



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# **DETERMINED TO CREATE A HEALTHY YOU!**



**FITNESS CLASS  
DROP IN RATES**

**WINTER &  
SPRING 2018**

**ALLEGHENY VALLEY YMCA  
5021 FREEPORT ROAD  
NATRONA HEIGHTS, PA 15065  
724-295-9400  
[WWW.AVYMCA.ORG](http://WWW.AVYMCA.ORG)  
[WWW.FACEBOOK.COM/AVYFB](http://WWW.FACEBOOK.COM/AVYFB)**

## ALLEGHENY VALLEY YMCA MISSION STATEMENT

The Allegheny Valley YMCA is a non-profit cause-driven organization that provides opportunities to all individuals in the community by putting Christian values and principles into practice through facilities, wellness programs and activities that build healthy spirit, mind, and body. The Allegheny Valley YMCA is a member of an international organization which accepts diversity and promotes community development and cooperation. Programs are made available to all persons regardless of their ability to pay.

## HOURS OF OPERATION

YMCA Hours of Operation:

Monday - Friday: 5:00am to 9:00pm

Saturday: 8:00am to 4:00pm

Sunday: 1:00pm to 4:00pm (Ends May 20, 2018)

## GUEST FEES

PHOTO IDENTIFICATION REQUIRED

Youth (17 and under) - \$5.00

Adult - \$10.00

Family - \$15.00

UNITED WAY CODE: #111

## PROGRAM REGISTRATION/SESSION DATES

### SESSION I - January 8th - February 24th

Member Registration begins - Monday, December 18th

Non-member Registration begins - Tuesday, December 26th

### SESSION II - February 26th - April 21st

Member Registration begins - Monday, February 12th

Non-member Registration begins - Monday, February 19th

### SESSION III - April 23rd - June 9th

Member Registration begins - Monday, April 9th

Non-member Registration begins - Monday, April 16th

## POLICE AND FIREMAN MEMBERSHIP

All active police and fireman receive a discounted membership of 15% off the membership price. Identification must be shown.

## MILITARY MEMBERSHIP

We offer the military a 15% discount off the price of a membership (active & veterans). If the service person is on active duty the family may join with proof of their active status.

## MEMBERSHIP INFORMATION

Membership Type*	***Monthly Checking	Annual Cash Payment
Youth	\$10.27	\$123.20
Adult	\$40.50	\$486.00
Couples	\$62.60	\$751.20
Single Parent	\$45.63	\$547.60
Family	\$66.33	\$796.00
Senior	\$35.23	\$422.80
Senior Couples	\$55.60	\$667.20

Police and Fireman Discount - 15% off Membership - that individual must be on Membership

Military Discount - 15% off the whole price of any membership

\*All membership types include group fitness classes at NO COST as a benefit of membership.

Bank Draft Membership Requires - First month down and VOIDED CHECK/AND OR WRITTEN BANK VERIFICATION

\*\*\*Bank Draft - Cancellation is due in writing by the 1st of the month.

We draft everyone on the 25th of each month (weekends are done the Friday before)

# YOUTH DEVELOPMENT

## CHILD CARE

### **SCHOOL AGE CHILD CARE**

Research shows that children who participate in afterschool programs are more successful in academics, are healthier, and more often maintain positive behaviors. Afterschool Programming at the Y is specially geared to achieve these results.

### **PA Department of Public Welfare**

Our SACC sites are licensed by the PA Department of Public Welfare.

### **Keystone STARS program**

We participate in the Keystone STARS program which is an initiative of the Office of Child Development and Early Learning to improve, support, and recognize the continuous quality improvement efforts of early learning programs in Pennsylvania.

### **Program hours**

6:00 am until school begins and school dismissal until 6:00 pm.

### **When is service provided?**

Service is provided every school day, during early dismissals, half days and delays.

### **Convenience of service**

One of the best parts of the program is the convenience of the service. The service is located at Buffalo Elementary.

### **Rates:**

We accept CCIS

Enrollment Type	Member Fee	Non-Member Fee
Before School	\$10/Day	\$14.50 / Day
After School	\$10/Day	\$14.50/Day
Full-Time School Age	\$90/Week	\$130.00/ Week

### **BUFFALO ELEMENTARY SACC PROGRAM**

Serving Children and Youth in Grades K-5.

School Age Child Care gives young people an experience that can last a lifetime and inspire them to continue an involvement with the Y for years to come.

## CHILD CARE

Afterschool Programming is designed to help kids in every community succeed, developmentally and academically. Afterschool Programming focuses on five core content areas: teaching values and social skills, creative expression, health and well being , and academic achievement.

### **CREATIVE EXPRESSION**

Art is a great way for a child to express themselves, so every week the children are encouraged to be creative through crafts or individual projects using many types of media.

### **HEALTH & WELL-BEING**

The SACC program is determined to help fight childhood obesity. Healthy snacks are offered to the children every day, and they are also taught about portion control and other healthy eating habits. The children engage in physical activities on a daily basis.

### **TEACHING VALUES AND SOCIAL SKILLS**

The four core values at the Y are respect, honesty, caring and responsibility. Every day these values are implemented in the structure of our program.

### **HOLIDAY CARE**

We offer care during holiday vacations, in-service days and snow cancellations at the A.V. YMCA. These services are not associated with the SACC program. Separate enrollment packets need to be completed for these days off.

## CHILD WATCH

### **CHILD WATCH ROOM**

The Allegheny Valley YMCA provides babysitting services to our members while they workout at NO CHARGE! We provide a safe, healthy and fun environment for your child to play with age appropriate toys and games, and to be creative with arts and crafts.

**Ages 3 months - 8 Years**

**Members - No Charge**

**Program Participants - \$2 per hour**

**Mon-Fri - 9:00am - 1:00pm**

**Mon-Fri - 5:00pm - 8:00pm**

**\*Sat - 9:00am - 12:00pm**

**\*Ends May 19th, 2018**



# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

## YOUTH DEVELOPMENT

We believe that all kids deserve the opportunity to discover who they are and what they can achieve. That's why, through the Y, millions of youth today are cultivating the values, skills and relationships that lead to positive behaviors, better health and educational achievement.

### YOUTH STRENGTH / INTERVAL CROSS TRAINING

Childhood obesity has more than tripled in the past 30 years, and over one third of children and adolescents in our country are overweight or obese. Research shows that a mere 15 minutes of Cross Training can yield more progress than jogging on the treadmill for an hour!

In Youth Strength / Interval Cross Training we will do 60 minutes of Interval Cross Training, Core Work, Strength Training and Sprinting and Stretching to create healthier, more confident kids! Team building and active encouragement will be a cornerstone of our program. This includes our STRIVE STRENGTH CIRCUIT! No child that needs help will be excluded as Youth Strength is at NO CHARGE to all youths in the community! (Ages 7-13)

Members - No Charge Program Participants - No Charge  
STARTS - MARCH 8th  
Thursday - 5:00 - 6:00pm

### SPORTIES FOR SHORTIES

Calling all Parents and Preschoolers! Sporties for Shorties is a fun class that helps children improve their motor skills in a fun, noncompetitive way. Classes could include biddie basketball, kickball, soccer, hockey and more. Great first-time activity. They will learn the basic skills and fundamentals of both team and individual sports with a focus on FUN!! (Ages 4-6)

Thursdays - 4:15-5:00pm  
STARTS - MARCH 1st

Members - \$15 Program Participants - \$60

More Than Conquerors

**MARTIAL ARTS**

EMAIL: [MTCMARTIALARTS@AOL.COM](mailto:MTCMARTIALARTS@AOL.COM)

CALL 724-525-9099



### MARTIAL ARTS (MORE THAN CONQUERORS)

At More Than Conquerors Martial Arts, all that matters is your desire to become a martial artist. MTC uses Chon Sul Kwan (Tactical) Hapkido, which uses low kicks, effective strikes, joint locks, and trapping. It is based on biomechanics and scientific principles and it is very effective. Join us to learn reality-based yet traditional martial arts. For information on times and dates, please call 724-525-9099

## SWIM, SPORTS & PLAY

### SCIENCE EXPLORATION

Through Youth science Programs at the Y, children gain confidence as they explore interests and passions with a twist of fun. Your child will discover the exciting world of science without even realizing that it's a learning experience. Children will complete a variety of hands on science experiments. (Ages 6-12)

Members - \$20 Program Participants - \$60  
Monday's - 5pm-6pm  
January 8th through February 12th

### YOUTH HOCKEY LEAGUE

It's hockey season at the Allegheny Valley YMCA. Our indoor Deck hockey league is a fun and high energy experience for any level of hockey player. Skills will be learned through several practices and a series of games to put the newly learned skills to the test! Both boys and girls are encouraged to participate. League Specifications:

Penguin League: Ages 5-8  
Stars League: Ages 9-12  
Cadet League: Ages 13-17

Practice and game times will be based on the number of players registered for each league. A practice schedule will be provided at the parents meetings. A game schedule will be provided after the second week of practice. Games will be played on both Friday nights and Saturdays. First practice will be announced.

LEAGUE STARTS - Friday, February 9th, 2018

EARLY REGISTRATION PRICES (Dec. 18th - Jan. 2nd)  
Members - \$35  
Program Participants - \$80

REGULAR REGISTRATION (Jan. 3rd - Feb. 9th)  
Members - \$45  
Program Participants - \$90  
\*Parents Meetings to be announced



# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

## SWIM, SPORTS & PLAY

In Y Swim Lessons participants learn and practice new swimming skills and feel a sense of achievement from mastering something new that they can enjoy the rest of their lives. While participating in fun water sports and games, children also increase their physical activity levels. Participants in Y Swim Lesson are connected to others in the class, make new friends and recognize new role models. The participants are more comfortable and secure around water, as they learn water safety and improve their swim skills. Children have a stronger bond with their parents and family members from the take home activities of family huddles and sharing boating safety tips.

### YOUTH SWIM LESSONS

Children under five and adolescents between the ages of 15-24 have the highest drowning rates. Water safety is our number one priority! Swim lessons makes water safety fun and emphasizes water appreciation. There are 6 levels including polliwog, guppy, minnow, fish, flying fish, and shark. Children build on their skills and develop technique, as they progress through the upper levels. A child must be 6 years of age by the first day of class to be registered in the youth program. (Ages 6+)

Members - \$24                      Program Participants - \$96  
Tues - 5:30-6:00 pm

### PRESCHOOL SWIM LESSONS

It's cool in the pool! Our children are taught swimming skills by using a student centered learning approach. There are four progressive levels including Pike, Eel, Ray, and Starfish, respectively. Children must be independent from their parent and potty trained (Ages 4-5)

Members - \$24                      Program Participants - \$96  
Tues - 5:00-5:30pm

### PARENT/CHILD WATER ENRICHMENT

Young children 2 to 4 years of age have a higher risk of drowning than any other age group. Our parent/child enrichment class acclimates kids to the water, and gives parents quality time to bond. Both parents are welcome to participate. The primary objective is for both the child and parent to develop a level of comfort in the water. A parent or trusted adult must accompany the child into this program. Swim diapers are required for those who are not completely potty trained.

(Ages 6 months - 3 years)  
Members - \$24.00                      Program Participants - \$96.00  
Tues - 6:00-6:30pm

## SPORTS & RECREATION

### PICKLEBALL

The sport is played on a court with the same dimensions as a doubles badminton court. The net is similar to a tennis net, but is mounted two inches lower. The game is played with a hard paddle and a polymer smaller version of a whiffle ball.

Members - No Charge      Program Participants - \$7/Day  
Mon- 10:00am-12:00pm  
Wed - 1:00pm - 4:00pm  
Fri - 1 :00pm- 4:00pm

### INTRO TO PICKLEBALL

This class is for the beginning players and is designed to help get a basic understanding of the rules and gameplay. Basic rules, scoring, and terminology will be used to gain and understanding of the game.

Monday - 1:00 - 3:00p.m.  
Tuesday- 12:00p.m. - 3:00p.m.

### ADULT COED PICK-UP VOLLEYBALL

It's time for TEAMWORK! Come to the Allegheny valley YMCA and get into the game! Get in great shape while you have fun! All skill levels welcome!

Members - No Charge      Program Participants - \$7/night  
Wednesday - 6:30pm - 8:30pm

### ADULT BASKETBALL LEAGUE

Want to take your team to glory? Get your friends and co-workers together and play for glory and bragging rights! Maximum of 15 people to a roster. Teams fill up quick so make sure to contact the welcome center!

Teams: \$400 + Referee Fees  
STARTS: SUNDAY FEBRUARY 11TH- MAY 13TH  
Sunday: 4:00pm - 10:00pm



### SCUBA DIVING

Interested in learning how to scuba dive!? Scott's Scuba Service is a fully licensed and trained business to let you explore like you never have before! Classes are held Fridays at the YMCA through the winter! For more information about certification pricing and class info please call 724-295-3500

# HEALTHY LIVING

Improving the nation's health and well-being

## HEALTH, WELL-BEING & FITNESS

**NEW! DROP IN POLICY:** Interested in trying out a class? Many of our adult classes allow for drop-ins! Group classes are \$7.00 to our community members! Drop-In availability may be limited due to space available in the class or studio.

\*Classes that allow the drop in rate will be denoted by the following icon: 

### FINAL CUT

**(Beginner - Intermediate : Core Muscle Toning!)**

All Abs, all class. Looking for an abs challenge? Then try this series of Pilates ab exercises that will not only flatten your belly but will improve your posture. Let us help your midsection to make the Final Cut!

Monday/Wednesday/Friday - 11:15 am - 11:45 am

Members - NO CHARGE Program Participants - \$60.00



### PiYo

**Pilates + Yoga + nonstop movement!**

PiYo® LIVE combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. You'll use your body weight to perform a series of continuous, targeted moves to define every single muscle—big and small.

Tuesday/Thursday 9:00-10:00am

Members - No Charge

Program Participants - \$80.00



### ZUMBA

ZUMBA is here! Come join us as we take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Zumba provides cardio, balance and flexibility, boosted energy, muscle conditioning, and fun!

Tuesday/Thursday 6:00-6:50pm

Members - No Charge

Program Participants - \$80.00

## HEALTH, WELL-BEING & FITNESS

### POWER SCULPT

**(Beginner - Intermediate: Muscle Toning!)**

Sculpt your muscles in this group fitness class designed to build strength, add definition, increase your bone density, and decrease your body fat by increasing lean muscle. You will use hand weights, loaded barbells, and your own body weight to change the shape of your body.

Tuesday/Thursday - 6:30pm - 7:30 pm

Members - NO CHARGE Program Participants - \$80.00

### RAISE THE BAR

**(Beginner - Intermediate: Muscle Toning!)**

A conditioning class that will sculpt, strengthen and tone your entire body. With the help of a barbell, hand weights, step and energizing music, your entire body will feel the burn in no time!

Monday/Wednesday/Friday - 9:00am - 10:00 am

Members - NO CHARGE Program Participants - \$120.00

### CARDIO BLAST

**(Beginner - Intermediate: Weight Loss!)**

Blast your cardio fitness level through the roof with a class full of a variety of cardio exercises. This class may include kickboxing, step, hi/lo, and/or boot camp style exercises. Get ready to challenge your aerobic and anaerobic thresholds and get super fit!

Monday/Wednesday - 6:30pm - 7:30pm

Members - NO CHARGE Program Participants - \$80.00



### INSANITY

**(Intermediate - Advanced: Strength/Toning)**

Looking to switch out of your usual workout routine!? This class will bring up the intensity and get you sweating! During this total body workout you will be blasting your core, toning, and building muscle!

Monday 5:00-5:45pm

Members - No Charge

Program Participants - \$44.00

# HEALTHY LIVING

Improving the nation's health and well-being

## HEALTH, WELL-BEING & FITNESS

In Communities across the nation, the Y is a leading voice on health and well-being. With a mission centered on Balance, the Y brings families closer together, encourages good health and fosters connections through fitness, sports fun and shared interests. As a result, millions of youth, adults and families are receiving the support guidance and resources needed to achieve greater health and well-being for their spirit, mind and body.

### YOGA

**(Intermediate - Advanced: Strength/Flexibility!)**

Power yoga attempts to balance mind and body via physical postures, purification practices, and the calming of the mind through relaxation and meditation. Power Yoga fuses strength training and core abdominal work with traditional yoga practices. Focus on a different muscle group each week to build the strength and stamina necessary for challenging yoga postures.

**Tuesday/Thursday - 12:00 pm - 1:00 pm**

**Members - No Charge Program Participants - \$80.00**

### GENTLE FLOW YOGA

**(Beginner : Passive Movement & Relaxation)**

Stress contributes to heart disease, high blood pressure, strokes, and other illnesses in many individuals. Restorative Yoga is designed specifically to reduce stress and get you feeling great! Restore the nervous system and help release deeply held tensions from the body and mind, to reduce stress. It includes gently stretching and strengthening the body.

**Monday/Wednesday - 6:30-7:30 pm**

**Members - No Charge Program Participants - \$80.00**

**Sat - 10:30am - 11:30am**

**Members - No Charge Program Participants - \$40.00**

## HEALTH, WELL-BEING & FITNESS

### INDOOR CYCLING

Indoor cycling can help you maintain a healthy weight or lose unwanted pounds. A 150-lb. rider burns over 500 calories in an intense 45-minute class, which is comparable to a similar effort outside. For someone that would cycle at least 3 days a week, you can expect to shed over 20 pounds of fat each year!

Beginners to advanced riders should feel comfortable in any class we offer. The beauty of indoor cycling is that you progress at your own pace. Don't worry about your neighbor, do what you can, listen to your body, and push more each time you ride....Classes can be modified to meet your specific fitness level. Come join us and be a healthy new you today! Please remember, if you are a new rider, please come early to class so that we can help you get set up on your bike. Don't forget a towel and a bottle of water!

#### Which Class is Right For Me?

Remember, beginners to advanced riders should feel comfortable in any class that we offer. If you are brand new, we offer an introduction class that welcomes participants to our indoor cycling program, providing nurturing feedback to learn the nuts and bolts of the bicycles, and class protocol. You may also want to try our Monday, Wednesday, Friday 8:30 AM or 10:15 AM class, our Tuesday, Thursday 5:30 PM or 6:30 PM class, or either of our Saturday classes! Most importantly, pick a time that works with your schedule and keep coming back for more.

#### Schedule of Indoor Classes:

Monday: 8:30am, 10:15am, 5:30pm, 7:00pm

Tuesday: 5:15am, 9:15am, 6:00pm

Wednesday: 8:30am, 10:15am, 7:00pm

Thursday: 5:15am, 9:15am, 6:00pm

Friday: 8:30am, 10:15am, 5:30pm

Saturday: 8:15am, 9:15am

Sunday: Please call the Welcome Center for Sunday Class times and dates

**Members - No Charge  
Program Participants - \$7.00 per class**



# HEALTHY LIVING

Improving the nation's health and well-being

## HEALTH, WELL-BEING & FITNESS

### SILVERSNEAKERS® AND SILVER&FIT®

The Allegheny Valley YMCA accepts both SilverSneakers and Silver&Fit! For both programs you will receive:

- A full facility membership at the Allegheny Valley YMCA including the pool, weight room, nautilus room, cardio room, locker room, sauna, steam room, and STRIVE Room at no additional charge to you!
- All of our popular senior programming including our Cardio Circuit, Muscular Strength and Range of Motion, Senior Chair Yoga, Silver Splash Class, Silver Strut Walking, and our popular Silver Bowl League. All at no additional fee!
- All of our catered Special Events including our Valentines Day Party, St. Patty's Day Party, Healthy Senior Day, Senior Prom, Hawaiian Luau, Halloween Party, Homecoming Dance, Christmas Party and many more!

### ARE YOU ELIGIBLE FOR SILVERSNEAKERS®?

To see if you are eligible go to: <https://www.tivithealth.com> or contact a SilverSneakers customer service representative at 866-456-3065 to find out if you are eligible for SilverSneakers today!

### ARE YOU ELIGIBLE FOR SILVER&FIT®?

To see if you are eligible go to: <http://www.ASHLink.com> or contact ASH Fitness (Silver&Fit) at 877-329-2746 to find out if you are eligible for Silver&Fit today!

### ZUMBA GOLD

**All Levels - Dance your way to a healthier you!**

Zumba includes a medley of dance styles, including merengue, cha-cha, belly dance, rumba, tango and salsa. Zumba Gold helps build your cardiovascular fitness through movements that help coordination, balance, rhythm and most of all, fun! Come ready to sweat and join us for a dance party for all levels of fitness!

**Class Time - Thursday 10:00 am - 11:00 am**

**Members - NO CHARGE**

**SilverSneakers - NO CHARGE      Silver&Fit - NO CHARGE**

## HEALTH, WELL-BEING & FITNESS

### SILVERSNEAKERS® CARDIO CIRCUIT

**Advanced - Get In Shape! Change Your Shape!**

Our Most Popular Class! Burn Calories; Build Muscle and Strengthen Abdominals in our top of the line class! Challenge your heart and lungs as you tone your body from head to toes. Awake your inner athlete again! Our instructors are certified experts ready to make you sweat; make you stronger; make you laugh and make your day! Nothing starts the day off right, like an intense workout! Wednesday is our SQUEEZE YOUR ABS extravaganza! Thursday is our Senior Step Class Challenge!

**Class Time - Mon/Tues/Wed/Fri - 10:00 - 11:00 am**

**Members - NO CHARGE**

**SilverSneakers - NO CHARGE      Silver&Fit - NO CHARGE**

### SILVERSNEAKERS® MUSCULAR STRENGTH & RANGE OF MOTION

**Beginner - Get Moving, To KEEP Moving!**

A great place to start! This class focuses on Living Skills by using exercises specifically designed to mimic your Daily Tasks! Great for arthritis! Feel your energy and power as our enthusiastic and expert instructors use music and a wide range of tools/movements to get your Full Body Moving! We use a chair for both seated and/or standing support. Feel and move better TODAY!

**Class Time - Mon/Wed/Fri - 11:00 am - 12:00 pm**

**Members - NO CHARGE**

**SilverSneakers - NO CHARGE      Silver&Fit - NO CHARGE**

### SENIOR YOGA

**All Levels - Relaxation/Movement**

Gentle Yoga in a Chair that is accessible to anyone! Yoga is a key way to maintain a Healthy and Active You! Loosen tight muscles/joints with safe and comfortable moves. Increase Mobility while Stimulating your Senses! Yoga helps Mind, Body and Soul. Feel rejuvenated!

**Class Time - Tues/Thurs 11:15 am - 11:45 am**

**Members - NO CHARGE**

**SilverSneakers - NO CHARGE      Silver&Fit - NO CHARGE**

### THE SILVER BOWL (Wii Bowling for Seniors)

**All Levels - Social Fun; Easy to Do; Great for Coordination!**

A bowling league for the competitor in you! The bowling and our teams are so much fun you will look forward to it every week! Come Socialize; Snack; Strike; Spare and Spark up Friendly Competition... just don't get a Split! You can bowl in any motion real, standing still or even seated! Wii Challenge you to a game! We are going to Bowl you over! Starts March 5, 2018- Mon/Tues - 11:00a.m. - 1:00pm

**SilverSneakers - NO CHARGE      Silver&Fit - NO CHARGE**

**FREE STRIVE Orientation: Contact the Welcome Center.**



# HEALTHY LIVING

Improving the nation's health and well-being

## HEALTH, WELL-BEING & FITNESS

### SILVERSPASH CLASS

**All Levels – Get Warm in the Water! Great for Arthritis!**  
Activate your aqua exercise urge for variety! Silver Splash offers lots of fun shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required. Our instructors are certified experts ready to make you fit! Exercise is done above the water, so you don't even get your hair wet! Fun and laughter, games, singing and music, there is no class more fun!

**Class Times:** Mon/Wed - 11:15am - 12:00pm  
Tues/Thurs - 11:15 am-12:00 pm

**SilverSneakers - NO CHARGE Silver&Fit - NO CHARGE**  
**Members - NO CHARGE**  
**Program Participants - \$84.00 (2 days)**

### STRIVE CIRCUIT

**All Levels – Great for Osteoporosis Prevention!**  
Come try our STRIVE Strength Training equipment. Our equipment is specifically designed to fit seniors, and will help strengthen bones to prevent osteoporosis, get blood flowing to joints to alleviate arthritis. (Must be a senior citizen, youth, or female to use the STRIVE room.)

### TAI CHI CHUAN

**All Levels - Great for balance, coordination, relaxation**  
Come join us in the practice of Tai Chi Chuan. This Taoist Yoga is an ancient system of exercise, meditation, and martial art that unites mind, spirit and body. Anyone can take Tai Chi, come and see what it is all about!

**Class Time - Wednesday 12:00 - 12:45pm**

**Members - NO CHARGE**

**SilverSneakers - NO CHARGE Silver&Fit - NO CHARGE**

### FALL PREVENTION:

### A STRENGTH, COORDINATION, AND BALANCE CLASS

This September, the Allegheny Valley YMCA will offer a new exercise program that will help you overcome the fear of falling and give you the confidence to enjoy activities indoors and outdoors! More than one third of adults over the age of 65 fall each year. This six week class will strengthen muscles, increase your confidence, and develop your overall sense of well being!

**Class Time - Tuesday - 12:15- 1:00pm**

**Members - NO CHARGE**

**SilverSneakers - NO CHARGE Silver&Fit - NO CHARGE**

### SENIOR SPECIAL EVENTS – FOR ALL SENIORS!

**Valentines Party - Tuesday, February 13, 2018**

**St. Patty's Party - Tuesday, March 13, 2018**

**Senior Summer Sizzle - June 5th, 2018**

**All events run from noon to 1:30pm**

## HEALTH, WELL-BEING & FITNESS

### EVENING HYDRO/BBW

Water exercise is fun! We provide a nurturing environment to get a workout, meet new friends, and enjoy the water. This is a combination of 1/2 hour in the shallow end doing a Hydro class and 1/2 hour in the deep end doing Buoyant Body Works.

**Tues/Thurs – 7:45-8:45 pm**

**Members - \$28.00**

**Program Participants - \$96.00**

### BUOYANT BODY WORKS

Want a real water workout? Use your entire-body with a combination of cardio respiratory endurance and muscle conditioning! Our class is done in deep water, with a float belt to enhance one's own natural buoyancy. The workout involves high and low-intensity combinations of sets for designated time periods. Must be a swimmer to join!

**Mon/Wed – 1:00-1:45 pm**

**Members - \$21.00**

**Program Participants - \$84.00**

**Tues/Thurs – 9:15 am - 10:00 am**

**Members - \$21.00**

**Program Participants - \$84.00**

### AVY MASTERS SWIM TEAM (Ages 18+)

This team is to provide fun, fitness, and optional friendly competition in a positive environment of athletic encouragement. For swimmers ages 18 and older. Master swimming is an excellent physical conditioning program that fits into the YMCA's concept of physical fitness for adults. The objective is to maintain and improve health through aerobic swimming on a regular basis.

**Members - \$20.00**

**Practices are held Fridays 7-7:45pm**

**An annual AV YMCA membership is required to join.**



# COMING IN SUMMER

Upcoming programming at the Allegheny Valley YMCA

## SUMMER CAMP PROGRAM

The Allegheny Valley YMCA Summer Camp program is built around the YMCA's philosophy of the development of spirit, mind, and body. Our Summer Day Camp is a forward thinking program, ever adapting to the changing needs of the youths in our community.

**Camp starts on June 6th!**

**Hours are 6:00am until 6:00 pm Monday through Friday.**

### PREVENTING SUMMER LEARNING LOSS

They will go back to school in the fall with a competitive advantage as our educational activities and programming will keep their minds active, creative and flourishing, thus preventing learning loss that comes over the summer.

Areas of focus include:

- History
- Science
- Mathematics
- Geography
- Reading

### PHYSICAL ACTIVITY AND WELL-BEING

Childhood obesity is on the rise. We provide exercise on a daily basis which includes swimming in our pool, running, and group fitness classes which are instructed by our expert staff.

- Indoor Cycling (Physical Fitness)
- Swimming (Physical Fitness/Fun)
- Group Exercise Classes (Strength/Coordination)
- Youth HOCKEY and FLAG FOOTBALL are each offered once a week. (Teamwork/Fitness/Fun)

### TEACHING VALUES AND SOCIAL SKILLS

Campers will learn to become better leaders, understand team building, appreciate diversity and understand the importance of both healthy living and social responsibility.

### CREATIVE EXPRESSION

Art is a great way for a child to express themselves, so everyday at camp the children are encouraged to be creative through crafts.

## SUMMER S.W.E.A.T.

Spinning, Sprinting & STRIVE

Weight Training

Eating Healthier

Aquatic Activity

Together As A Team

Ready for a lifestyle change? Summer S.W.E.A.T. is 80 hours of physical activity at no charge to youth in our community!

Our mentoring instructors will make it a summer to remember as we inspire teamwork, goal setting, and achievements through fun and hard work. Participants will be instructed by a registered dietitian and our certified fitness staff. Make it the best summer of their lives!

### SUMMER S.W.E.A.T. ACTIVITIES

**TRIALS OF MILES** - In Summer SWEAT we will encourage our youth to bring out their inner runner! Summer Sweaters will be sprinting, jogging and speed walking to improve aerobic capacity and overall fitness!

**CROSS TRAINING CHALLENGE** - Cross training is unmatched in its ability to improve fitness! Barbell, dumbbells, calisthenics and drills will be implemented along with AMRAP Circuits and Team Relays!

**SPLASH** - Nothing is more fun than the pool! Summer Sweaters will be doing lap swimming and water aerobics!

**EAT WELL FOR KIDS** - Proper nutrition is an essential tool in getting fit and healthy! Our registered dietitian will instruct basic and advanced principles while motivating!

**STRIVE** - Our STRIVE Room is built to fit youth! Similar to nautilus machines, our youth will get fit as they work all of their muscles with maintaining an aerobic heart rate!

**SPINNING** - Indoor cycling is a great way to burn calories and while listening to music! Get ready to work your legs!

**FINAL CUT ABS** - A strong core is essential for health and physical activity! Final cut abs will shape up the midsection and work the muscles that are essential for all recreation and activity!

**Ages: 12-17**

**Monday-Thursday: 12:00 p.m. - 2:00p.m.**

**Starts: June 11th- August 17th, 2018**

**Members - No Charge Program Participants - No Charge**

# SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors

## SOCIAL RESPONSIBILITY

We believe that we have a duty to try to help where help is needed. We believe that with support, resources and guidance, people can improve their own lives and the lives of others. We believe we are part of a global community with global responsibilities. We believe that people want to help. We provide social services for people facing considerable obstacles. We provide opportunities for international engagement and understanding. We provide opportunities for people to volunteer, engage, advocate and donate, and we provide a caring environment where people know they're not alone.

### THE Y. SO MUCH MORE.™

Because you care, we want you to know that you have a partner. You have someone to stand with you and make a difference. Your partner is the Y. The Allegheny Valley YMCA has made a lasting impact on our community— for over 116 years.

Our annual campaign donors make it possible for children, families and seniors to have access to Y programs that improve their lives. We strive to keep values-based youth programs and fees affordable by subsidizing some of the real costs. That's one way we partner with you to make a difference.

This year, as part of our campaign, we want people to acknowledge the Y as so much more than a gym. Locally and around the country, the Y is a charitable cause – a cause worth investing in.

We will raise the charitable funds needed to address the issues that concern you. We know that some individuals and families struggle to pay the rent, put food on the table and buy clothes for their kids. They need financial assistance to come to the Y.

Please make a difference today by volunteering to help us share the story of the Y. Yes, you know the problems we face. Now you know that the Y is your partner, standing up and making a difference with YOU! Together we can do **SO MUCH MORE!**

**Do you want to make a REAL impact in your community? Call to find out how you can be a part of the 2018 Annual Campaign and help up to tell the story of the Allegheny Valley YMCA. Call 724-295-9400**



### INCLEMENT WEATHER POLICY:

The Allegheny Valley YMCA is aligned with delays and cancellations that happen with the Highlands School District. If Highlands has a school delay, all classes before noon are cancelled. If school is cancelled YMCA classes will run as normal.

We will also be posting on KDKA to help spread the word for any type of cancellations or delays that may arise. Our website will have a link to take you straight to that page or please feel free to check [kdka.com](http://kdka.com).



**WINTER / SPRING 2018**

**SCAN THIS!**

**ALLEGHENY VALLEY YMCA  
5021 FREEPORT ROAD  
NATRONA HEIGHTS, PA 15065  
724-295-9400  
WWW.AVYMCA.ORG  
WWW.FACEBOOK.COM/AVYFB**

**UNITED WAY CODE: #111**

Scan this with your smart phone to  
Get a 7 day guest pass!



## **OPEN HOUSE AT THE YMCA**

The Allegheny Valley YMCA is here for our community, addressing Youth Development, Healthy Living, and Social Responsibility. Come see what we do first hand, at no cost to you! Join us for our OPEN HOUSE

Beginning January 2nd, 2018 through January 7th, 2018. Swim in our pool, try our fitness classes with your friends, try our STRIVE resistance exercise machines, or sweat in one of our indoor cycling classes! We'll have staff on hand to answer questions, demonstrate equipment and techniques, talk about your fitness and wellness goals, and discuss membership plans with you.

**Tuesday, January 2nd, 2018 through  
January 7th, 2018.**



Looking for employment opportunities at the YMCA? Check out our website at [www.avymca.org/employment](http://www.avymca.org/employment) or our Facebook page at [www.facebook.com/avyfb](http://www.facebook.com/avyfb)