



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

# **UNLEASH YOUR POTENTIAL!**



**FALL 2017**

**FITNESS CLASS  
DROP IN RATES!**

**ALLEGHENY VALLEY YMCA  
5021 FREEPORT ROAD  
NATRONA HEIGHTS, PA 15065  
724-295-9400  
AVYMCA.ORG**

## 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 (Starts September 10th, 2017)

## YMCA CLOSINGS:

Monday, September 4th - LABOR DAY - CLOSED

Thursday, November 23rd - THANKSGIVING - CLOSED

Sunday, December 24th - CHRISTMAS EVE - CLOSED

Monday, December 25th - CHRISTMAS - CLOSED

Sunday, December 31st - NEW YEAR'S EVE - CLOSED

Monday, January 1st, 2018 NEW YEAR'S DAY - CLOSED

UNITED WAY CODE: #111

## PROGRAM REGISTRATION/SESSION DATES

### SESSION I - September 11th - October 28th

Member Registration begins - Monday, August 21st

Non-member Registration begins - Monday August 28th

### SESSION II - October 30st - December 16th

Member Registration begins - Monday, October 16th

Non-member Registration begins - Monday, October 23rd

## 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.

## GUEST FEES

PHOTO IDENTIFICATION REQUIRED

Youth (17 and under) - \$5.00

Adult - \$10.00

Family - \$15.00

## 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

Nurturing the potential of every child and teen

## 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 bring, 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. Each month is devoted to a different theme to expose the children to new experiences and expand their knowledge on a variety of topics.

### HEALTH & WELL-BEING

Childhood obesity is on the rise. The SACC program is determined to help fight this epidemic. 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. Staff members practice positive reinforcement and encourage students to work together to create a healthy, positive atmosphere.

### HOLIDAY CARE

We offer care during holiday vacations, in-service days and snow cancellations at the Allegheny Valley YMCA. These services are not associated with the SACC program. Separate enrollment packets need to be completed for these days off. Call the Welcome Center for details at 724-295-9400 or email [childcare@avymca.org](mailto:childcare@avymca.org).

## 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**

**Monday - Friday - 9:00am - 1:00pm**

**Monday - Friday - 5:00pm - 8:00pm**

**Saturday - 9:00am - 12:00pm**

**(Saturdays start on September 9th, 2017)**

# 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 - September 12<sup>th</sup> - October 12<sup>th</sup>  
Tuesday/Thursday - 5:00 - 6:00pm

### 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 - 5pm-6pm  
September 11<sup>th</sup> - October 16<sup>th</sup>

## SWIM, SPORTS & PLAY

### 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)

Thursday - 4:15pm- 5:00pm

Session 1- September 14<sup>th</sup> - October 26<sup>th</sup>

Session 2- November 2<sup>nd</sup>- December 21<sup>st</sup>

Members - \$15

Program Participants - \$60

### YOUTH COMPETITIVE SWIMMING

Our swim team has had a strong presence and tradition in competitive swimming community. We are committed to offering a quality, swim team with emphasis on teaching the value of competition through teamwork, sportsmanship and doing one's best. Swimmers will refine the basic four competitive strokes plus work on starts, turns, and endurance. We do not have tryouts, everyone swims.

An AVYMCA membership is required\*

Registration information for the season will be available in September, please contact the Y if you would like to be added to the team contact list.

Free Trial Week - TBD

### POOL/FACILITY RENTALS

Be the best parent in the world and have your child's birthday at the Y! Rental includes both use of the entire pool and a large room to fit the whole neighborhood! We also can host baby showers and sports team banquet. Call for Details - 724-295-9400



# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

## SWIM, SPORTS & PLAY

### THE ALLEGHENY VALLEY Y'S SPORTS PLEDGE

"I pledge to play the game, the best I can, to be a team player, to respect my opponents, the rules and officials, and improve myself in spirit, mind and body. "

### YOUTH BASKETBALL LEAGUE

Youth basketball is one of the premier youth sports programs offered by the Y. Boys and Girls in grades K-6 are divided into age appropriate teams and coordinated into league play. Players will learn the fundamentals of the game, gain the opportunity to practice each week, have equal playing time, and be encouraged to play more than one position.

Fee includes: t-shirt & participation award.  
(Grades K-6)

League Starts: November 7th

K-2 will play at 5:30

3-4 will play at 6:30

Tuesday / Thursday - 5:30p.m. - 7:30p.m.

Members - \$45      Program Participants - \$90

### FLAG FOOTBALL LEAGUE

The focus of this league is on the acquisition, development, and improvement of football skills, and the understanding and knowledge of the game.

Dates/times: TBD

### Youth Hockey

Youth Hockey begins at the Allegheny Valley YMCA in January. Please, keep an eye out for our early bird registration specials in December! The Allegheny Valley Youth Hockey League is open for everyone ages 5-17. Please contact us with any questions!



## SWIM, SPORTS & PLAY

### 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 - \$24.00      Program Participants - \$96.00

Tuesday - 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

Tuesday - 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 month's - 3 years)

Members - \$24.00      Program Participants - \$96.00

Tuesday - 6:00-6:30pm

The Y nurtures the potential of children through the YMCA's Youth Sports programming by strengthening character in our youth, engaging families, and building lasting relationships. Participants in these programs build skills, learn about teamwork, and focus on sportsmanship. The positive time with family and friends in this environment strengthens our communities.



# HEALTHY LIVING

Improving the nation's health and well-being

## SPORTS & RECREATION

### EARLY BIRD BASKETBALL

Set your alarm and get ready for fun, join us for some hoops and get it done! For adults over 18.

**Members - No Charge Program Participants - \$2/game**  
**Wednesday - 6:00am - 7:00am**

### NOON HOCKEY

Break out that hockey stick and head to the Allegheny Valley YMCA. Join us at lunchtime for a full court hockey game! For adults over 18.

**Members - No Charge Program Participants - \$7/Day**  
**Monday's and Wednesday's- 12:00pm - 1:00pm**

### ADULT PICK-UP BASKETBALL

It's time for some hoops! Come to the Allegheny valley YMCA and get into the game! All skill levels welcome!

**Members- No Charge Program Participants -\$7/night**  
**Starts: Tuesday, November 15, 2016**  
**Tuesday: 7:30pm - 9:00pm**

### 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**  
**Begins Nov. 15th**



## 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**  
**Above hours start on September 4, 2017**

### 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.

**Starts October 10th**  
**Tuesday- 12:00p.m. - 1:00p.m.**

**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**

# HEALTHY LIVING

Improving the nation's health and well-being

## 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.

**Tuesday/Thursday – 7:45-8:45 pm**

**Members – \$28.00      Program Participants – \$96.00**

### AQUA ZUMBA

Come join us in the pool for this fun and invigorating workout. Aqua ZUMBA is a great low-impact cardio workout that also tones your muscles. Come make a splash with this new program!

**Time and start date TDB**

**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!

**Tuesday/Thursday – 9:15 am – 10:00 am**

**Members – \$21.00      Program Participants – \$84.00**

### PRIVATE/SEMI PRIVATE SWIM LESSONS

Not sure if a group lesson is right for you? Come sign up for private lessons! You will work one on one with an instructor to achieve the goal that you want! Come learn the basics of swimming, work on technique, or learn how to become more comfortable and safe in the water!

**Scheduled by appointment: 724-295-9400.**

**Prices for (6) thirty minute classes.**

**Members – \$120**

**Semi-Private \$80/person**

**Program Participants – \$240      Semi-Private \$160/person**

### 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**

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

## 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 114 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 Mike to find out how you can be a part of the 2017 Annual Campaign and help us to tell the story of the Allegheny Valley YMCA. Call 724-295-9400 or email [mnewell@vpfymca.org](mailto:mnewell@vpfymca.org).**

# 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



# SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors

## 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: 2:00pm (Starts Sept. 10)

**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, Hawaiian Luau, Halloween Party, Homecoming Dance, Christmas Party and many more!

### ARE YOU ELIGIBLE FOR SILVERSNEAKERS®?

Insurances that accept SilverSneakers:

- AARP® Medicare Supplement Insurance Plan
- Bravo Health
- Highmark
- Humana
- Independence Blue Cross

To see if you are eligible go to:

<https://silversneakers.myhealthways.com/> or contact a Healthways (SilverSneakers) customer service representative at 866-456-3065 to find out if you are eligible for SilverSneakers today!

### ARE YOU ELIGIBLE FOR SILVER&FIT®?

Insurances that accept Silver&Fit:

- Coventry HAPA
- Aetna
- UPMC Active&Fit
- Capital Blue Cross

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!

## 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 – Monday/Tuesday/Wednesday/Thursday/Friday 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 – Monday/Wednesday/Friday – 11:00 – 12:00pm**

**Members – NO CHARGE**

**SilverSneakers – NO CHARGE      Silver&Fit – NO CHARGE**

### SENIOR YOGA (SILVER&FIT)

**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 – Tuesday/Thursday 11:15 am – 11:45 am**

**Members – NO CHARGE**

**SilverSneakers – NO CHARGE      Silver&Fit – NO CHARGE**

### SILVERSTARS (SENIORS MAKING A DIFFERENCE)

Do you know a way to make the SilverSneakers program and the Allegheny Valley YMCA even better? Join us and let your ideas be heard! This is a great time to meet and socialize with like minded Seniors that want what is best for themselves; their peers and the program. Help identify areas to improve; help plan the parties and social events and help organize charitable missions like our "Soldier Salute". We need you! Your peers need you! The time is now and you are just the person we have been looking for!

**Meeting – Monday, September 19th, 2015**

**Time – 12:15pm**

# 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:** Monday/Wednesday – 11:15am – 12:00pm  
Tuesday/Thursday – 11:15 am-12:00 pm

**SilverSneakers – NO CHARGE Silver&Fit – NO CHARGE**  
**Members – \$21.00 (2 days) Members – \$42.00 (4 days)**  
**Program Participants – \$84.00 (2 days)**

### SILVERSTRUT WALKING

**All Levels – Easy Weight Loss/Management!**  
Everyone should walk daily! Here is your chance! The weather is always nice and exercise friendly in our Gym. Walk and talk with friends or really push your pace with the music. Walking burns calories; helps with balance; tightens abdominals; tones the rear; clears the mind; raises spirits and more. Walking is the perfect exercise! Let our instructor motivate you to complete 1, 2 or even 3 miles!

**Class Time – Monday/Tuesday/Wednesday/Thursday/Friday**  
**9:00 am – 9:45 am**

**Members – NO CHARGE**  
**SilverSneakers – NO CHARGE Silver&Fit – NO CHARGE**

### 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.)

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

### 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**

## HEALTH, WELL-BEING & FITNESS

### 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 September 11<sup>th</sup>**

**Monday/Tuesday – 11:00a.m. – 1:00pm**

**SilverSneakers – NO CHARGE Silver&Fit – NO CHARGE**

### SENIOR SPECIAL EVENTS – FOR ALL SENIORS!

**HAWAIIAN LUAU PARTY:** Tuesday, August 8th: 12-1:30pm

**HALLOWEEN PARTY:** Tuesday, October, 31st: 12– 1:30pm

**CHRISTMAS PARTY:** Tuesday, December 19th: 12– 1:30 pm



# FALL 2017

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

## 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 Monday, September 11th through Sunday, September 17th, 2017. 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.

**Must have Photo I.D.**

**Monday, September 11th through  
Sunday, September 17th, 2017**

**UNITED WAY CODE: #111**

### SCAN THIS!

Scan this with your smart phone to  
Get a 7 day pass directly on our Website!

While you're there don't forget to  
text message it to a friend!

