:30 a.m. - Noon
		Open Gym Noon - 1:30 p.m.		Open Gym Noon - 1:30 p.m.		Open Gym Noon - 1:30 p.m.		Open Gym Noon - 2:30 p.m.		Open Gym Noon - 1:30 p.m.		Open Gym Noon - 1:30 p.m.	Open Gym Noon - 1:30 p.m.	
Open Gym 1-3 p.m.	Open Gym 1:30 - 3:30 p.m.	Open Gym 1:30 - 3:30 p.m.		Open Gym 2:30 - 5 p.m.		Open Gym 1:30 - 3:30 p.m.		Open Gym 1:30 - 3:30 p.m.		Open Gym 1:30 - 3:30 p.m.		Open Gym Noon-4 p.m.		
Open Gym 3-5 p.m.	Open Gym 3:30 - 5 p.m.	Open Gym 3:30 - 5 p.m.	Open Gym 3:30 - 5 p.m.		Open Gym 3:30 - 5 p.m.	Open Gym 3:30 - 5 p.m.	Open Gym Noon - 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 5-6 p.m.	Open Gym 5-6 p.m.	Open Gym 5-6 p.m.	Open Gym 4-6 p.m.	Open Gym 6-8 p.m.	Under 18 Games 6-8 p.m.	Closed			
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 6-7 p.m.	Open Gym 6-7 p.m.	Open Gym 6-7 p.m.	Open Gym 4-6 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 7-9 p.m.	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 7-9 p.m.	Under 18 Games 7-9 p.m.	Closed			
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.	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.	Under 18 Games 7-9 p.m.	Under 18 Games 7-9 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.

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

CYCLING



Keiser M Series Cycling Bikes

Our KEISER M Series bikes feature Keiser's innovative magnetic resistance system. Designed, engineered and manufactured in the U.S. to strict quality standards and test procedures, which guarantees an extremely durable and effective machine. Each bike is equipped with M Series computer which will motivate and empower accurate tracking and measuring of Workload (watts), Heart Rate (Polar™ compatible), Time, Distance and Cadence.

Frequent Cyclers

You can also sign up to be a frequent cyclist and cycle unlimited.

****Frequent Cyclers can sign up the 20th of month for classes!**

Fee: Members: \$ 12

FREE classes do not require registration.

Senior Cycling

Join our fellow active older adults for a beginner cycle experience to great music. Cycle at your own pace.

Fee: Members: FREE; Non-Members: \$ 5

See monthly cycle & AOA schedule for days and times.

Youth Cycling

Join us for an exciting class filled with cardio, energy and fun music. Class is led by a certified cycling instructor. Classes are listed on our website and on the cycling calendar. Children must be 4'4" to participate.

Fee: Members: \$2; Non-Members: \$7

Cancellation Policy

If you need to cancel, please do so at least 24 hours prior to class in order to get \$2 refund.

Frequent cyclers also need to cancel at least 24 hours prior to class or will be charged the class fee.

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)! Our classes strengthen your quads, gluteus, hamstrings & calves — a whole-leg workout! 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.

Fee:

Members:

- \$1 for 30 minute class
- \$2 for over 30 minutes
- \$12 per month

Non-Members:

- \$3.50 for 30 minute class
- \$7 for over 30 minutes

You will need your receipt for admittance into the Cycle Studio. If class is full, check back throughout day of class in case of cancellations.

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



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

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

Mandatory 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 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 with parent in Wellness Center.
- Children 14 & under are not permitted in free weight room.
- 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

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. Please register at the Member Service Desk.

Ages: 15 years and older

Location: Wellness Center

Youth Wellness Center Hours

Drop your child off in the Wellness Center during our staff supervised times and enjoy a workout on your own. Times and dates will be posted on the monthly youth aerobic schedule. You must have a wellness orientation prior to attending the Wellness Center Hours.

Ages: 9 and up.

S.O.S. Youth Sports Team Training (Speed, Optimal Performance, Strength)

This program is crucial to any athlete looking to excel in sports. Training will provide balance, speed, quickness, agility and strength skills that will produce results on the baseball diamond, dance floor, gymnastic mat, football grid iron, soccer field, basketball court, etc. Athlete groups of 4-8.

Ages: 9-17

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

Fee:

Member:

- 6 one-hour sessions = \$40
- 12 one-hour sessions = \$70
- 24 one-hour sessions = \$132

Non-Member:

- 6 one-hour sessions = \$54
- 12 one-hour sessions = \$100
- 24 one-hour sessions = \$195

* 24 hour cancellation policy.

* No make-up sessions. Group must train together on scheduled day and time or each person is charged for a session.

* Minimum of 4 participants for each session

* Maximum of 8 participants for each session.



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

ROOM RESERVATION



Ever want to use one of our multipurpose spaces for your own private workout? Want to ensure when you get to the YMCA that you can use the racquetball court? Room reservation is just what you are looking for.

Aerobic Room and Fitness Studio Hours

Our Aerobic Room and Fitness Studio are now available to use when classes are not in session. Sign up to reserve a room through the member service desk. Rooms can be reserved for 30 minute blocks of time and reservations will be taken 24 hours in advance. The Aerobic Room is equipped with wood floor and mirrors. The Fitness Studio is equipped with multipurpose flooring, mirrors and a line of totally body selectorized weight equipment.

An item as collateral such as a phone or keys, must be left and the door must remain open and be locked and key returned once you are done using the space. Children must be accompanied by an adult.

Racquetball/Wallyball Court Reservation

Our courts are able to be reserved for member use during operating hours. Each member has the ability to reserve one hour of time per day. The courts can be scheduled one day in advance by phone or in person with the member service desk.



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

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

SMALL GROUP TRAINING



Join our small group classes to receive more individual attention with the camaraderie of others! Our trainers will guide you on this journey in a safe and fun atmosphere. Benefits of a small group class include:

- Individualized training
- Attention to form and execution
- Motivation from a trainer and peers within the small group
- More cost effective than personal training
- Establish relationships and make friends with others in your group

Upgrade your membership to start reaping these benefits!

CLASSES ARE DESIGNED TO FIT AROUND YOUR SCHEDULE.

Fee: Members: \$ 10/per class

\$55/month unlimited includes cycling and all other small group classes

\$70/month household includes cycling all other small group classes

Non Members: \$ 15/per class

\$ 110/month unlimited includes cycle and all other small group classes



TRX Circuit

This is a fast paced class utilizing the TRX suspension trainer with various cardio and strength training exercises. The TRX will enhance functional core strength and stability.

TRX 101:

This class is for the beginner and is geared toward introduction of the TRX suspension trainer. If this apparatus is new to you, this a great way to learn proper form and how to use the TRX for fundamental training.

Youth Strength Training Program

Program will be instructed by a Personal Trainer to accommodate all fitness levels. This program will help your child build a solid foundation of strength training. The program will include cardio conditioning, cycling, and strength training.

Tread N' Shred (Youth Class Also Available)

This training is designed to increase cardio fitness through treadmill interval training and improve strength with super circuits. All fitness levels are welcome to attend (walkers, joggers or runners).

Ride the Wave: Aquatic intervals

This water training has minimal impact to the joints since it is in the swimming pool. This class will incorporate cardio and strength intervals to give you a total body workout. Swimsuits are required and all workouts are done in the shallow end of the pool (if desired, workout attire can be worn over top).

MX4 (Youth Class Also Available)

MX4 Small Group Training combines a variety of unique training tools including a functional training system and a rower to help everyone from beginners to elite athletes maximize their results. Diverse, progressive workouts keep sessions fresh and engaging while helping members improve every aspect of their fitness.

Small Group Strength and Power

This one hour strength and cardiovascular workout will include a variety of training styles utilizing Keiser bikes, track, kettlebells, weights, resistance bands and much more.

Women's Strength Training

Interested in learning more about free weights and how to incorporate them into your workouts? Then Women's Strength Training is perfect for you! This small group class teaches women proper weight-lifting technique, etiquette and routine. The goals are to assist women in improving their posture, increasing their strength, and losing body mass. You'll see a positive transformation to your body, and you will get stronger.

Small Group Yoga

This class will offer improve flexibility, strength, and confidence to prepare for a more experienced practice, while receiving closer guidance from a certified yoga instructor. Standing balancing, forward stretching, inversions, and backbends will be practiced frequently.

Nutritional Support

Nutrition is a part of the wellness journey we could all use a little support! Join us for an optional weigh in, recipes to share and some tips on creating a healthier life style!

Pilates/ Barre Small Group

Join us for a small group setting focusing on core strength, as well as lengthening and toning for your muscles. A variety of equipment will be used.

Butts and Guts

A class dedicated to toning abs and glutes with targeted movements and cardio. Classes will focus on core strengthening to build muscles, in addition, it'll also target your quads and hamstrings.

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

INDIVIDUAL TRAINING

Everyone has personal goals. Let our nationally certified training staff help you reach your destination. Whether it's personal training, nutritional support, or individualized yoga or pilates training we can help you!

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



Sessions are flexible and can be used for any of the following services:

Nutritional Therapy

Find the missing pieces of your wellness puzzle with the assistance of a Certified Nutritional Therapist. Nutrition education combines educational strategies and environmental support designed to facilitate voluntary adoption of nutrition related behaviors conducive to health and well-being. During your sessions you will learn the tools necessary to lead you towards meeting nutritional needs and solving problems that are barriers to change.



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.

Private Pilates

Private Pilates sessions can utilize a variety of tools to train the client including the reformer, the barre and pilates rings. The client and trainer work together to improve the client's strength, agility and flexibility.

Private Yoga Sessions

One on One

Are you interested in starting a regular yoga practice, but just can't find the time? Are you uncertain about which style or level of yoga will work for you? Then why not try private yoga sessions! You will be guided through a variety of yoga postures and breathing exercises that will help improve your flexibility, balance, and posture, as well as increase strength, reduce stress, and improve your overall wellness. You will receive personal attention and practice at a pace that is suitable for your needs. Sessions may have up to two participants and will be scheduled by appointment. A physician's clearance may be required.

Parent and Child Yoga

Looking for a way to stretch, de-stress, and bond with your child? Then look no more! This 45 minute private class welcomes you as the parent and one child of any age to enjoy stretching, breathing, and relaxing, in a private setting with the guidance of a Certified Yoga Instructor. Registration required, by appointment. I = 1 C = 0



"Jesus Christ the same yesterday, and to day, and for ever."

- Hebrews 13:8

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

ADULT

Racquetball Lessons

GROUP LESSONS/5-1 HOUR LESSONS

- Members: \$55 per person
- Non-Members: \$60 per person

Must be a minimum of 4 participants for Group Lesson to be held. Once Registered, our instructor will contact you to coordinate the lesson.

SEMI-PRIVATE LESSONS

- Members: \$18 per person, per hour
- Non-Members: \$22 per person, per hour

These lessons work best for two people of the same skill level that desire to improve in a specific area of their games. Once registered, the instructor will contact you to schedule.

PRIVATE LESSONS

- Members: \$30 per hour
- Non-Members: \$40 per hour

These lessons are instructional in nature, especially suited for working on one particular facet of your game. Experience Drive serves with power, advanced strategy, backhand techniques, supercharged open-stance forehand technique. These lessons provide the personalized attention you need to improve your game. Once registered, the instructor will contact you to schedule.

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.

Pickleball

Come join us for PICKLEBALL! A paddle sport (similar to a racquet sport) that combines elements of badminton, tennis, and table tennis. Two, three, or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a wiffle ball, over a net to increase agility and endurance and fun!

Day/Time/Location:

- Thursdays: Noon - 1:30 p.m. - Main Gym
- Saturdays: 11 a.m. - 1 p.m. - Multi-Purpose Room
- Sundays: 1:30 - 3 p.m. - Main Gym

Fit and Strong

Make a commitment to a healthy lifestyle with us! Start your journey off right with this 4 week fitness and nutrition group. We will be utilizing many areas of our YMCA for an intense total body workout focusing on fat burning and strength training. Space is limited - 10 individual maximum.

Dates:

Session 1: September 4th-September 27th

Session 2: October 2nd-October 25th

Session 3: November 6th-29th

Days: Tuesdays, Thursday

Time: 6-7 p.m.

Fee: Members: \$55; Non-Members: \$110



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

SANTA RUN 5K



The Santa Run 5K is Saturday, November 3rd 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.

Location: Beaver/Bridgewater

Select Event	Pre-Register (before 10/1)	Pre-Register (10/1-10/31)	Race Day Registration
5K	\$18.91	\$25.00	\$35.00
3 Person Relay	\$30.00	\$45.00	\$60.00

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:
(18-29; 30-39; 40-49; 50+)
- Top Overall Male Master
- Top Overall Female Master
- Top 3 Overall Youth Boys
- Top 3 Overall Youth Girls

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

Sponsors

- 1st National Bank
- AXA/Equitable
- Bruster's Ice Cream
- Café Kolaché
- Covenant Financial Advisors
- Dick's Sporting Goods
- Guys Full Service & Convenience Store
- Heritage Valley Health Systems
- Homer Nine & Sons Inc.
- Howard Hanna - Devan Cercone
- J's News
- Lakeview Personal Care
- McDaniel Advanced Ceramic Technologies
- Nova Chemicals
- Paul Mehno - AXA Advisors
- Rome Monuments
- Tivity Health




"For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord."
- Romans 8:38-39

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

BEAVER COUNTY YMCA AEROBICS CLASSES

Aerobics Classes are **FREE** & included with
Beaver County YMCA Membership. No registration needed.

Class Descriptions

 This 30 minute class focuses on your foundation—the core. This class helps you create stability from the middle of your body while increasing mobility, strength and power. I = 0 C = 0


Bands, Balls and Bags - Join us for a fun full-body workout. The class is a rigorous interval training sequence with high-intensity exercises. It builds cardiovascular fitness while improving muscular strength and endurance using the resistance bands, medicine balls and sand bags. You'll walk out feeling strong! I = 0 C = 0

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

Boxing Fusion - This high energy class fuses elements of boxing, plyometrics & strength to make a fun and effective workout guaranteed to get you toned and strong. This class design is made up of easy to follow circuits. I = 0 C = 0

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

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

 Experience the ultimate mixed-martial arts style body shaping class. Constant core rotational movement helps you blast away the fat, carve your core, and feel stronger than ever! I = 0 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

Cycle Boot Camp - This energizing class is a great combination of a traditional cycle class with the addition of the cardio and weight training in a boot camp class! No registration or fee for this class. I = 0 C = 0


F.I.T. (Functional Interval Training) - We're cranking it up with Functional Interval Training. This circuit training class will utilize strength and conditioning tools such as kettle bells, battle ropes, medicine balls, resistance bands and much, much more. A solid dynamic warm-up will start you off right followed by a series of station intervals and body weight movement exercises then a nice stretch session to close out class. Expect a high calorie burn and some sore muscles after F.I.T. I = 2-3 C = 0

H.I.I.T with Yoga - There is no denying that high intensity interval training (HIIT) is fun, effective, and challenging for all. Don't miss this ground-breaking class that will teach you the benefits of HIIT and Yoga. Fusing these two seemingly different formats together creates a challenging, yet centering class to develop maximum performance levels! I = 0 C = 0

Just 4 You - This 30 minute program is a combination of cardiovascular, strength and flexibility components. Participants perform strength exercises using Life Fitness Circuit Series equipment. Circuit Series Strength Training equipment is designed for exercisers of all ages and every fitness level. I = 0 C = 0


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 = 2/3


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


Pilates with Props - 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


 Want longer, leaner muscles, improved flexibility and strength, in addition to chiseled arms, a defined back and mental empowerment workout? This is the class for you! I = 3/4 C = 3/4

 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 = 3/4 C = 3/4

 Channel your inner performer and rock your body with this modern day fusion of movement and music using Rip stix weighted drumsticks engineered for exercise. I = 0 C = 2-3

 This class features functional athletic training and incorporates a platform for cardio, power, strength, balance and agility training. I = 0 C = 3/4


Prenatal/Postnatal - This prenatal postnatal class is tailored to be appropriate for all trimesters of pregnancy and the postpartum period! Specific exercises designed to help alleviate common pregnancy discomfort as well as keep you in great shape! Infants up to 6 months of age are welcome to attend with mom in a carrier or car seat. Classes are offered on Thursdays or Saturdays. I = 0 C = 0

 This class is a barbell program for men and women of all ages and all fitness levels. Matching movement to music and using traditional strength training allows participants to work at their own level. I = 3/4 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

Tabata - Intense H.I.I.T. Interval cardio class designed to burn more calories and improve aerobic capacity. I = 3/4 C = 0

Tai Chi - Looking for a healthy, low-impact way to find balance and harmony with your fitness program? This mind-body exercise will introduce 24 beginner Tai Chi movements that help to achieve balance, flexibility, focus, and breath control. I = 1 C = 2

 Combines traditional kickboxing moves with high-intensity interval training (H.I.I.T.) for an unbelievable calorie burn. I = 3/4 C = 3/4

War - An exhilarating total body workout where a fusion of martial arts meets chart-topping music. Be prepared to kick fat cells in the gut, knockout stress, and win the war on gaining strength, heart-lung function, and flexibility. I = 0 C = 2/3

Water Boot Camp - Join us for a combination of land and water exercises for a total body workout! I = 0 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 Fitness Level	2 = Beginner
1 = Senior Start	3 = Intermediate
	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!

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

BEAVER COUNTY YMCA YOGA CLASSES

Yoga Classes are **FREE** & included with
Beaver County YMCA Membership. No registration needed.

Beginners Yoga

This class introduces a wide range of key postures that help build towards an experienced yoga practice. Warm up stretches and breathing exercises may be practiced seated on the floor, standing up, and lying down. Modifications to full postures and the use of props, such as yoga blocks and straps, are offered for assistance. Yoga helps provide relaxation, improves flexibility, balance, posture, increases strength, and enhances self-awareness. I = 0 C = 0



Intermediate Yoga

Intermediate Yoga combines flow in with a more intense standing series including hip and heart openers, balancing poses, spine strengthening, and seated stretches, all to help maximize training, improve athletic performance, and prevent injury. I = 3 C = 2

Mixed Level Yoga

This class offers a combination of standing and seated postures and breath-work to improve strength, balance, posture and stretching. This class gets you warmed up through a sequence that helps increase flexibility in the legs, hips, and spine, and focuses on using the core for support. I = 2 C = 1

Flow Yoga

Get warmed up, worked out, and relaxed in this class in a light to vigorous style of yoga emphasizing the transition between postures through continuous use of breath. Flow Yoga may range in intensity and works on a combination of strength, balance, and core-based poses. I = 2 C = 2



"It is a good thing to give thanks unto the Lord, and to sing praises unto thy name, O Most High:"

- Psalm 92:1

Holy Yoga

Holy Yoga is a Christ-centered, intermediate level yoga class which helps you to strengthen your mind, body and faith with the guidance of a Certified Holy Yoga Instructor. I = 3 C = 2

Chair Yoga

In Chair Yoga the focus is on warming up the body with small movements and breath awareness with the use of a chair for support. You may remain seated for the duration of class, or work towards a short, modified standing series with hip and heart openers, forward stretching, and balancing. The class finishes with gentle seated stretches and relaxation. All levels are welcome. I = 1 C = 1

Youth Yoga

Youth Yoga teaches a variety of postures and breathing exercises that increase strength, flexibility, balance, and relaxation. Students have the opportunity to be interactive while receiving the benefits of focus, concentration and fun! I = 1 C = 0

Aquatic Yoga

Try yoga class in the water to focus on strength, flexibility, stability, and overall conditioning. The water provides resistance, support, and cushioning. Basic yoga poses will be taught in a whole new way! I = 0 C = 0

Breathing and Relaxation Class

This class will be a break away from your regular routine. It provides the opportunity to relax, practice mindfulness, focus on body awareness, and concentrate on our breathing. I = 0 C = 1



Class Guide

I = Intensity C = Choreography

0 = Adjust to Personal Fitness Level	2 = Beginner
1 = Senior Start	3 = Intermediate
	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!

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

ACTIVE OLDER ADULTS

Seniors for Safe Driving

If you are 55 or older, join us for a driver-awareness and behavior-modification program. This is a classroom instruction only course. There is NO on-the-road driving or classroom testing. Receive a minimum 5% discount on your Auto Insurance premium for 3 years - as mandated by Pennsylvania State Law.

Dates: November 6th

Time: 9 a.m. – 1 p.m.

Location: Board Room

Fee: \$ 16

Register by Phone 1-800-559-4880 or Online www.seniorsforsafedriving.com



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

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 a.m.

Location: Meet in the lobby

Fee: This is a FREE training

Senior Cycling

Join our fellow active older adults for a beginner cycle experience to great music. Cycle at your own pace.

Fee: Members: FREE; Non-Members: \$5

Pickleball

Come join us for PICKLEBALL! A paddle sport (similar to a racquet sport) that combines elements of badminton, tennis, and table tennis. Two, three, or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a wiffle ball, over a net to increase agility and endurance and fun!

Day/Time/Location:

- Thursdays: Noon - 1:30 p.m. - Main Gym
- Saturdays: 11 a.m. - 1 p.m. - Multi-Purpose Room
- Sundays: 1:30 - 3 p.m. - Main Gym



“It is good that a man should both hope and quietly wait for the salvation of the Lord.”

- Lamentations 3:26

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

Y CLUBS

Cheer to the Years

Come join us for a birthday club to celebrate. We will share cake, coffee, laughs and stories!

Book Club

Come join us for a book club to enhance your reading experience. Members will come together to choose the book and dictate the discussion!

Learning Corner

Come join us to learn a new skill! We will begin with videos to learn sign language. After that, the world is our oyster. If you would like to learn about it, we can find a video to learn it, together.

Craft Club

Come join us for a craft club for fellowship and creative license. Don't sew? That is no problem. Bring any craft you would like to work on!

Nutrition 101

Come join us for the nutrition component of your healthy life style! You are exercising your mind and body, now come learn how to fill your plate with all of the correct choices.

Game Club

Come join us for a game of cards, Scrabble, Chess, Checkers, Yahtzee, Dominos and more. Members will come together to choose the game and enjoy their time together!

Bingo Brigade

Come join us for a bingo club for fun competition, laughs and discussion!

Walking Club

Come join us for a walking club in beautiful down town Beaver for fellowship and light exercise! (April, May, June, September, October)

Lunch Bunch

Come join us for a lunch club. Meet after class and enjoy the food and company!

Healthy Hacks

Come join us for "Creatively Healthy Living" cooking tips and tricks to help make the kitchen fun and healthy. Samples and tastes test will be shared by all!

Y SOCIALS

September:

• **Fall Harvest**

Please join us for the kick off to fall! Enjoy some of your favorite holiday specialties such as warm apple cider and pumpkin treats while enjoying fellowship and laughter!

October:

• **Coffee, Shop & Walk**

Please join us for an afternoon of delicious food, conversation, and retail therapy! As if that weren't amazing enough, enjoy the discounts or special gifts participating retailers have to offer! (Registration is required for this event. Please visit the Member Service Desk or our Website to register.)

• **Silver Speaker**

Please join us for an informative session about Holiday Tips and gather some informative ideas before the holiday season begins! We will have light refreshments and coffee to go with your hour of fellowship and learning! (Registration is required for this event. Please visit the Member Service Desk or our Website to register.)

November:

• **AOA Thanksgiving (Potluck and Recipe Exchange)**

Please join us for a Potluck and Recipe Exchange! Cook and share and share some more with friends while enjoying fellowship and laughter!

December:

• **Christmas Cookie Exchange Helping Hands- Christmas of Giving**

Please join us for a Christmas Cookie and Recipe Exchange that won't just be fun, it will be giving... make a dozen for sharing and dozen for donation to Christmas of Giving! Never have flour and sugar been quite so sweet! (Wildwood: Date To Be Determined)



"For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life."

- John 3:16

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

Active Older Adult Land Classes



CLASS DESCRIPTIONS

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.

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.

AOA Tai Chi Inspired Class - This 30 minute workout based on the ancient martial arts practice has been tailored to meet the specific needs of Active Older Adults! Join us to quiet your mind; increase awareness; reduce stress; improve agility, strength, muscle tone, flexibility, energy, the quality of sleep and balance as well as safely shed pounds.

Chair Yoga - This class introduces a variety of yoga poses seated and standing to increase flexibility, balance and range of motion using a chair for modification.

Just 4 You - This 30 minute program is a combination of cardiovascular, strength and flexibility components. Participants perform strength exercises using Life Fitness Circuit Series equipment. Circuit Series Strength Training equipment is designed for exercisers of all ages and every fitness level.

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

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.

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

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



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.

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.

Aquatic Yoga - A 45-minute class in the water focusing on strength, flexibility, stability, and overall conditioning. The water provides resistance, support, and cushioning. Basic yoga poses will be taught in a whole new way!

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

Just My Speed - This is a slower paced Aerobic class based on strength building and easy movement.

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.

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.



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

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

Off-Site Active Older Adult Aerobics Program

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

Join us for FREE Coffee and Social time 15 minutes prior to class


Fee: FREE for YMCA Members and the following qualifying insurance programs: SilverSneakers and Silver & Fit
Non-Members: \$20 a month (with automatic monthly draft)

Classes offered include:

SilverSneakers Circuit

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

Silver & Fit Experience

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

SilverSneaker Yoga

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



"I can do all things through Christ which strengtheneth me."

- Philippians 4:13

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

Round Up and Help Your YMCA Fulfill Our mission

The Y. So Much More™



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ANNUAL CAMPAIGN ROUND UP



Here's an Example of the Impact You Can Have:

- Provided 103,440 Meals at 73 Sites
- Covered \$105,000 in Membership Scholarships
- Provided Free Structured and Supervised Playground Visits to a Total of 4,900 Students at 16 Sites
- Provided Christmas for 9 families.
- Provided a free "Swim for All" program, with free swimming lessons for more than 1,002 students.
- Engaged 75 displaced children in Romania with day camp experiences.
- Connected individuals and families at the Y's managed pools in Midland and Ellwood City for 14,004 safe visits.
- Fed 865 warm meals through the Youth Supper program.
- Partnered with Heritage Valley Health System to offer community-based wellness prevention programs for 40 participants from the Rochester and New Brighton Area school districts.



How You Can Help

It's easy and it's a great way for you to help your community by simply rounding up your monthly membership fee. The additional dollars will be donated to our Annual Campaign which funds local programs throughout the year. You'll receive a receipt for your donations at the end of the year.

88.05% of every contribution made to the Beaver County YMCA went to the direct service of children and families. The Beaver County YMCA provided \$3,088,771 of community support in 2017. (As calculated in our 2017 Form 990)



"Verily, verily, I say unto you, He that believeth on me hath everlasting life."

- John 6:47

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

CHILD CARE

Our purpose is to make a difference by valuing children as our own, inspiring them to enjoy every step of life, and challenging them to believe in themselves.

~All Staff...All the Time

Childcare is offered in our YMCA facility Monday – Friday between the hours of 6 a.m. – 6 p.m.

Children are grouped in the below classrooms in order to facilitate age appropriate interactions and development as they progress through our program.

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. **Child to Staff Ratio 1:4.**

Young Toddler Room

This room consists of children from ages **1–2 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. **Child to Staff Ratio 1:5.**

Older Toddler Room

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

Child to Staff Ratio 1:6.

Preschool Room Care

Our preschool room serves potty-trained children ages **3½ to 5**. Our teachers plan and implement lessons that incorporate all areas of the curriculum such as language arts, math, and science. Children in this room 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! **Child to Staff Ratio 1:10.**



Beaver County YMCA Childcare Program Offers More...

Free breakfast and snack everyday

Free membership to the Y • **Free** swim time

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

Please contact us with any questions by calling the Beaver County YMCA at 724-891-8439 or emailing childcare@beavercountyyymca.org. Enrollment packets are available by logging onto www.beavercountyyymca.org. Enrollment registration fee of \$25 is non-refundable. Registration fee is waived for YMCA members.

Rates Effective: January 1st, 2018 (Rates are subject to change.)

Type of Care	Weekly Rates*
Infants = 6 weeks - 12 months	
Infants 3 half days/week (less than 5 hours/day)	\$84
Infants 4 half days/week (less than 5 hours/day)	\$95
Infants 5 half days/week (less than 5 hours/day)	\$104
Infants 3 full days/week	\$120
Infants 4 full days/week	\$140
Infants 5 full days/week	\$163
Young Toddlers = 13 months - 24 months	
Young Toddler 3 half days/week (less than 5 hours/day)	\$81
Young Toddler 4 half days/week (less than 5 hours/day)	\$87
Young Toddler 5 half days/week (less than 5 hours/day)	\$103
Young Toddler 3 full days/week	\$111
Young Toddler 4 full days/week	\$134
Young Toddler 5 full days/week	\$158
Older Toddlers = 25 months - 36 months	
Older Toddler 3 half days/week (less than 5 hours/day)	\$81
Older Toddler 4 half days/week (less than 5 hours/day)	\$87
Older Toddler 5 half days/week (less than 5 hours/day)	\$103
Older Toddler 3 full days/week	\$103
Older Toddler 4 full days/week	\$132
Older Toddler 5 full days/week	\$153
Preschool = 3 years - Kindergarten (Preschool program is included in weekly rates)	
Preschool 3 half days/week (less than 5 hours/day)	\$72
Preschool 4 half days/week (less than 5 hours/day)	\$86
Preschool 5 half days/week (less than 5 hours/day)	\$101
Preschool 3 full days/week	\$99
Preschool 4 full days/week	\$131
Preschool 5 full days/week	\$153



“Every word of God is pure: he is a shield unto them that put their trust in him.”

- Proverbs 30:5

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

SCHOOL AGE CARE

Before and After School Programs

During the school year, we provide before and after school care for students in Kindergarten through age 12 who attend New Brighton, Hopewell, and Baden Academy. The children are provided with a FREE after-school meal and an opportunity to complete their homework. They also enjoy gross motor, outdoor time, games and fun activities, and much more. Our school-age sites are located at the following:

- **New Brighton Site:** Beaver County YMCA
- **Hopewell Site:**
Hopewell Memorial Jr. High School, Room 115
- **Baden Site:** Baden Academy, Gymnasium

Scheduled 2 Hr. Delay and Early Dismissals

Our staff will be scheduled to provide care for the additional times for an additional \$15 fee

Registration

School-Age registration can be completed online at beavercountyyymca.com or by phone through our registration office. Once completed please expect, an email with our registration packet. All necessary paperwork, including a physical must be completed 1 week prior to your child's start date.

Questions or Inquiries: Please email schoolagechildcare@beavercountyyymca.org

Full Day In-Service Day Camp

In-service care is available to all members of the community in need of school age care. We offer In-Service care following the New Brighton, Baden, and Hopewell school calendars. All In-Service care is provided at the Beaver County YMCA in New Brighton. The hours of operation are 6 a.m.-6 p.m.

Children will have the opportunity to experience a wide variety of activities including swimming, gymnasium time, arts and crafts, science, and so much more! Each program includes breakfast and afternoon snack. All proper paperwork must be submitted prior to the date of care.

The following dates will be offered during the 2018-2019 school year:

- September 3rd
- October 8th
- November 1st
- November 2nd
- November 6th
- November 12th
- November 22nd
- November 23rd
- November 26th
- December 24th
- December 26th
- December 27th
- December 30th
- December 31st
- January 2nd
- January 21st
- January 28th
- February 18th
- March 29th
- April 19th
- April 22nd
- May 27th

- **Fee:** \$28 for a Full Day; \$16 for a Half-Day



"For unto you is born this day in the city of David a Saviour, which is Christ the Lord."

- Luke 2:11

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

Please contact us with any questions by calling the Beaver County YMCA at 724-891-8439 or emailing childcare@beavercountyyymca.org. Enrollment packets are available by logging onto www.beavercountyyymca.org.

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

Rates Effective: August 29, 2016 (Rates are subject to change.)

Type of Care	Weekly Rates*
School Age = Kindergarten - 6th grade	
Before School - 3 days/week	\$52
Before School - 4 days/week	\$55
Before School - 5 days/week	\$61
After School - 3 days/week	\$52
After School - 4 days/week	\$55
After School - 5 days/week	\$61
Before and After School - 3 days/week	\$57
Before and After School - 4 days/week	\$67
Before and After School - 5 days/week	\$77

Non-Scheduled/Weather Related Delays Cancellations and Early Dismissals

- **Delay** – YMCA before School Care will also be delayed 2 hours.
- **Cancellations and Early Dismissals** – YMCA Care will be canceled



“And they sung a new song, saying, Thou art worthy to take the book, and to open the seals thereof: for thou wast slain, and hast redeemed us to God by thy blood out of every kindred, and tongue, and people, and nation”
 - Revelation 5:9

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

PRESCHOOL

2-Year-Old Preschool Program

(must be 2 by September 1st, 2018):

In our 2-year-old preschool program, various age appropriate skills will be introduced. Children will be encouraged to gain independence, develop responsibility, and strengthen motor skills. Children will also learn to interact with other children in an appropriate manner. (Parent/guardian must be on-site during program.)

- **Days:** Monday & Wednesday
- **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, 2018):

In our 3-year-old preschool program, the children will continue to build character development. Children will enter the emerging learning stages, through weekly lessons that incorporate all areas of learning such as language arts, math, science and many more!

- **Days:** Tuesday & Thursday
- **Time:** 9-11:30 a.m.
- **Fee:** Members: \$60 per month
Non-Members: \$80 per month,
plus one-time \$15 registration fee.

4-Year-Old Pre-K Program

(must be 4 by September 1st, 2018):

By this stage, children are ready to jump into academics! They will be exposed to all areas of learning, such as math, language arts, science and social studies. In addition, they will attend a physical education class encouraging them to make healthy choices and develop a well-balanced routine. They will learn to recognize and correctly write letters, numbers, and common sight words. The focus of the 4-year old preschool program is to prepare children for kindergarten!

- **Days:** Monday, Tuesday, Wednesday, Thursday
- **Time:** 9 a.m.-Noon; 12:30-3:30 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 for snow delays and cancellations. If New Brighton School District has a weather-related delay, preschool will begin at 10 a.m. If New Brighton School District cancels due to weather conditions, there will be no preschool.



"For by grace are ye saved through faith; and that not of yourselves: it is the gift of God: Not of works, lest any man should boast."
- Ephesians 2:8-9

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

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**
- **McDanel Vending**
- **McGaffic Advertising**
- **Knepper Press**
- **WesBanco**
- **Vollmer Sales & Service**
- **Rochester Manor + Villa**
- **RAM Acoustical**
- **Beaver County Educational Trust**
- **Horace Mann/Randy Mitchell**
- **Healthcare Licensed Personnel**
- **Homer Nine & Sons Inc.**
- **Covenant Partners, LLC**
- **Liptak Family**
- **Parise Family**
- **Center One**
- **Complete Family Vision Care**
- **Venezie Sporting Goods and Apparel**
- **PA Cyber School**
- **Bruster's**
- **Lincoln Park Performing Arts & Charter School**
- **Beaver County Auto Group**
- **AXA Advisors - Paul Mehno**

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!

"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.



"So then every one of us shall give account of himself to God."

- Romans

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.

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

Types of Parties:

- Pool Party, Fun and Fit Party or Nerf Wars

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. Pool Toys and Noodles will be provided for children.
- **Fun and Fit Party:** 1 hour of physical gym activities age specific will be provided for children. Games, parachute, scooters, soccer, basketball and more are available.
- **Nerf War Parties:** 1 hour of Nerf battle games including obstacle course, barricades, capture the flag and more. The YMCA will provide the safety goggles, space, flags and obstacles for the game. Party attendees are responsible to bring their own Nerf guns and darts.



Basic Birthday Party for 16 includes:

- **2 Hour Rental:** 1 hour of activity and 1 hour in the Party Room
- **All Paper Products:** Table Cloths, Napkins, Plates, Cups and Forks
- **Food for the Guests:** 4-One Topping Pizzas, 2 Bags of Chips, Capri Sun and Water
- 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: Members \$175; Non-Members \$225**
- ***\$100 deposit due at registration.**

Note: The birthday child must be a member or live in a member household to receive member rate.

Basic Birthday Party for 25 includes:

- **2 Hour Rental:** 1 hour of activity and 1 hour in the Party Room
- **All Paper Products:** Table Cloths, Napkins, Plates, Cups and Forks
- **Food for the Guests:** 6-One Topping Pizzas, 3 Bags of Chips, Capri Sun and Water
- 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: Members \$225; Non-Members \$275**
- ***\$100 deposit due at registration.**

Note: The birthday child must be a member or live in a member household to receive member rate.

Refunds for cancellations within 2 weeks of scheduled party will not be granted.

Add-On Items:

- Pizza \$10
- Superhero or Princess Appearance \$10-1 hour/\$20-2 hours
- Additional party guests (17-20) \$10
- Additional birthday child \$25

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 Party Coordinator, Megan Koziar or the Member Service Desk at 724-891-8439.**



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

When you shop with

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they'll donate to



To support the Beaver County YMCA, always shop at
smile.amazon.com

On your first visit to AmazonSmile, smile.amazon.com, you will select Beaver County YMCA before you begin shopping. Amazon will remember your selection, and then every eligible purchase you make at smile.amazon.com will result in a donation to help us continue to live our mission in Beaver County.

Bring an assembly to our YMCA!

Register for

SHOP'n SAVE
just right.

SEEDS Program

at

ShopnSaveFood.com/community

School Code: 364



Apples
for the
Students

Sign Up @ GiantEagle.com/afts

**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

Amber Barron, Member Service Specialist

Aaron Bingle, Youth Director

Beth Boffo, Wellness Director

Susan Brothers, Assistant Finance Manager

Ali Tutino, Membership Director

Laura Paugh, Preschool Director

Jennifer Priest, Director of Healthy Living

Yancy Sannan, Aquatic Director

Chasity Smith, Administrative Assistant

Beaver County YMCA

2236 Third Ave. • New Brighton, PA 15066

724-891-THE-Y • Fax: 724-847-3923

www.beavercountyyymca.org

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