



WINTER/SPRING 2022 PROGRAM CATALOG

January 1st - April 24th



Beaver County YMCA



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



OUR MISSION

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

OUR VALUES:

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

AREAS OF FOCUS:

For Youth Development
For Healthy Living
For Social Responsibility

Building Closings

- April 15th: Good Friday
- April 16th: Holy Saturday
- April 17th: Easter Sunday

Hours of Operation

- Monday-Friday: 5 am-8:30 pm
- Saturday: 6 am-6 pm
- Sunday: 1*pm-4 pm

*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.

Winter 2022 Food Department Program Guide

ABC Project @ The Life Center

- Jan. 13, 27, Feb. 10, 24, Mar. 10, 24
from 5:30-7:30 p.m. - Thursdays

The Alpha Beaver County (ABC) Project is an opportunity to explore the basics of the Christian faith in a small group setting. Meetings are scheduled at the Life Center for a free meal and some thoughtful conversation about life, the Bible, and faith. Make plans to be there and bring a friend.

Junior Chef @ The Life Center

- Jan. 8, Feb. 5, Mar. 5, from 10 a.m.-12 p.m. - Saturdays

Got kids who like to cook or would like to learn? Our Junior Chef program is geared for ages 8-14, and helps kids build confidence and skills in the kitchen. Classes take place on Saturdays at the Life Center. Cost is \$10 per session or \$25 for all three sessions. Pre-registration is required. More information is available at www.beavercountyyymca.org.

CACFP - Child/Adult Care Food Program

Your YMCA Partners with several local organizations to operate After School Food Programs in Aliquippa, Beaver Falls, Ambridge, Industry and Midland.

Contact John Merola at 724-891-8439 x 306 for More Information.

Youth Supper @ The Life Center

- Jan. 6, 20, Feb. 3, 17, Mar. 3, 17, April 7, 21
from 5:30-6:00 p.m. - First and Third Thursdays

Any Beaver County resident aged 18 or younger is welcome to enjoy a home-cooked meal from 5:30 to 6:00 p.m. at the Life Center, followed by a fun-filled evening of activities at the YMCA pool/gym from 6:00 to 7:30 p.m. Each student will also receive a back pack filled with snacks to take home. Join us @ The Life Center - First and Third Thursdays.

YMCA Food Pantry

- Jan. 21, Feb. 18, Mar. 18, April 22
from 10 a.m. to noon

As part of our commitment to fight hunger in Beaver County, we offer a food pantry for local residents in partnership with the Greater Pittsburgh Community Food Bank. Eligible seniors ages 60 and over can also receive a specially designed box of shelf-stable foods each month. Registration is required. Everyone is welcome to take what they need and share with a friend.

Life Center Rental

Did you know the Life Center is now available to rent for your next meeting, get-together, or party? With free parking, seating capacity for 150 people, and a fully-equipped commercial kitchen, look no further. Visit our website at www.beavercountyyymca.org for more information.



"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

MEMBER APPRECIATION EVENTS

Free for you...Bring a guest *standard Guest Policy Applies

January

- **Saturday, January 15th - 1 p.m.**
Movie Day, Multi-Purpose Room
Bring the blankets and pillows and enjoy the show! Don't be late, the movie starts at 1 p.m.
- **Monday, January 31st**
Hot Chocolate Bar
In the Lobby from 8-11 a.m. & 4-7 p.m., it's cold outside so why not warm up with some hot chocolate and all the mix-ins!

February

- **Month of February**
Donate to the Y
During the month of February show your love for your Y! Any donation made to the Y will go into a drawing for a gift card to a local restaurant.
- **Monday, February 7th-Friday, February 11th**
9 a.m.-7 p.m., Lobby
DIV Valentine's Day cards
Nothing is more special than homemade cards, make one for the special people in your life!

March

- **Month of March**
Check In Challenge
Check-in with your membership card when you get here, Check-in on Facebook, Tag us in a post on Social Media, and you will be entered to win a Free Month of membership!
- **Thursday, March 17**
Luck O' the Y
Bring a friend to the Y for free - no guest pass or day pass purchase necessary.

April

- **Wednesday, April 20th**
National Banana Day
Stop by the Front Desk for a free Banana!
- **Saturday, April 30th**
30th Anniversary of the
YMCA's Healthy Kids Day!



Hunter's Safety Course

The PA game commission will be holding a Hunter's Safety course for children ages 11 and up. Kids will learn basic hunter safety, with topics such as safe gun handling and bow and arrow safety. Course will be held in the Life Center. Boxed lunches will be provided.

Date: Saturday March 19th, 2022

Class to be held in The Life Center

Time: 8:00 a.m.-4:00 p.m.

Registration Opens- Saturday, February 19th, 2022

Registration Fee: Free



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

- 1Peter 5:7

AQUATICS

WINTER I - WINTER II - SPRING I AQUATICS SCHEDULE

(WINTER I: Week of Jan. 3rd-Week of Feb. 26th • WINTER II: Week of Feb. 28th-Week of April 23rd)

SPRING I: Week of April 25th-Week of June 18th)

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

Class	Day	Time	Location	Member Rate	Non-Member Rate
Parent/Child : Ages 6 Months to 3 Years (30 min. class)					
Skippers	Monday	11:00 – 11:30 am	Therapy/Lap Pool	Ages 6-12 Mo. FREE / 13-36 Mo. \$38	\$60
Skippers	Monday	4:20 – 4:50 pm	Therapy/Lap Pool	Ages 6-12 Mo. FREE / 13-36 Mo. \$38	\$60
Skippers	Tuesday	6:30 – 7:00 pm	Therapy/Lap Pool	Ages 6-12 Mo. FREE / 13-36 Mo. \$38	\$60
Skippers	Saturday	8:20 – 8:50 am	Therapy/Lap Pool	Ages 6-12 Mo. FREE / 13-36 Mo. \$38	\$60
Skippers	Saturday	10:20 – 10:50 am	Therapy/Lap Pool	Ages 6-12 Mo. FREE / 13-36 Mo. \$38	\$60
Preschool Lessons: Ages 2.5 Years to 5 Years (30 min. class)					
Pre-Pike	Monday	5:40 – 6:10 pm	Therapy/Lap Pool	\$38	\$60
Pre-Pike	Tuesday	5:50 – 6:20 pm	Therapy/Lap Pool	\$38	\$60
Pre-Pike	Thursday	10:00 – 10:30 am	Therapy/Lap Pool	\$38	\$60
Pre-Pike	Saturday	9:00 – 9:30 am	Therapy/Lap Pool	\$38	\$60
Pike	Monday	10:20 – 10:50 am	Therapy/Lap Pool	\$38	\$60
Pike	Monday	5:00 – 5:30 pm	Therapy/Lap Pool	\$38	\$60
Pike	Tuesday	7:00 – 7:30 pm	Therapy/Lap Pool	\$38	\$60
Pike	Thursday	10:40 – 11:10 am	Therapy/Lap Pool	\$38	\$60
Pike	Saturday	11:00 – 11:30 am	Therapy/Lap Pool	\$38	\$60
Eel	Monday	9:40 – 10:10 am	Therapy/Lap Pool	\$38	\$60
Eel	Monday	7:00 – 7:30 pm	Therapy/Lap Pool	\$38	\$60
Eel	Tuesday	5:10 – 5:40 pm	Therapy/Lap Pool	\$38	\$60
Eel	Thursday	11:20 – 11:50 am	Therapy/Lap Pool	\$38	\$60
Eel	Saturday	9:40 – 10:10 am	Therapy/Lap Pool	\$38	\$60
Ray	Monday	9:00 – 9:30 am	Therapy/Lap Pool	\$38	\$60
Ray	Monday	6:20 – 6:50 pm	Therapy/Lap Pool	\$38	\$60
Ray	Tuesday	4:30 – 5:00 pm	Therapy/Lap Pool	\$38	\$60
Ray	Thursday	12:00 – 12:30 pm	Therapy/Lap Pool	\$38	\$60
Ray	Saturday	10:20 – 10:50 am	Therapy/Lap Pool	\$38	\$60
Youth Lessons: Ages: 6 – 15 Years (45 min. class)					
Polliwog	Monday	4:30 – 5:15 pm	Lap Pool	\$60	\$82
Polliwog	Tuesday	5:25 – 6:10 pm	Lap Pool	\$60	\$82
Polliwog	Wednesday	6:20 – 7:05 pm	Lap Pool	\$60	\$82
Polliwog	Saturday	9:00 – 9:45 am	Lap Pool	\$60	\$82
Guppy	Monday	5:25 – 6:10 pm	Lap Pool	\$60	\$82
Guppy	Tuesday	6:20 – 7:05 pm	Lap Pool	\$60	\$82
Guppy	Wednesday	5:25 – 6:10 pm	Lap Pool	\$60	\$82
Guppy	Saturday	9:55 – 10:40 am	Lap Pool	\$60	\$82
Minnow	Monday	6:20 – 7:05 pm	Lap Pool	\$60	\$82
Minnow	Wednesday	4:30 – 5:15 pm	Lap Pool	\$60	\$82
Minnow	Saturday	10:50 – 11:35 am	Lap Pool	\$60	\$82
Fish	Tuesday	4:30 – 5:15 pm	Lap Pool	\$60	\$82
Fish	Saturday	11:45 am – 12:30 pm	Lap Pool	\$60	\$82
Adult Lesson: Ages: 18 Years – Beginner and Intermediate (45 min. class)					
Adult Swim Lessons	Saturday	8:00 – 8:45 am	Lap Pool	\$60	\$82
Private Swim Lessons*	Flexible	6-30 Min. OR 4-45 Min	Lap Pool	\$90	\$150
Semi-Private Swim Lessons*	Flexible	6-30 Min. OR 4-45 Min	Lap Pool	2 People \$135 3 People \$180	\$225 \$300

*Private & Semi-Private Swim Lessons are for those over the age of 2. Registration is always open for Private Swim Lessons.

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

WINTER I:

Week of Jan. 3rd-Week of Feb. 26th

Registration Begins:

- Member On-Line: Dec. 6th
- Member: Dec. 8th
- Non-Member: Dec. 13th

WINTER II:

Week of Feb. 28th-Week of April 23rd

Registration Begins:

- Member On-Line: Feb. 7th
- Member: Feb. 9th
- Non-Member: Feb. 14th

SPRING I:

Week of April 25th-Week of June 18th

Registration Begins:

- Member On-Line: April 4th
- Member: April 6th
- Non-Member: April 11th

• Swim Lesson Level Descriptions found on page 4

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

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**.)

Pre-Pike (2-1/2-3 years years Beginners): This new 30 minute class is designed for advanced swimmers age 2-1/2 – 3years of age that have progressed through Parent Child Class but aren't old enough for the Preschool Classes. Pre-Pike will cover the same skills as Pike but with younger children in mind. Parents do NOT get in the pool with their child at this level.

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. Children can swim independently with assistance from floatation device by completion of this level.

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, surface dive, float, and preform the progressive paddle stroke. They also learn the proper 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, 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.

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 wetball (lead-up game to water polo) movements. Children can swim across the pool with assistance by the end of this level and 20' without assistance.

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 stokes to the front and back crawl, sidestroke, breaststroke, and elementary backstroke. They will begin to be taught dive skills as well. Children can swim across the pool without assistance by the end of this level.

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

Fish (6 years and up Advanced): At this point students work to refine their strokes and increase their endurance. They continue learning turns, wet ball skills, and diving skills. They continue to learn personal safety and rescue skills.

Private Swim Lessons (Ages 2+): Private swimming lessons provide anyone with the opportunity to improve his/her swimming skills and are an excellent way to receive the one-on-one attention you may need. You receive 3 hours of time per session. Lessons are planned according to individual needs and schedules; the most common arrangement is six 30 minute classes held once a week for 6 weeks.

NEW! Semi Private Swim Lessons (Ages 2+): Semi - Private swim lessons still give you that personal feel, but allow the option to have 2 or 3 individuals per lesson. You still receive the same amount of time as a private swim lessons (3 hours total), but have the flexibility to schedule based on your and the instructors schedule. The most common arrangement is 6-30 min. classes held once a week for 6 weeks.

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.

Weekly Therapy Pool Schedule

Available at
Member Service Desk,
on our website and
Facebook page

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

Safety Around the Water: Water Safety Program

This is 4 days of FREE water safety orientation for children ages 3 and up who have never received any previous swim instructor to help reduce the risk of drowning. This is NOT a swim lesson, it's an orientation and water safety around the water course.

- **Session 1:** Thursdays: March 10th, 17th, 24th, 31st
Registration will begin:
 - **Member online:** February 24
 - **Member:** February 26
 - **Non-Member:** March 3
- **Session 2:** Monday, June 20th-Thursdays, June 24th
Registration will begin:
 - **Member online:** June 6th
 - **Member:** June 8th
 - **Non-Member:** June 13th

Fee: FREE

Swim Across the United States January 3rd-31st

Can we together as a Y swim across the USA?! That is 2,800 miles! Along the way, let's see who can swim the farthest! Because a little friendly competition, while working together as a team, just helps push us further right?! It will be fun to see what pit stops we can make along the way in this journey together. Check in with the lifeguard after your swim to record your laps. Every yard counts and gets us a little closer! Prizes for the top male and top female who swim the farthest will be awarded!

Registration opens December 15th.

Family Fun Pool Games January 15th, 1-3 p.m.

Come join us for some pool games! Race against other families, dive against your parents, and let's see who can do the biggest splash! Let's get out of the house to enjoy some good old family fun, together!

Registration Opens December 20th

Float In February 18th, 6-8 p.m.

Bring your favorite raft, or borrow one of ours, and join us for a movie night in the pool! A family friendly movie will be played while you kick back and relax. Movie to start at 6:30 p.m.

Registration Opens January 23rd

Better Yourself March 1st-31st

There is no body holding you back more than yourself! Let's say not today and continue to better ourselves! Swim 1 lap yesterday, next week let's shoot for 3. Walk for 10 min in the water today, how about 15 min tomorrow? No matter where you are on your journey, let's celebrate the stops along the way. At the end of the day, you are only against yourself. We are here to support you! Check in with the lifeguard and let's track your progress. Because seeing how far you come, may be that extra boost you need! The important part is just to keep on moving. We are proud of you! Register to receive a t-shirt.

Registration Opens February 1st

Duck Fest March 19th, 2-4 p.m.

Come join us for our first annual duck fest! Grab your family, grab your friends and come have a quacking good time! There will be activities for all ages! A duck pond, duck races, and so much more! Bring your suits and towels and come splash with us! More details to come, stay tuned!

Registration Opens February 19th

Pool Easter Egg Hunt April 3rd, 1:30-3:30 p.m.

An Egg Hunt for all ages! That sneaky Bunny is coming to splash in our pool, and may leave some surprises for us along the way! There will be fun for all ages. Keep an eye out for more the hoppy details.

Registration Opens March 20th

Family Float Night May 21st, 6-8 p.m.

Grab your family and friends and come join us for some fun! No better way to kick off the fact that summer is almost here than with some good old family fun! Splash the night away with us.

Registration Opens April 30th



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 POOL SCHEDULE

(January 3rd - June 18, 2022)

Mon./Wed.	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:00 - 7:00 a.m.	Lap Swim			Open Swim		
7:00 - 8:00 a.m.	Lap Swim			Open Swim		
8:00 - 9:00 a.m.	Lap Swim			HydroFit - Deep Water		
9:00 - 10:00 a.m.	Lap Swim			HydroFit - Shallow Water		
10:00 - 11:00 a.m.	Lap Swim			Open Swim		
11:00 a.m. - Noon	Lap Swim			Open Swim		
Noon - 1:00 p.m.	Lap Swim			Open Swim		
1:00 - 2:00 p.m.	Lap Swim			Open Swim		
2:00 - 3:00 p.m.	Lap Swim			Open Swim		
3:00 - 4:30 p.m.	Lap Swim			Open Swim		
4:30 - 6:00 p.m.	Swim Lessons	Lap Swim			Open Swim	
6:00 - 8:15 p.m.	(4:30-7:05)	Lap Swim			Open Swim	
8:30 p.m.						
Tues./Thurs.	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:00 - 7:00 a.m.	Lap Swim			Open Swim		
7:00 - 8:00 a.m.	Lap Swim			Open Swim		
8:00 - 9:00 a.m.	Lap Swim			Open Swim		
10:00 - 11:00 a.m.	Lap Swim			Open Swim		
11:00 a.m. - Noon	Lap Swim			Open Swim		
Noon - 1:00 p.m.	Lap Swim			Open Swim		
1:00 - 2:00 p.m.	Lap Swim			Open Swim		
2:00 - 4:00 p.m.	Lap Swim			Open Swim		
4:00 - 6:00 p.m.	Lap Swim			Open Swim		
6:00 - 7:00 p.m.	Swim Lessons	Lap Swim			Open Swim	
5:00 - 7:00 p.m.	(4:30-7:05)	Lap Swim			HydroFit - Shallow Water - Thur. 6:15-7 p.m.	
7:00 - 8:15 p.m.	Lap Swim			Open Swim		
8:30 p.m.	YMCA Closed					
Fri.	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:00 - 7:00 a.m.	Lap Swim			Open Swim		
7:00 - 8:00 a.m.	Lap Swim			Open Swim		
8:00 - 9:00 a.m.	Lap Swim			HydroFit - Deep Water		
9:00 - 10:00 a.m.	Lap Swim			HydroFit - Shallow Water		
10:00 - 11:30 a.m.	Lap Swim			Volleyball		
11:30 a.m. - Noon	Lap Swim			Open Swim		
Noon - 1:00 p.m.	Lap Swim			Open Swim		
1:00 - 2:00 p.m.	Lap Swim			Open Swim		
2:00 - 3:00 p.m.	Lap Swim			Open Swim		
3:00 - 4:00 p.m.	Lap Swim			Open Swim		
4:00 - 5:00 p.m.	Lap Swim			Open Swim		
5:00 - 6:30 p.m.	Lap Swim			Open Swim		
6:30 - 7:00 p.m.	Lap Swim			Open Swim		
7:00 - 8:15 p.m.	Lap Swim			Open Swim		
8:30 p.m.	YMCA Closed					
Sat.	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00 - 8:00 a.m.	Lap Swim			Open Swim		
8:00 - 9:00 a.m.	Swim Lessons (8:00 a.m.-12:30 p.m.)	Lap Swim			Open Swim	
9:00 - 10:00 a.m.		Lap Swim			Open Swim	
10:00 a.m. - Noon		Lap Swim			Open Swim	
Noon - 12:30 p.m.	Lap Swim			Open Swim		
12:30 - 3:00 p.m.	Lap Swim			Open Swim		
3:00 - 4:00 p.m.	Lap Swim			Open Swim		
4:00 - 5:00 p.m.	Lap Swim			Open Swim		
5:00 - 5:45 p.m.	Lap Swim			Open Swim		
6:00 p.m.	YMCA Closed					
Sun.	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
1:00 - 1:30 p.m.	Lap Swim			Open Swim		
1:30 - 2:30 p.m.	Lap Swim			Open Swim		
2:30 - 3:45 p.m.	Lap Swim			Open Swim		
4:00 p.m.	YMCA 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. Whirlpool, Sauna and Steam Room close at the time of the Pool.

YOUTH

CHILD WATCH



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

- Play on the outside playground (weather permitting)
- Engage in games and activities
- Connect with other kids
- Do arts and crafts
- Play in the gymnasium
- And so much more!

For the safety of your child, a parent or guardian is the only adult allowed to sign the child in and out, and are required to remain on site at the Y during their child's visit.

Child Watch (ages 6 weeks-10 years)

- **Monday-Friday:**
9 a.m.-11 a.m. &
5 p.m.-7 p.m.



Winter 2022 Basketball League

Pass, jump, and shoot your way into the Beaver County YMCA youth basketball league! This 8-week program will teach the basic fundamentals of basketball through weekly practice sessions including skillbased activities/games. In addition to basketball skills, we will work on team building and other core values to cultivate qualities to use off-the-court! Sessions will be held on Saturdays with a finale week including a 5 on 5 game and awards ceremony. Snacks will be provided after each session.

Season Duration: Week of January 22nd to
Week of March 19th, 2022

Registration:

- **Members: Wednesday, December 1st, 2021**
- **Non-Members: Monday, December 13th, 2021**

Day: Saturdays

Time: 10:00 a.m.-2 p.m.

Fee: Members \$40; Non-Members \$60



Home-School Gym & Swim

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

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

Day: Thursday

Ages: Group A: 5-10 years, Group B: 11-18 years

Time: 12:30-2 p.m.

Session Dates:

Winter Session 1: February 1st - March 24th

Registration:

- **Members: Wednesday, December 1st, 2021**
- **Non-Members: Monday, December 13th, 2021**

Fee: Members: \$45; Non-Members: Child \$63

Winter Session 2: April 7th - May 26th

Registration:

- **Members: Sunday, February 13th, 2022**
- **Non-Members: Sunday, February 27th, 2022**

Fee: Members: \$45; Non-Members: Child \$63

Mini-Sports

Welcome to our Mini-Sports sessions! This program is designed specifically for our younger children. Ages 2 years to 4 years old are welcome to join us on a journey throughout the sports world. They may need a passport throughout both sessions as we introduce them to sports such as hockey, basketball, soccer, tee ball, volleyball, and even tumbling! Adults should plan to join their child on this adventure.

Registration:

- **Members: Tuesday, February 1st, 2022**
- **Non-Members: Sunday, February 27th, 2022**

Day: Saturdays

Ages: 2-4 Years

Location: Gym A

Dates: March 26th-April 30th

Time: 11 a.m.-Noon

**Fee: Members: \$40/session;
Non-Members: \$50/session**

College App Help

Applying to colleges can be a stressful experience. Our team will be available to help with the navigation of websites, filling out online applications, and application submission. This program will be in the Life Center. A snack will also be provided.

Date: Tuesday, January 11, 2022

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

Location: The Life Center

Registration Opens: Wednesday, December 1st, 2021

Youth Cycle

Join us for an exciting class filled with cardio, energy and fun music! Class is led by a certified cycling instructor. Classes listed on our website and on the cycling calendar. Initial paperwork is required so please arrive 15 minutes early. Children must be 4'4" to participate.

Days: Mondays

Date: Beginning January 3, 2022

Time: 4:15-4:45 p.m.

Registration Date: Weekly

Fee: Members: \$1; Non-Members: Child \$5

Fit Kids Challenge

Calling all YMCA Youth for this fun, exciting challenge. How many can you perform in 1 minute? Might want to start working on Jumping Jacks, Push-Ups, Sit-ups, Burpees...wink, wink.

Date: Sunday, February 20, 2022

Time: 2-3:30 p.m.

Registration Opens:

- **Saturday, January 15th, 2022**

Male/Female

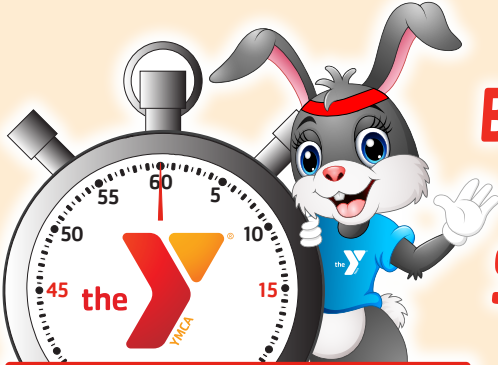
- 5 & Under
- 6-9 years old
- 10-12 years old
- 12-16 years old

Fee: 5 can goods for YMCA Food Pantry

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

HEALTH & WELLNESS

BUNNY HOP RACE



HELP THE
BEAVER COUNTY
YMCA
STOP YOUTH
HUNGER

BUNNY HOP 5K & 1 MILE RUN

Date: Saturday, April 30th

Time: 5K starts at 11 a.m.; 1 Mile starts at Noon

Location: Beaver High School Tennis Court

Registration: Must register online before
April 1st to receive a race shirt

Fee: 1 Mile Race: \$15; 5k Race: \$25

After race festivities and awards ceremony at
Healthy Kids Day immediately following the
race at the YMCA.

There will be a egg hunt for kids while the
parents run the 5K.

Hey Kids...You can run the the 1 mile race with
the Easter Bunny!



Register
Now



Y Runners Club

Two 4-week sessions, one fee!

Dates: Weeks of January 10th-31st and
Weeks of April 4th-25th

Day: Mondays

Ages: Kindergarten and up: 5-6 p.m.;
3-5 years 11:30 a.m.-Noon

Location: Main Gym

Fee: Members: \$25, Non-Members: \$50

Fee includes Race entry into 1 mile fun run. All
Y runners participants will receive a medal at



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

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.

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

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.

Circuit – Circuit training is a class in which you do one exercise for 30 seconds to 5 minutes and then move on to another exercise. This will give attention to all major postural muscles and trigger a tabata like effect activating both fast and slow twitch muscle fibers. You will be sure to sweat!

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

Cycle – If you think riding a stationary bike is dull, you've never tried indoor cycling! Our cardiovascular classes strengthen your whole leg. You must register online, on the phone or at the Member Service Desk. \$2 for Members and \$7 for Non-Members (half price for 30 minute classes).

Cycle Bootcamp – In a cycle bootcamp class, you alternate your time on and off the bike with floor work using bodyweight or weights and then jump back onto the bike. It is structured as a HITT class. It is structure to give you a full body workout that will complement each other to offer a comprehensive time-effective workout. While cardio exercise is great for the heart, strength training builds muscle. Plus, weight training improves your metabolism, which helps you to burn more calories throughout the day.

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

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.

RIP 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.

Step Up – Intermediate to advanced level. Highly choreographed and challenging step moves combined with sculpting exercises for muscular strength and endurance.

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® 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.

Tabata - Tabata interval training is one of the most effective types of high intensity interval training. Through a variety of simple, yet intense exercises, each class will blast the calories and provide noticeable results in a short amount of time. Whether your goal is muscle tone, weight loss, or both, this class will provide what you are looking for.

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.

Turbo TRICK LIVE! Combines traditional kickboxing moves with high-intensity interval training (H.I.I.T.) for an unbelievable calorie burn.

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

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

**Weekly Aerobic Schedule Available
at Member Service Desk or
beavercountyymca.org**

JOURNEY TO LOSE CHALLENGE GROUP

We Are Looking for 20 Dedicated Individuals Who Are Looking to Transform Their Lives and Bodies

One of the main reasons why people give up on their health and fitness journey is because they don't feel supported at home or even at work. **Do NOT try to do this alone.** Get the fitness support you need!

Put your workouts into overdrive with the Beaver County YMCA.

Your 30 Day Challenge will include:

- A One on One Consultation with a Certified Personal Trainer who will prescribe a customized workout plan tailored towards your individual goals
- Unlimited Small Group Classes with a trainer, nutritional support, dedicated Facebook Accountability Group, community and a fitness assessment and measurements at the start and end of the challenge.
- Members as well as Non-Members are welcome to participate in this challenge.



Important Dates:

- Enrollment will end on January 17th or when challenge group is full.
- A Personal Trainer will meet with participants the week of January 24th
- The challenge will run January 31st-March 1st.

Cost: \$55 for Members and Non-Members

300 Mile Cycle Challenge

Can be done as part of a class or any bike in the wellness center. Participants will receive a printed handout to hang on the wellness center window to color in own mileage. All participants who complete the challenge will be entered into a drawing. 3 winners will be chosen at random for the following prizes: 1 month free individual membership, 1 month free small group training and lastly, one free personal training session.

Date: February 1st-28th

ADULT

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! See Gym Schedule for PICKLEBALL times!



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

SPLASH-FLASH-DASH INDOOR TRIATHLON TO STOP YOUTH HUNGER



This will be a 60 minute race against the clock with the breakdown as follows:

- 10 minute swim in the lap pool
- 5 minute transition time
- 20 minute bike ride using our Keiser cycle bikes in the cycle studio
- 5 minute transition time
- 20 minute run on our Precor Treadmills in the Wellness Center

Point System will be as follows:

- 2 points per length swim
- 3 points per bike trip mileage
- 15 points for every half mile ran or walked
- Final score based upon all 3 events

When: February 20th.

You will be assigned to waves after registration. Max of 10 participants per wave. Waves will begin every 20 minutes.

T-shirts will be given to all registrants

Cost: Members \$30; Non-Members \$45

Ages: 10 and up

Prizes will be given throughout the day

Register Online or In-House

**Register
Now**



GIVE THE TRI A TRY!



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

- 1 Peter 1:5

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Live and On-Demand Workouts



convenient.
flexible.
versatile.

24/7

YWellness

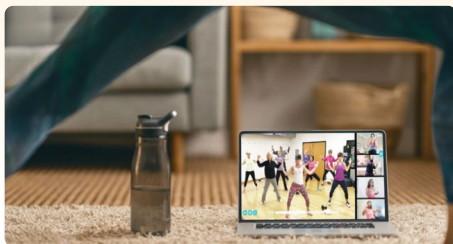
Choose from YMCA live instructor-led workouts from all over the state every week. Or pick from Y Wellness 24/7's large – and ever growing – on-demand library. 3 of our very own YMCA instructors will also be teaching your favorite classes on the platform.

The benefits of Y Wellness 24/7 are pretty impressive.

- It is convenient.
- It is flexible and versatile.
- Availability is never an issue.
- The environment will always be comfortable.
- You can focus on your fitness.
- It is budget-friendly.
- It's a great supplement to your YMCA membership. Never miss a class when on vacation or traveling for work. You can even tune into a class while you're at your child's sports practice.



Y Wellness 24/7 also offers a Supportive and Motivated Community as well as monthly challenges to keep you going and hold you accountable.



Fee: Individual \$2/month • Family \$5/month • VIRTUAL MEMBERSHIP ONLY* \$17/month

*This does not include access to the Y facility. BurnAlong platform only.

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

ACTIVE OLDER ADULT

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!

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.

**Weekly Aerobic Schedule Available
at Member Service Desk or beavercountymca.org**

Active Older Adult Water Classes



CLASS DESCRIPTIONS

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

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

**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.



“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

**Weekly Aerobic Schedule Available
at Member Service Desk or beavercountnymca.org**

Off-Site Active Older Adult Aerobics Program

Wildwood Chapel

2850 Jack St, Aliquippa, PA 15001

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

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, Silver & Fit and Renew Active.

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.



"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

CHILD CARE

The Beaver County YMCA Childcare Center is a Certified Star 2 facility serving infants through Pre-Kindergarten aged children in Beaver County. For more information about rates and current enrollment opportunities, please contact the Childcare Director at childcaredirector@beavercountyyymca.org or by phone at (724) 891-8439 ext. 314.

Childcare is offered in our YMCA facility Monday – Friday between the hours of 6 am – 6 pm. 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 2-3** 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 **3 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.**

Closure Dates

- Good Friday - April 18
- Teacher In Service - May 27
- Memorial Day - May 30

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.

Sample Breakfast and Snack Menu

Weekly Breakfast Menu Updated 10/26

Monday	Tuesday	Wednesday	Thursday	Friday
Milk	Milk	Milk	Milk	Milk
Apples	Oranges	Grapes	Bananas	Apples
Cereal	French Toast Sticks	Waffles	Muffins	Mini Pancakes

Weekly Snack Menu Updated 10/26

Monday	Tuesday	Wednesday	Thursday	Friday
Fruit Cocktail	Strawberries	Bananas	Grapes	Applesauce
Animal Crackers	Goldfish	Cheez-Its	Pretzels	Ritz Crackers

SCHOOL AGE CARE

School-Age registration MUST be completed online. 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.

Program Questions or Inquiries: School Age Child Care Director

Call 724-891-8439 ext 310 or

Email: Schoolagechildcare@beavercountyyymca.org

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

Before and After School Programs

During the school year, we provide before and after school care for students in Kindergarten through age 12. As of now, we are offering care for children who attend school at 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 provide care from 6:30 a.m.-6:00 p.m.

Hopewell site:

Hopewell Memorial Jr. High School, Room 119

- After School care until 6:00 pm (includes snack)

Baden site:

Baden Academy, Gymnasium

- Before School begins at 6:30 am
- After School care until 6:00 pm (includes snack)

Scheduled Two Hr. Delay and Early Dismissals:

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

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

Winter Camp

Winter Camp will be held December 27-30 at the Beaver County YMCA from 6:30 a.m.-6:00 p.m. Children will have the opportunity to swim in our pool, play in our gym, and take part in arts, crafts, and stem activities.

Summer Camp

Summer Camp will be running from June 13th-August 19th this year. Come down to the Y for Healthy Kids Day on April 30th and have your registration fee waived! More details about camp can be found on our website.



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

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

Types of Parties:

- Pool Party; Fun and Fit Party; Nerf Party

Available Times:

- Saturday and Sunday 1-3 pm and 4-6 pm
- Sunday 1:30-3:30 pm

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 gym time will be provided for children. Includes games, parachute, scooters, soccer, basketball and more are available.
- **Nerf Party:** 1 hour of shooting around in open gym with targets and obstacles.

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:** 2-One Topping Pizzas, 30 Bags of Chips 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**
 - **Fee: Members \$175; Non-Members \$225 (less than 16 children)**
- *\$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:

- Additional birthday child - \$25
- Additional Pizza (21 slices), Chips (30 bags) or Water (30-8 oz. bottles) - \$15

What is a YMCA Party Planner?

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



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

When you shop with

amazon.com
Smile

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](https://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

Megan Bever, School Age Child Care Director

Cassandra Bitts, Assistant Childcare Director

Beth Boffo, Wellness Director

Susan Brothers, Assistant Finance Manager

Mandy DeFilippi, Youth Director

Amber Forner, Member Service Specialist

Calista Harty, Aquatics Director

John Merola, Food Service Director

Erin Mott, Child Care Director

Chasity Smith, Office Manager

Lauren Zemcik, Membership Director

Beaver County YMCA

2236 Third Ave. • New Brighton, PA 15066

724-891-THE-Y • Fax: 724-847-3923

www.beavercountyyymca.org

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