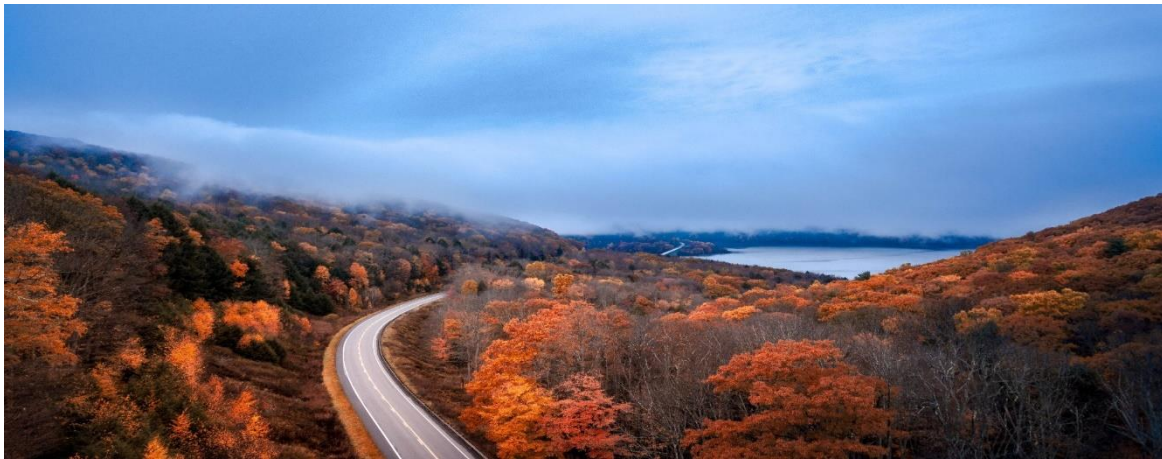





**FALL 2024**

**PROGRAM GUIDE**



WARREN COUNTY YMCA  
212 Lexington Avenue Warren, PA 16365

814-726-0110 ~ [www.warrenymca.org](http://www.warrenymca.org)

Like us on  Facebook at: Warren County YMCA - Pa

**Welcome to our Y!**

**We're for youth development, healthy living and social responsibility.**

## **Mission Statement**

The Warren County YMCA provides opportunities to all individuals, youths, adults and families in the community by putting Christian values and principles to practice through facilities, programs and activities that build healthy spirit, mind and body. Programs are made available to all persons regardless of their ability to pay.

The Warren County YMCA is made of people of all ages and from every walk of life working side by side to strengthen communities. Together we work to ensure everyone, regardless of gender, income, faith, sexual orientation or cultural background, has the opportunity to live life to its fullest. We share the values of caring, honesty, respect and responsibility – everything we do stems from it.

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# Fall Sessions 2024

## Registration Dates

## 5 Week Fall Session Dates

### Fall Session #1:

Members Only: August 7 – August 10, 2024.....**September 3 – October 5, 2024**  
NO EARLY REGISTRATION DATE (for 1<sup>st</sup> Fall Session)  
Open Enrollment: August 12<sup>th</sup>

### Fall Session #2:

Members Only: September 25–September 28, 2024.....**October 7 – November 9, 2024**  
EARLY REGISTRATION – September 23, 2024 (8:00 AM – 4:00 PM)  
(Early registration is for Progressive Swim, Progressive Gymnastics, Tiny Tumblers)  
Open Enrollment: September 30<sup>th</sup>

### Fall Session #3:

Members Only: October 30 – November 3, 2024 .....**November 11 – December 14, 2024**  
EARLY REGISTRATION – October 28, 2024 (8:00 AM – 4:00 PM)  
(Early registration is for Progressive Swim, Progressive Gymnastics, Tiny Tumblers)  
Open Enrollment: November 4<sup>th</sup>

# Fall/Winter Operating Hours:

## Warren YMCA

**(Effective September 3, 2024)**

Monday through Friday.....5:00 am - 9:00 pm\* ("Y" After Hours 9:00 pm – 12:00 am; M-Thurs.)  
Saturday.....7:00 am - 7:30 pm

Sunday ..... "Y" After Hours 10:00 am – 3:00 pm until Oct. 27<sup>th</sup>. Then Front Door hours 12:30-5:00 pm

**\*Members wishing to work out until closing may do so, however, note that locker rooms will close 15 minutes before the building closes and showers will not be available.**

**\*\*After Hours please use West side of building entrance/exit.**

## Youngsville Facility

(Located at 80 Ford St., Youngsville, Pa.)

Monday through Friday.....5:00 am - 7:00 pm  
Saturday.....8:00 am - 1:00 pm  
Sunday (No Sunday Hours)

## Sheffield Facility

(Located at 407 S. Main St., Sheffield, Pa.)

Monday through Friday.....5:00 am - 1:00 pm /1:00 pm – 3:00 pm (members only) /3:00 pm – 9:00 pm  
Saturday.....8:00 am - 1:00 pm  
Sunday (No Sunday Hours)

# **REGISTRATION**

**It's easy to register for programs at the Warren County YMCA. Our programs/classes run in a 5-week session format, beginning the first week in January. Members have priority registration 5 days before registration opens to non-members.**

- **Member Registration:** Members may sign-up at the Welcome Desk beginning at 8:00 am Wednesday of registration week. After Wednesday, the first week of registration is open to YMCA members only beginning at 8:00 am. After the first week, designated classes are open to all to register with registrations beginning at 8:00am daily (Mon-Sat).
  - **Early Registration:** Member participants who are registered for the current session of Progressive Swim lessons, Progressive Gymnastics and Tiny Tumblers have the opportunity to register for the exact same class (day and time) prior to our registration period. Early registration will be held on the Monday before our regularly scheduled member registration period. Members will have an 8-hour window, from 8:00 AM – 4:00 pm, to register for same class(es). After 4:00 pm, registration will *CLOSE* and will re-open for members at the regularly scheduled registration period.
  - **Phone registrations:**
    - **WEDNESDAY ONLY OF REGISTRATION WEEK** – FOR MEMBERS – phone registrations will begin at 8:00 am to building close.  
When you call, please have the following information ready:
      - Participant's name
      - Class name
      - Class Day and Time
      - Credit/Debit Card Information
    - **Online Registrations:**

Register online for your favorite YMCA classes at [www.warrenymca.org](http://www.warrenymca.org). **YOU WILL NEED TO CREATE A USER NAME AND PASSWORD IN ORDER TO SIGN UP FOR CLASSES. PLEASE NOTE THAT SWIM CLASSES CANNOT BE REGISTERED ONLINE DUE TO THE NECESSARY SWIM WAIVER THAT NEEDS SIGNED ACCORDING TO OUR LIABILITY INSURANCE.**

## **Please remember...**

- That we are attempting to better serve our members with easier ways to register for classes. **If a class is full, we will make every attempt to accommodate the participant, however, it may be on another day or at another time.**
- All YMCA programs are open to YMCA members only unless otherwise noted.
- All programs run in five-week sessions unless otherwise noted.
- All schedules are subject to change. All class fees are subject to change.
- Certain classes require minimum enrollment to run. The YMCA reserves the right to cancel a program. Refunds will be made on any class cancelled by the YMCA.
- **\*\*Parent/Guardian of non-member youth attending programs may purchase a day pass to use facility or enjoy our Front Lobby Welcome Center while waiting.**

## **Program/Class Refunds**

Program fees have reserved a place for the participant in the class and may have prevented someone else from participating. If the YMCA cancels or adjusts scheduling of the program, monies may be credited towards another session or refunded.

- **Cancellation of any program/class before or during the first week of the session, members/non-members will receive a 75% credit.**
- **No credits will be give after completion of the first week of the session. Program session fees will not be prorated for late registration, holiday closings, or unattended classes.**

# **FACILITY INFORMATION AND POLICIES**

**Warren YMCA is handicapped accessible providing an ADA/Family locker room and elevator service for those with limited abilities.**

**"Y" After Hours:** The Warren County YMCA offers our dedicated members the "Y" After Hours. This extension of hours gives members the opportunity to utilize the YMCA workout areas when there is no Front Door or locker room services. \*Members utilizing the "Y" After Hours will enter and exit the facility on the west side entrance. Please have membership card available to present to staff attendant on duty at West Entrance. Day passes are not available during "Y" After Hours. \*This is a YMCA Member service only. Must be 16 years and older. (Age 13-15 may attend with parent/guardian.)

**"Y" After Hours services available:**

**Precor Fitness Room / Functional Fitness Room Upstairs / Weight Room / West Gymnasium / Indoor Track / Racquetball Courts / \*\*No locker room service available.**

## **Building Closings:**

**Good Friday  
Palm Sunday  
Easter Sunday  
Memorial Day  
Fourth of July  
Labor Day  
Thanksgiving  
Christmas Eve/Day  
New Year's Eve (Close at 1:00 pm)  
New Year's Day**

**Equipment Rental:** Membership cards are required to use YMCA equipment. Any YMCA equipment returned in a damaged condition will result in required reimbursement by member for all damaged YMCA property.

**Card Sharing:**All active members receive a new membership card when joining the Y. This card is assigned to the member alone. Card sharing is not permitted and can result in the active member's suspension.

## **Fitness Room:**

A Ramflex shock absorbent floor holds 21 state of the art "user friendly" Precor strength pieces and 30 Precor cardio machines, including 3 Espresso Interactive Bikes. All cardio pieces have their own 15" screen TVs. **All members wanting to use the Fitness Room must complete a medical questionnaire and complete an orientation course before they can be scheduled.** Any outstanding medical issues are subject to a physician's approval before an exercise program can be started. Shirts and athletic attire are strongly recommended. **NO ONE UNDER THE AGE OF 13 IS PERMITTED TO ENTER THE FITNESS ROOM AT ANY TIME.** A refresher of equipment usage may be scheduled if necessary. Contact our wellness department to schedule. **You must sign up for cardio equipment before using. As a courtesy to all members, please wipe down each machine after use.**

## **Fitness/Weight Room Usage for Youths:**

~ AGES: 12-17 years old **MUST** attend a One-Time Training before use.  
~ AGES: 12-17 are eligible to use all Fitness Rooms once trained.  
~ AGES: 10-11 **NOT** permitted in Weight Room/Precor Fitness Room.  
~AGES: 10-11 Permitted to use upstairs Functional Fitness Room/Fitness Room **WITH** a parent.

## **Weight Room:**

In addition to a complete range of free weights, the Weight Room has the following machines available: cable crossover, Smith machines, Hammer Strength incline, decline chest press, leg extension, leg curl, and rowing machine; seated and standing calf raise, incline, decline and flat benches, abdominal slant board, heavy bag and speed bag. This room is free to all members 13 and older. Proper attire is required. (Ages 13 - 15 must go through training with a YMCA staff member before using the room. Contact Wellness Director, Chris Dolan for an appointment.) No one under the age of 13 is permitted to enter the weight room at any time.

## **Functional Fitness Room:**

We're excited to announce the opening of our dynamic, multi-purpose Functional Fitness Room located upstairs off of the West Gym track. Functional fitness exercises train your muscles to work together and prepare them for daily tasks by simulating common movements you might do at home, at work, or in sports. Emphasis is on core stability, balance, agility and muscle strength. To schedule an orientation, stop by the Front Desk. \*Ages 13 & up permitted in Functional Fitness Room.

## **Outdoor Workout Locker:**

All the fun of the Functional Fitness room, located outdoors. The OWL is open for use from daylight – thru dusk, weather permitting. Equipment includes; Olympic bars and plates, kettlebells, dumbbells, medicine balls, TRX straps, jump ropes, agility ladders, battle ropes, plyometric platforms, dip stations, pull-up bars and more! Contact our Wellness Department for a training.

## **Indoor Walking Track**

Indoor track located above our two full size gymnasiums. Full 10.5 laps equivalent to 1 mile. Walkers/runners are encouraged to vary direction during continuous exercise on track. \*No children under 12 years permitted on track during the hours of 4:30-7:00 pm weekdays. No strollers on track please.

## **Racquetball Courts (2)**

Maximum reservation is two (2) time slots per day per person. You may reserve up to one (1) week ahead of time. Reserved courts are considered available after 15 minutes if the person reserving the court fails to show up at the designated time. Wearing protective eyewear is strongly recommended. All courts will run on hour time slots, beginning at the top of each hour. Register at the Y Front Desk. Ages 10 and up may use court #2.

## **Indoor Climbing Wall**

Our indoor climbing wall is available for our members to use free of charge during open climbing hours. Must have signed waiver on file. See front desk welcome center for climbing wall hours and to obtain a climbing wall wristband.

## **Group Exercise Studio**

Our Group Exercise room houses many of our fitness classes. A large screen TV is also available for our YMCA Members ages 18 & up for streaming workout videos. Please register at Front Welcome Desk for a 1 hour time slot.

## **Outdoor Playground**

The Y now offers a fenced playground area available to both members and the community. This area is designed for ages 5-12. You are welcome to use our playground during fair weather, but please remember to pick up after yourself. The Y security camera system monitors all playground activity. Please follow posted playground rules and regulations.

## **Community Free Days**

First Saturday of each month is Community Free Day at Warren, Sheffield and Youngsville locations. This is a time for everyone in the community to come and use the Y for free. You do not have to be a member to participate in Community Free Days. You must sign in at the Welcome Center.

***The YMCA is handicapped accessible providing locker rooms and elevator service for those with limited abilities.***

# **FACILITY RULES**

## **Facility Rules:**

- ~Children ages 9 and under must be accompanied by an adult at all times when at our facility and must be walked directly to program/class.
- ~**No front entry drop off or pick up of children 9 and under.**
- ~No smoking, vaping, tobacco usage or alcohol on premises. (Inside and outside facility.)
- ~YMCA is not responsible for lost or stolen items. Please leave valuables at the Front Welcome Desk.
- ~Age 10 and older are permitted in Racquetball Court
- ~Age 12 and under **not** permitted on the track weekdays between 4:30 – 7:00 PM.
- ~Food and drinks allowed in lobby and activity room only.
- ~Appropriate clothing and footwear required in all areas.
- ~NO vulgar language or explicit music.
- ~No hanging on nets or rims in the gyms. Automatic dismissal will result in addition to reimbursement for all damages caused.
- ~Keep off Gymnastic/Cheer equipment and mats.
- ~Convert to ½ court if more than 16 people are using the gym.
- ~Return all YMCA equipment to the Welcome Desk.
- ~Children age 9 and under must be accompanied in the pool by an adult (age 18 or over) during Open Swim.
- ~Use of electronic devices, cameras, or video recording devices is prohibited in ALL locker rooms and restrooms.
- ~After Hours: Services for Y Members ages 16 & up only.(Ages 13-15 may attend with parent/guardian)

# **WARREN YMCA BOARD MEMBERS/STAFF**

## **Board of Directors:**

Lincoln Sokolski, President; Glenn Baldensperger, Vice President; Dave Pearson, 2<sup>nd</sup> Vice President; Jamie Frederick, Past President; Alec Conarro, Treasurer; Phil Hampson, Secretary; Joseph Sproveri, Marisa Smith, Todd Mineweaser, Drew Murphy, Megan Willey, Lilly Suppa, Simon Amsdell

## **Board of Trustees:**

Tim Huber, Chair, Hank LeMeur, Steven Rothenberg, Lincoln Sokolski, David Wortman, Paul Wood, Lana Creal

## **Staff:**

Thad Turner, CEO; Kathy Zurcher, Business Manager/Administrative Assistant; Christine Dolan, Wellness Director; Jennifer Pojar, Membership Coordinator; Danielle Mumford, Aquatic Coordinator; Chris Wenzel, Maintenance Supervisor; Harmonie Kibbey, Child Care Coordinator; Erin Wallace, Mental Wellness Coordinator; Jennifer Suppa, Membership Assistant/Payroll/Youngsville Supervisor; Andrew Papalia, Youth Sports/Youth & Family Coordinator; Clare Jaynes, Marketing Coordinator

# SHEFFIELD/YOUNGSVILLE FACILITIES

**Youngsville YMCA**  
80 Island Park  
Youngsville, Pa.

**Sheffield YMCA**  
407 S. Main Street  
Sheffield, Pa.

## **HOURS**

### **Monday through Friday:**

5:00 am to 7:00 pm

### **Saturday:**

8:00 am to 1:00 pm

**MEMBERSHIP RATES** see page 6

**DAY PASS:** \$5.00 Adult / \$3.00 Youth (ages 12-17)

## **EQUIPMENT AVAILABLE:**

### **CARDIO**

- Treadmills
- 2 elliptical machines
- 7 group cycle bikes
- 2 Recumbent bikes

### **FREE WEIGHTS**

- Squat rack
- Plates
- Dumbbells
- Pull-up/Dip assist machine
- Cable Cross over machine
- Smith machine
- Olympic bars, curl bar
- Flat, incline & decline benches

### **EQUIPMENT**

- Yoga ball
- Body bars
- Dumbbells
- Kettlebells
- TRX Training
- Medicine balls

### **Youth Equipment**

- Basketballs, Soccer Balls
- Hula Hoops
- Sidewalk Chalk
- Oversized game boards
- Corn Hole

**FITNESS/CYCLE CLASSES AVAILABLE – See our website for more information.**

## **HOURS**

### **Monday through Friday:**

5:00 am to 1:00 pm (1:00-3:00 pm Members only)  
3:00 pm to 9:00 pm

### **Saturday:**

8:00 am to 1:00 pm

**MEMBERSHIP RATES** see page 6

**DAY PASS:** \$5.00 Adult / \$3.00 Youth (ages 10-17)

## **EQUIPMENT AVAILABLE:**

### **CARDIO**

- 2 Treadmills
- 2 Elliptical machines
- 1 Expresso upright bike
- 2 Recumbent bikes
- 2 AMT machines

### **FREE WEIGHTS**

- Squat rack
- Plates
- Dumbbells
- Pull-up/Dip assist machine
- Cable Cross over machine
- Smith machine
- Olympic bars, curl bar
- Flat, incline & decline benches
- Full line of state of the art Selectorized Strength Training Equipment

### **EQUIPMENT**

- Resistance bands
- Dumbbells
- TRX Training
- Jump ropes
- Medicine balls
- Foam rollers

### **PICKLEBALL COURT**

**Equipment available for 4 players**

### **1/2 GYMNASIUM AVAILABLE**

**Firefly and Adult Fitness Class – See our website for more info.**



# MEMBERSHIP

## 2024 Membership Rates

### 2024 Membership Rates

#### Annual

<b>Family*</b> .....	<b>\$804.00</b>
<b>Single Parent Family*</b> .....	<b>\$636.00</b>
<b>Adult (Ages 18-61)</b> .....	<b>\$600.00</b>
<b>High School/College</b> (Grade 9-age 25 College Full-time)	<b>\$330.00</b>
<b>Youth (Infant-Grade 8)</b> .....	<b>\$288.00</b>
<b>Senior Citizen (Ages 62+)</b> .....	<b>\$438.00</b>
<b>Senior Citizen Couple (Both Age 62+)</b> .....	<b>\$528.00</b>

Annual memberships must be paid in full and are non-refundable. We accept cash, check, or credit/debit card. Rates may be subject to change in January 2025.

\***Family** is defined as 2 Adult Partners and unmarried/dependent children under age 26, residing in same household.

#### **Want to try our Y for a day?**

**Our YMCA Staff would be happy to provide a tour and a 1 day free pass!**

**Call our Membership Department to schedule.**

### Y-Draft Monthly

**Easy, simple, convenient...**Y-Draft membership offers the convenience of a monthly payment system. Those wishing to use the automated draft must provide a voided check, savings deposit slip or debit/credit card.

<b>Family*:</b>	Start-up fee: \$75.00.....Monthly Draft: \$67.00
<b>Single Parent Family*:</b>	Start-up Fee: \$75.00.....Monthly Draft: \$53.00
<b>Adult (Ages 18-61):</b>	Start-up Fee: \$75.00.....Monthly Draft: \$50.00
<b>High School/College</b> (Grade 9 to age 25 College Full-time):	Start-up Fee: \$75.00.....Monthly Draft: \$27.50
<b>Youth (Infant-Grade 8):</b>	Start-up Fee: \$75.00.....Monthly Draft: \$24.00
<b>Senior Citizen (Ages 62+):</b>	Start-up Fee: \$75.00.....Monthly Draft: \$36.50
<b>Senior Citizen Couple (Both Age 62+):</b>	Start-up Fee: \$75.00.....Monthly Draft: \$44.00

All draft memberships are subject to a non-refundable \$75.00 start-up fee and pro-rate fee for the month joining. Y-Draft is a continuous membership plan and can only be terminated with 30 days written notice.

**\*Only automated drafting is permitted for the monthly membership. No monthly cash payments.**

### Health Center Memberships

Enjoy the privacy of a Health Center Locker Room Membership which includes a dry heat sauna, laundry service, towel service, private workout area, TV area, and a basket with lock. Only adults ages 18 years and up permitted in Health Centers.

#### Health Center Annual

<b>Family*1 Health Center</b> .....	<b>\$1,134.00</b>
<b>Family*2 Health Center</b> .....	<b>\$1,320.00</b>
<b>Single Parent Family* Health Center</b> .....	<b>\$972.00</b>
<b>Adult (Ages 18-61)Health Center</b> .....	<b>\$936.00</b>
<b>Senior Citizen (Ages 62+)</b> .....	<b>\$780.00</b>
<b>Sr. Citz. Couple 1 Health Center</b> .....	<b>\$858.00</b>
<b>Sr. Citz. Couple 2 Health Center</b> .....	<b>\$1044.00</b>
<b>Silver Sneakers®/Silver&amp;Fit/Active&amp;Fit/RenewActive</b> .....	<b>\$342.00</b>

#### Health Center Y-Draft Monthly

**\$75 Join Fee Required**

<b>Family* 1 Health Center (Husband OR Wife):</b>	Start-up fee: \$75.00.....Monthly Draft: \$94.50
<b>Family* 2 Health Center (Husband AND Wife):</b>	Start-up fee: \$75.00.....Monthly Draft: \$110.00
<b>Single Parent Family* Health Center:</b>	Start-up Fee: \$75.00.....Monthly Draft: \$81.00
<b>Adult (Ages 18-61) Health Center:</b>	Start-up Fee: \$75.00.....Monthly Draft: \$78.00
<b>Senior Citizen (Ages 62+) Health Center:</b>	Start-up Fee: \$75.00.....Monthly Draft: \$65.00
<b>Senior Citizen Couple 1 Health Center:</b>	Start-up Fee: \$75.00.....Monthly Draft: \$71.50
<b>Senior Citizen Couple 2 Health Center:</b>	Start-up Fee: \$75.00.....Monthly Draft: \$87.00
<b>SilverSneakers®Silver&amp;Fit/Active&amp;Fit/RenewActive:</b> .....	Monthly Draft: \$28.50

\***Family** is defined as 2 Adult partners and unmarried/dependent children under age 26, residing in same household.

\*At the Y, no one is ever turned away because they lack the ability to pay. We offer income-based membership rates and a financial assistance scholarship program to ensure everyone has the opportunity to take advantage of the Y's valuable programs and services. Contact Membership Dept. for details.

**Membership provides access to Warren, Youngsville and Sheffield YMCA Branches.**

## 2024 STUDENT/YOUTH HOLIDAY RATE

Student & Youth memberships will be available as of November 15, 2024 and will be honored through January 15, 2025. College students must present college ID.

Sr. High/College (Full Time through age 25).....	\$55.00
Youth (infant through Grade 8).....	\$48.00

## DAILY GUEST FEES – Warren YMCA

Youth (infant through high school).....	\$ 7.00
Adult (18 and older) .....	\$10.00
Health Center Locker Rooms .....	\$15.00 (age 18 and older)
YMCA Member - Health Center per day.....	\$ 3.00 (age 18 and older)
Family Pass (up to 2 adults and 4 children under 18).....	\$22.00

**Away YMCA Members - must show valid membership card so we may call to confirm active membership. *Limit of 20 visits per calendar year permitted. After 20 visits, day pass fee is required.***

Away YMCA Member - State of PA YMCA – Regular Locker Room.....	No Cost
Away YMCA Member – Out of State – Regular Locker Room.....	\$1.00
Away YMCA Members - Health Center Locker Room (State and Out of State).....	\$5.00

Active Military (must present card).....	NO CHARGE
Active National Guard.....	25% off 2022 posted rate

**\*\*Members may make arrangements with YMCA Membership Department Staff for guest fees and facility usage for out of town family members (outside a 60 mile radius) who wish to visit our facility. Please make arrangements **prior** to guest visit.**

## DAILY GUEST FEES – Sheffield/Youngsville YMCA

Youth (Yville: ages 12-17;Sheffield: ages 10-17).....	\$ 3.00
Adult (18 and older) .....	\$ 5.00

### Conditions of Membership:

- **Membership Plans:** Annual or Monthly Draft payment through checking, savings, and credit or debit card. The Warren County YMCA reserves the right to revoke any membership.
- **Membership Dues:** Non-refundable
- **Membership Cards:** All members are required to submit a valid membership card for identification when using the facility and programs.
- **Replacement Cards:** Annual members are offered a replacement card at the time of membership renewal. Y draft payment plan members can request a new card (1) per calendar year. A fee of \$2.00 for any necessary replacement cards. Silver Sneakers card replacement is \$1.00 per calendar year.
- **Membership Card Sharing:** All active members receive a new membership card when joining the Y which is assigned to the member alone. Card sharing is not permitted and can result in the active member’s suspension.
- **Equipment Rental:** Membership cards are required to rent YMCA equipment. Any YMCA rented equipment returned in a damaged condition will result in reimbursement by the member for all damaged YMCA property. All members/guests share in the responsibility for proper care of facility and equipment. Any improper abuse of YMCA property will be subject to suspension and/or revocation of membership.
- **Lost/Stolen Items:** The Warren County YMCA is not responsible for lost or stolen articles.
- **Health Center Locker Rooms:** Available to paying members alone. Individuals 18 or older permitted. (\*Y Staff permitted.) Children are not permitted inside HC Locker Rooms.
- **Program Registration:** Member pays reduced rate and is eligible to register before general public.

### **Guest Passes**

We will gladly issue a 1 week guest pass to members' family and friends visiting from out of town (60+ mile radius). Please contact our Membership Department in advance to make arrangements. Time is issued as a punch card for member to offer to their guest(s). Limit 2 weeks/year.

### **Financial Assistance**

Financial assistance is available subject to available YMCA resources and guidelines (no one will be denied participation for lack of funds). Partial assistance is available for those who qualify. For financial assistance, please contact Jennifer Pojar, Membership Coordinator.

### **Gift Certificates**

Gift certificates can be purchased for any YMCA membership or program. Ask at the front desk for details.

### **YMCA Memorial Program - A Reminder**

A memorial contribution is a thoughtful remembrance of enduring value. Your gift to the Warren County YMCA will improve the quality of life of the people in our community by helping us to promote their well-being in spirit, mind and body. A memorial card is sent in your name to the family of the person honored. You receive a receipt of your tax-deductible contribution with our sincere thanks.

### **YMCA Family Advantage Card**

Created in 2016 to provide newly activated Family membership units the opportunity to receive a complimentary Family Advantage Card worth 15 hours of child-watch services. The 15 hours of complimentary child-watch service is a value of \$37.50, expiring one month from the date of membership activation. In addition, the Family Advantage opportunity extends to members under any Family membership type registering for a five (5) week session of a Y fitness program. The 15 hour complimentary child-watch service for fitness program registration expires at the end of the 5 week session.

**\*Not available with Water Fitness, Group Cycle Punch Cards and Personal Training. One card per Family unit.**

## **SPECIALTY MEMBERSHIPS**

7th Grade Initiative membership allows the youth of our county entering the 7th grade to have a Warren County YMCA membership at no cost to them. The membership is offered from September 1st to August 31st of that school year. For more information, contact the Membership Coordinator, Jennifer Pojar at the YMCA. Application form is bottom tab under Membership tab. (Available after Sept. 1st of the student's 7th grade school year.)

At the YMCA, we know the 7th grade is a pivotal and transitional time for youth. As kids face adolescence's challenges, they are more likely to begin distancing themselves from formal organizations, friends, and family, and begin to experiment with unhealthy behaviors.

We are dedicated to providing a safe place where youth are supported and encouraged to make good decisions and form healthy habits. We believe it's crucial to set the foundation for a healthy lifestyle at a young age.

GOALS for program:

Provide a safe and secure place for teens Promote character values  
Increase physical and mental wellness Support healthy exercising and eating habits Establish a sense of belonging, achievement and build relationships Have fun!

\*Some restrictions and/or fees may apply.

#### **YMCA Military Outreach Initiative Membership**

Launched in October 2008, the YMCA Military Outreach Initiative provides \$31 million in government funding for eligible military families to receive free memberships at full-facility YMCAs in their communities. For further information regarding this membership contact Jennifer Pojar, Membership Coordinator at (814) 726-0110, ext. 1120.

#### **Silver Sneakers Membership**

At no cost to you, Silver Sneakers from Tivity will pay for a yearly fitness membership at our participating Warren County YMCA location. To qualify you must be a Medicare eligible member of a health plan that offers Silver Sneakers Fitness Program. Find out today if your health plan offers the program. Visit [www.silversneakers.com](http://www.silversneakers.com) or call the number on your health care plan ID card. For further information contact YMCA's Silver Sneakers Membership Advisor, Jennifer Suppa at (814) 726-0110, ext. 1112.

#### **Silver & Fit Membership/Active & Fit Membership/RenewActive/One Pass Medicare**

These membership types are insurance based memberships. Depending on your insurance benefit, you may be eligible to obtain a fitness facility membership at no cost at our YMCA. Find out today if your health plan offers this benefit by calling the number on your health plan ID card or contacting our YMCA Specialty Membership Advisor, Jennifer Suppa at (814) 726-0110, ext. 1112 to see if you are eligible for this membership.

#### **MINISTERIAL Discount**

Local ministers may be eligible to receive a 50% discount off Warren County YMCA membership rates. Must present with a letterhead verifying employment. Contact Jennifer Pojar, Membership Director at (814) 726-0110, ext. 1120 or email [jennifer@warrenymca.org](mailto:jennifer@warrenymca.org).

#### **LIVESTRONG at the YMCA**

LIVESTRONG at the YMCA is a 12-week small group program designed for adult cancer survivors. This program fulfills the important need of supporting the increasing number of cancer survivors who find themselves in the transitional period between completing their cancer treatment and the shift to feeling physically and emotionally strong enough to attempt to return to their normal life or their "new normal". The program is conducted outside of medical facilities to emphasize that LIVESTRONG at the YMCA is about health, not disease.

Our goal is to help participants build muscle mass and muscle strength, increase flexibility and endurance and improve functional ability. Additional goals include reducing the severity of therapy side effects, preventing unwanted weight changes and improving energy levels and self-esteem. A final goal of the program is to assist participants in developing their own physical fitness program so they can continue to practice a healthy lifestyle, not only as part of their recovery, but as a way of life. In addition to the physical benefits, the program provides participants a supportive environment and a feeling of community with fellow survivors, YMCA staff and members.

YMCA fitness instructors work with each participant to fit the program to their individual needs. The instructors are trained in the elements of cancer, post rehab exercise and supportive cancer care. To learn more about the program and positive impact it has on participants contact **Christine Dolan at 726-0110, ext. 1121**



have been designed to meet the needs of our community members who are looking for support for family and friends in need of programs to support limitations in mobility, intellectually limited abilities, as well as social and emotional development.

## **FIREFLY AT THE Y – Warren & Sheffield Facilities**

Firefly at the Y is a grant awarded program from the Edith L Trees Trust for adults with intellectual disabilities. Firefly has a goal of getting our participants to have healthy lifestyles and social interactions with the community. Staff is trained and has experience in working with individuals with intellectual and developmental disabilities. Firefly classes range from indoor and outdoor activities according to requests for activities by the group. There is no cost to attend. Please register at the Y Front Desk for a 5 week session. First Fall session begins Tuesday, September 3, 2024. (Register beginning Aug. 7<sup>th</sup>)

**Email** Tara Ristau at [warrenYchampion@outlook.com](mailto:warrenYchampion@outlook.com) with any questions for the Warren Y.

**Email** Jennifer Goerlich at [jeng@warrenymca.org](mailto:jeng@warrenymca.org) with any questions for the Sheffield Y.

### **Fitness at the Warren Facility**

**Days: Monday thru Friday (Thursday is swimming in the Y Pool.)**

**Time: 1:00-2:00 pm**

### **Fitness at the Sheffield Facility**

**Days: Monday thru Thursday**

**Time: 1:30-2:30 pm**

## **FIREFLY ART – Located at Allegheny Community Center Art Studio**

The Y Champion Arts Program is for adults with intellectual and developmental disabilities. This program gives them the opportunity to explore and expand their unique and creative talents, promoting a sense of accomplishments and empowerment through the arts. Limit of 8 participants per class. Please register at the Y Front Desk for each 5 week session.

### **Art at the Y**

**Day: Tuesdays (off-site @ ACC Art Studio)**

**Time: 9:30-10:30 am OR 10:45-11:45 am**

#### **Fall 2024 Session Dates:**

**Sept. 3<sup>rd</sup>– Oct. 5<sup>th</sup> (Register Aug. 7<sup>th</sup>)**

**Oct. 7<sup>th</sup> – Nov. 9<sup>th</sup> (Register Sept. 25<sup>th</sup>)**

**Nov. 11<sup>th</sup> – Dec. 14<sup>th</sup> (Register Nov. 4<sup>th</sup>)**

## **Champion Swim (Private Swim Sessions for Champion Swimmers)**

Champion Swim lesson instructors are specially trained in Swim Angelfish methodology to help swimmers overcome roadblocks commonly seen in children with sensory processing disorders and other disabilities. Most swim lessons start as one-on-one so each child has individual attention. As the swimmer progresses, swimmers may be paired up with another swimmer for a semi-private lesson. Group size will always remain small to ensure safety. For ages 3 through 17 years.

**Schedule your child's half-hour private swim lesson with Swim Angelfish Instructor - Caroline Check by texting her at 1-802-345-9394 or email [champion@warrenymca.org](mailto:champion@warrenymca.org).** ADA locker room is available.

Saturday.....9:30 am–12:00 pm

Evening lessons also available during the week. Please email Caroline for details.

**FREE Members & Non Members**

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**WHOLE HEALTH WELLNESS**

## **Wellness Wednesday Workshops**

Wellness workshops will be held the last Wednesday of each month at 4:30 pm in YMCA Program Room #4. Join us for one or all our sessions. Open to any age. Pre-registration is required. Register online, at the Y Front Welcome Desk, or email Erin Wallace at [erin@warrenymca.org](mailto:erin@warrenymca.org).

**Class will be held in the Program Room # 4.**

**Instructors: Erin Wallace and partner agencies**

Last Wednesday of the month .....4:30 -5:30 PM ..... FREE to everyone!

### **August 28<sup>th</sup>:**

*The Great Outdoors:* Engaging with nature is a great support to our wellness. We will explore together the natural tools available just outside.

### **September 25<sup>th</sup>:**

*Happy Home:* Our home environment influences our health in so many ways. Autumn brings us back indoors presenting an opportunity to shape our home environment for wellness.

### **October 23<sup>rd</sup> :**

*Harmonious Holidays:* As we move into the holiday season, we will look at ways to support our wellness through balance.

## **TRASH & TREASURE SALE AT THE Y**

Back for our 7<sup>th</sup> year in 2024, we will again hold our highly successful annual "Trash & Treasure" sale to benefit our LiveStrong at the Y Program!

We are looking for donations of items for our sale. Now is the time to go through your house & donate your items to a worthy cause. All donations can be turned in **Saturday, Sept 14th through Wednesday, Sept 18th**. No early donations as we have no space to store it. Our sale will be held inside the West Gymnasium.

Please contact Jennifer Suppa at 814-726-0110, ext. 1112 or email [suppa@warrenymca.org](mailto:suppa@warrenymca.org) for more information.

### **Items we will not take:**

- Appliances
- Large pieces of exercise equipment
- Electronics (such as tv's, computers, etc.)

**Item(s) Drop Off:** Saturday, Sept. 14<sup>th</sup> – Wednesday, Sept. 18<sup>th</sup> (**No early drop offs.**)

**Sale:** Thursday, Sept. 19<sup>th</sup> .....9:00 am – 5:00 pm

**Sale:** Friday, Sept. 20<sup>th</sup> .....9:00 am – 5:00 pm

**Sale:** Saturday, Sept. 21<sup>st</sup> .....9:00 am – 12:00 noon (\$1/bag on Saturday)



### **Birthday Parties at the Y**

Let the birthday party fun begin! Book a 2-hour birthday party on a Sunday from 2:00-4:00 pm. Party space rental includes use of Birthday Party room (Prog. #4) for the 1st hour to enjoy snacks, birthday cake, presents, etc. and a 2nd hour in one of the following fun areas:

\*Character Club Playspace: Ages 9 and under. Fifteen (15) total participants.

\*Bounce House Fun in the Gymnasium: Ages 10 and under. Thirty (30) total participants.

\*Basketball/Free Play: Ages 10 & up. Thirty (30) total participants.

A Birthday Party Facility Usage Contract is required to be signed and submitted at registration. Download contract from our website or pick up at Warren Y Front Welcome Desk to submit.

Reservations MUST be made 4 weeks in advance. **Payment in full is due at registration. A 50% refund will be issued if the party is cancelled in writing/email 2-WEEKS PRIOR to the reserved party date. NO refund is available if cancelled less than 2 weeks from the reserved party date. Email [andrew@warrenymca.org](mailto:andrew@warrenymca.org).**

To schedule a party, please book online through our website home page or at the Y Front Welcome Desk. First come, first serve for the available party dates listed on our website.

#### **Day/Time:**

Saturdays 2:00-4:00 pm / Sundays (Pool) 2:00-4:00 pm

(Available November thru May on dates indicated at website: [warrenymca.org](http://warrenymca.org))

**Cost:** \$125.00 YMCA Members / \$150.00 Non-Members (2-hour party)

#### **Ages:**

Character Club and Bounce House for ages 10 & under. Basketball/Gymnasium Play for ages 10 & up.

**Registration Reservations:** Online or at Y Front Desk.

# **ADULT/TEEN HEALTH & FITNESS**

## **WEEKLY GROUP FITNESS CLASSES**

**Fall Sessions 2024:**  
**Sept. 3<sup>rd</sup>– Oct 5<sup>th</sup>**  
**Oct. 7<sup>th</sup> – Nov. 9<sup>th</sup>**  
**Nov. 11<sup>th</sup> – Dec. 14<sup>th</sup>**

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>7:00 – 7:45 am</b> Morning Strength Training – Weightroom <b>Instructor: Coach K</b>		
	<b>8:00 – 8:45 am</b> <b>Functional Fitness</b> <b>Instructor: Andrea</b>		<b>8:00 – 8:45 am</b> <b>Functional Fitness</b> <b>Instructor: Andrea</b>	
<b>8:30– 9:30 am</b> Les Mills Body Pump® <b>Instructor: Chris</b>	<b>9:00 – 10:00 am</b> <b>YOGA</b> <b>Instructor: Candi</b>	<b>8:30 – 9:30 am</b> Les Mills Body Pump® <b>Instructor: Chris</b>	<b>9:00 – 10:00 am</b> <b>YOGA</b> <b>Instructor: Candi</b>	<b>8:30 – 9:30 am</b> Les Mills Body Pump® <b>Instructor: JoAnn</b>
	<b>10:00 – 11:00 am</b> <b>Bike and Balance</b> <b>Instructor: JoAnn</b> <b>*Cycle Studio</b>		<b>10:00 – 11:00 am</b> <b>Bike and Balance</b> <b>Instructor: JoAnn</b> <b>*Cycle Studio</b>	
	<b>10:15 – 11:00 am</b> Mommy & Baby Boot Camp <b>Instructor: Jena</b>	<b>8:30 – 9:15 am</b> Cardio Percussion <b>*Sheffield YMCA</b> <b>Instructor: Jen G.</b>	<b>10:15 – 11:00 am</b> Mommy & Baby Boot Camp <b>Instructor: Jena</b>	<b>8:30 – 9:15 am</b> Cardio Percussion <b>*Sheffield YMCA</b> <b>Instructor: Jen G.</b>
<b>9:00-10:00 am OR</b> <b>10:15-11:15 am</b> Bouncing for Fitness (55 and older) <b>Instructor: Sharon</b>	<b>10:30 – 11:30am</b> Balance & Core <b>Instructor: K. Hughes</b>	<b>9:00-10:00 am OR</b> <b>10:15-11:15 am</b> Bouncing for Fitness (55 and older) <b>Instructor: Sharon</b>	<b>10:30 – 11:30am</b> Balance & Core <b>Instructor: K. Hughes</b>	<b>9:00-10:00 am OR</b> <b>10:15-11:15 am</b> Bouncing for Fitness (55 and older) <b>Instructor: Sharon</b>
	<b>12:00 – 1:00 pm</b> SilverSneakers Fitness Program® <b>Instructor: Jena</b>		<b>12:00 – 1:00 pm</b> SilverSneakers Fitness Program® <b>Instructor: Jena</b>	
<b>1:00-2:00 pm</b> <b>Firefly at the Y –</b> <b>Fitness</b>	<b>1:00-2:00 pm</b> <b>Firefly at the Y –</b> <b>Fitness</b>	<b>1:00-2:00 pm</b> <b>Firefly at the Y –</b> <b>Fitness</b>	<b>1:00-2:00 pm</b> <b>Firefly at the Y – Fitness</b> <b>(Swimming)</b>	<b>1:00-2:00 pm</b> <b>Firefly at the Y –</b> <b>Fitness</b>
	<b>4:00 – 5:00pm</b> <b>Weight Room for Teens</b> <b>Instructor: Alex</b>		<b>4:00 – 5:00pm</b> <b>Weight Room for Teens</b> <b>Instructor: Alex</b>	
<b>6:00 – 6:45 pm</b> Cardio Percussion <b>*Sheffield YMCA</b> <b>Instructor: Wendy</b>	<b>5:30– 6:30 pm</b> Les Mills Body Pump® <b>Instructor: JoAnn</b>	<b>6:00 – 6:45 pm</b> Cardio Percussion <b>*Sheffield YMCA</b> <b>Instructor: Wendy</b>	<b>5:30– 6:30pm</b> Les Mills Body Pump® <b>Instructor: JoAnn</b>	
	<b>5:30 – 6:15 pm</b> <b>KIDZfit</b> <b>Instructor:</b> <b>Jen Hale/Shelley Lewis</b>		<b>5:30 – 6:15 pm</b> <b>KIDZfit</b> <b>Instructor:</b> <b>Jen Hale/Shelley Lewis</b>	<b>Try a class for</b> <b>FREE before</b> <b>registering!</b>
<b>7:00 – 7:45 pm</b> REAXraft (Pool) <b>Instructor: Jill</b> <b>**Oct-Dec Sessions</b>	<b>5:30 – 6:15 pm</b> REAXraft (Pool) <b>Instructor: Jill</b> <b>**Sept/Oct Session</b>		<b>5:30 – 6:15 pm</b> REAXraft (Pool) <b>Instructor: Jill</b> <b>**Sept/Oct Session</b>	
	<b>6:30 – 7:15 pm</b> Outdoor Workout Locker <b>Instructor: Thad</b>		<b>6:30 – 7:15 pm</b> Outdoor Workout Locker <b>Instructor: Thad</b>	
	<b>6:35 – 7:35 pm</b> <b>YOGA</b> <b>Instructor: Candi</b>		<b>6:35 – 7:35 pm</b> <b>YOGA</b> <b>Instructor: Candi</b>	

\*Complete class descriptions and costs listed on following pages.



## **GROUP FITNESS CLASSES**

The Warren YMCA offers many types of Fitness classes. Exercising with friends is a healthy activity! All classes are coed, beginner to advanced levels, and are held in either the West Gymnasium or Group Exercise Studio unless otherwise noted. Functional Fitness classes held upstairs in Functional Fitness Room.

\*\*Group Fitness Calendar available to download at our website: [www.warrenymca.org](http://www.warrenymca.org).

### **Fitness Class Descriptions and Costs: (in alphabetical order)**

#### **Balance & Core**

Does your balance need to improve? Do you need help getting on and off the floor? Learn to engage your internal core muscles surrounding your spine while improving your balance, strength and flexibility. Coach "K" has a Master's degree in Exercise Science from Long Island University. She has trained athletes in a variety of sports, general wellness, post rehab, strength and more! Max participants = 20

**Instructor: K. Hughes, M.S., PES, CES**

Tuesday, Thursday.....10:30 - 11:30 am.....\$40.00 YMCA Members  
\$60.00 Non-Members

#### **Bike and Balance**

This full body class will begin with tempo-targeted movement on a stationary bike to fun and motivating music. As endurance improves, the class will progress into a full 60-minutes of functional balance, biking, and strength training in a safe and controlled environment. Targeted to Parkinson's patients, this class is also perfect for anyone who has experienced balance, strength or cognitive decline. Participants will build not only confidence, but a sense of freedom through movement. Participants are encouraged to work at their own pace.

**Instructor: JoAnn Hepfner**

Tuesday, Thursday.....10:00 - 11:00 am.....\$40.00 YMCA Members  
\$60.00 Non-Members

#### **Bouncing for Fitness**

Join this fun group for a workout that includes cardiovascular conditioning, strengthening, flexibility and balance segments - all done while seated on a stability ball. (Ball stabilizer provided to keep ball stationary.) Your core will be strengthened by constantly engaging the abdominal muscles which will help improve posture, balance and stability! This co-ed class is designed for adults age 55 and over. All fitness levels are welcome to attend. Look forward to lots of social interaction and great music! Balls and ball stabilizers are provided.

Held in Group Exercise Studio.

Two (2) class times to choose from. (Both classes follow same format.)

Max participants = 20 per class

**Instructor: Sharon Harris.**

Monday, Wednesday, Friday.....9:00 - 10:00 am **or** 10:15 - 11:15 am.....\$15.00 YMCA Members  
\$25.00 Non Members

#### **Cardio Percussion at the Sheffield YMCA**

Cardio Percussion Fitness is a simple, fun way to impact adults and kid's lives both physically and mentally. It is a cardio-based drumming program that combines physical activity with brain fitness. Students are increasing their overall well-being drumming away stress, getting fit and listening to some amazing music. Each 45-minute class will include different levels of movement and speed while learning drumming routine sets to a variety of great music. Each routine can be adapted to accommodate most any physical needs.

Max participants = 12.

**Instructors: Wendy Gauld, (PM),Jennifer Goerlich (AM)**

Monday, Wednesday.....6:00 - 6:45 pm.....\$15.00 YMCA Members  
\$50.00 Non Members

Wednesday, Friday.....8:30 - 9:15 am.....\$15.00 YMCA Members  
\$50.00 Non Members

**Functional Fitness Room Circuits**

Stop in our Functional Fitness Room and let our trained instructor guide you in learning how to use the equipment for a safe, effective workout! Emphasis is on core stability, balance, agility and muscle strength. Functional fitness exercises train your muscles to work together and prepare them for daily tasks by simulating common movements you might do at home, at work, or in sports. All levels welcome. Try 1 class or attend as your schedule allows. Purchase Punch Card at the Front Welcome Desk.

(Functional Fitness room is always open for usage during Y open hours.)

**Instructor: Andrea Sedon**

Tues,Thurs.....8:00 - 8:45 am.....\$2.50 / \$5.00 Drop-in fee  
\$22.50 Punch card for 10 classes YMCA Member  
\$50.00 Punch card for 10 classes Non Members

**KIDZfit – YOUTH Exercise Class**

KIDZfit is designed for all youth ages 5-12 years. Kids will enjoy 45 minutes of exercise activities such as aerobics, light strength work, yoga, obstacle courses, fitness games and lots of fun in an inclusive environment!

Max enrollment = 10.

**Instructors: Jen Hale& Shelley Lewis**

Tuesday/Thursday.....5:30-6:15 pm.....\$15.00 YMCA Members / \$30.00 Non Members

**KIDZfit – Winter Outdoor Fun \*\*Begins w/ Nov/Dec Session**

KIDZfit Outdoor Fun is for youth ages 5-12 years. Classes will be held outdoors and activities will include cross-country skiing (equipment provided), snow play, sled riding, etc. Be sure to dress for the weather. Be sure to join us for this, fun all-inclusive environment!

Max enrollment = 6 (due to limited cross-country skis)

**Instructors: Jen Hale/Shelley Lewis**

Saturday.....1:00-1:45 pm.....\$10.00 YMCA Members / \$20.00 Non-Members

This 60 minute strength training workout will challenge all of your major muscle groups by using the best muscle sculpting moves like squats, presses and curls. Great music, easy to follow cues and your choice of weight all combine to inspire you to achieve the results you are looking for – fast. Co-ed, all levels welcome. It is encouraged that participants register for the 5-week session of class to reserve their spot. Walk-in Body Pump punch card attendance will be permitted if space allows after registered participants have secured their Body Pump equipment.

**Classes held in the West Gym. (Max participants = 24)**

**Instructors: Chris Dolan, JoAnn Hepfner**

Mon/Wed/Fri.....8:30- 9:30 am (Chris M/W JoAnn Fri.).....\$18.00 YMCA Members / \$56.00 Non-Members

Tues/Thur.....5:30 – 6:30 pm (JoAnn).....\$16.00 YMCA Members / \$52.00 Non-Members

### **Les Mills Body Pump® Punch Card**

THIS PUNCH CARD MAY BE USED FOR BODY PUMP ONLY. IF SPACE PERMITS AT THE START OF CLASS, CARD CAN BE PRESENTED TO THE INSTRUCTOR. GOOD FOR 10 CLASSES>CARD EXPIRES 1 YEAR FROM DATE OF PURCHASE.

\$16.00 YMCA Members

\$52.00 Non Members

### **Mommy & Baby Boot Camp**

A Boot Camp exercise class designed for mom & baby. Join Y employee and new mom Jena Swanson as she leads this class utilizing minimal equipment and body weight movements. Go at your own pace and fitness level. Bring your little one in a stroller, car seat, carrier pack or a play mat and game. Email jena@warrenymca.org with any questions. Held in West Gymnasium and/or outside.

**Instructor: Jena Swanson**

Tuesday, Thursday.....10:15- 11:00 am.....\$15.00 YMCA Members

\$50.00 Non-Members

(\$5.00 Drop in Fee/Class)

### **Morning Strength Training – Weight Room Workout**

A morning weight room workout to improve your muscle strength and endurance. Join Coach “K” as she leads participants in proper form and technique utilizing weight room equipment. Her tips and techniques will allow you to become knowledgeable and comfortable in the weight room and to develop your own individual workout. Join Coach K before school/work and get your day started! Ages 13 & up.

**Instructor: K Hughes, M.S, PES, CES Sports Performance Trainer/Personal Trainer**

Wednesday.....7:00–7:45 am.....\$15.00 YMCA Members

\$50.00 Non-Members

### **Outdoor Workout Locker (OWL)**

Join CEO Thad Turner for a FREE workout at the Outdoor Workout Locker.

**Instructor: Thad Turner**

Tuesday, Thursday.....6:30 – 7:15 pm.....FREE YMCA Members & Non

### **REAXraft Aqua Fitness Classes**

REAX rafting in the pool combines popular land formats like HIIT, Yoga and Functional Fitness moves with the instability of the water to provide an efficient and FUN workout! Class size limited to 8. Pre-register for 5-week session during registration dates.

**Instructor: Jill Hunter**

Tues/Thur...(Sept/Oct Session).....	5:30 – 6:15 pm.....	\$15.00 YMCA Members \$30.00 Non Members
Monday...(Oct-Dec Sessions).....	7:00 - 7:45 pm.....	\$12.00 YMCA Members \$25.00 Non Members
REAXraft Drop-In Fee (If space allows at start of class).....		\$5.00 YMCA Members \$8.00 Non Members

**SilverSneakers® Classic Fitness & Stretch**

The SilverSneakers fitness/stretch classes are low-impact and are appropriate for individuals who may not have exercised in years or for those who exercise on a regular basis. The goal of the class is to encourage illness prevention, minimize aging-related physical deterioration, and increase a sense of well-being through social interaction in a group exercise setting. Class includes balance & stretch for final 20 minutes. Held in the West Gymnasium. MAX participants = 40.

**Instructor: Jena Swanson**

Tuesday, Thursday.....	12:00 - 1:00 pm.....	Free - YMCA Members \$10.00 Non Members
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**Weight Lifting for Teens (Ages 12-15)**

Weight lifting class for teens ages 12-15, with limited or no experience with resistance training. Emphasis placed on safety, etiquette, and proper lifting technique. Discussions include progressive overload, benefits of different rep ranges, and maximizing results. Members and non-members welcome to register!

**Instructor: Alex Shaw, Certified Personal Trainer**

Tuesday, Thursday.....	4:00 - 5:00 pm.....	\$20.00 YMCA Members \$40.00 Non Members
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**Yoga**

Yoga challenges the body while calming the mind. Stretch, breathe and strengthen with yoga postures (hatha) and posture flows (vinyasa), followed by closing relaxation. Experience a welcome feeling of peace and rejuvenation as you tune in to your own body.

Max participants = 12 (Held in Group Ex. Studio)

**Instructor: Candi OSheill**

Tuesday, Thursday.....	9:00 - 10:00 am.....	\$16.00 YMCA Members \$52.00 Non Members
Tuesday, Thursday.....	6:35 – 7:35 pm.....	\$16.00 YMCA Members \$52.00 Non Members

## **INDOOR GROUP CYCLING**

Group indoor cycling is a low impact exercise that most anyone can do regardless of current fitness level or ability. There are no complicated movements that you must learn to enjoy this exercise program.

Group cycle classes are led by YMCA trained instructors and incorporate high energy music for added motivation. The instructor will guide you through the cycling session indicating what resistance, speed or heart rate level you should try to achieve. A group indoor cycling class is a fantastic way to exercise in a fun, low-impact and high-energy environment. Strength, endurance and increased overall fitness can be achieved with regular sessions on the indoor cycle.

Cycle classes are limited to sixteen (16) participants per class, so pre-registration is required. Participants may call any time the day before to reserve a bike. Walk-ins will be accepted to a class as space permits. **Reserved cycles will be forfeited at class start if not present.** Please call to cancel reserved bike if unable to attend class. Stop in to the YMCA for a complete list of cycling policies, procedures and class schedules. For safety reasons, all participants must be at least five (5') feet tall to participate in group cycling. Access the Cycle Studio by using the middle stairway to the 2<sup>nd</sup> floor

**Cost per Hour**.....\$4.00 YMCA Members / \$8.00 Non Members  
**Punch Card (Expires 1 year from date of purchase):**  
5-hour.....\$20.00 YMCA Members / \$40.00 Non Members  
10-hour.....\$40.00 YMCA Members / \$80.00 Non Members  
20-hour.....\$65.00 YMCA **Members only** (Volume discount card)

\*\*Cycle calendar available to download on our website: [www.warrenymca.org](http://www.warrenymca.org).

## **JOIN THE CLUBS - - -**

### **Walking Club, Jogging Club, Swimming Club and Biking Club**

Record your mileage at the Front Desk and we will track your miles for you. Earn recognition to get your name on our hallway plaques for the walking, jogging, swimming and biking clubs. You may do your miles at the YMCA, at other YMCAs, outside or anywhere else that you venture. Other information is listed on the hallway bulletin board.

## **Co-ed Volleyball League- Fall 2024**

The league is designed for players of various skill levels and permits the formation of teams for fun and competition. Teams will play 6 vs. 6, with a maximum of 12 players on the roster. Recreational league may include hard spikes and competitive play.

League sign-ups will start August 7th and end September 6, 2024.  
*League play will begin Monday, September 16, 2024.*

**MUST REGISTER AS A TEAM AT THE YMCA FRONT DESK.**  
**Anyone willing to referee should contact Chris Dolan at [chris@warrenymca.org](mailto:chris@warrenymca.org).**

Monday.....6:00 - 10:00 pm.....\$10.00 YMCA Members  
\$50.00 Non Members

# **PERSONAL TRAINING OPTIONS**

If you are not getting the results you are looking for by yourself, consider hiring a personal trainer. Solo training or share a session with a friend or two!

For more information about our personal training services, contact Chris Dolan, Wellness Director at 726-0110, ext.1121 or email Chris at [chris@warrenymca.org](mailto:chris@warrenymca.org) to discuss your goals and options. She will be able to match your needs with the trainer that will suit you best.

<b><u>IndividualSolo Training Sessions :</u></b>	<b><u>Group of 2 Sharing TrainingSessions :</u></b>	<b><u>Group of 3 Sharing Training Sessions :</u></b>
30Minutes.....\$15.00 YMCA Member \$22.50 Non Member	30 Minutes.....\$25.00 YMCA Member \$37.50 Non Member	30 Minutes.....\$30.00 YMCA Member \$45.00 Non Member
1Hour.....\$25.00 YMCA Member \$37.50 Non Member	1 Hour.....\$45.00 YMCA Member \$67.50 Non Member	1 Hour.....\$60.00 YMCA Member \$90.00 Non Member
3-1 Hour sessions.....\$60.00 YMCA Member \$90.00 Non Members	3-1 Hour sessions....\$105.00 YMCA Member \$157.50 Non Members	3-1 Hour sessions....\$135.00 YMCA Member \$202.50 Non Members
5-1 Hour Sessions.....\$100.00 YMCA Members \$150.00 Non Members	5-1 Hour Sessions....\$175.00 YMCA Members \$262.50 Non Members	5-1 Hour Sessions.....\$225.00 YMCA Members \$337.50 Non Members
10-1 Hour Sessions.....\$200.00 YMCA Members \$300.00 Non Members	10-1 Hour Sessions..\$350.00 YMCA Members \$525.00 Non Members	10-1 Hour Sessions.....\$450.00 YMCA Members \$675.00 Non Members

## **Warren YMCA Fitness/Weight Room Usage for Youths:**

- ~ AGES: 12-17 years old MUST attend a One-Time Training before use.
- ~ AGES: 12-17 are eligible to use all Fitness Rooms **once trained**.
- ~ AGES: 10-11 NOT permitted in Weight Room/Precor Fitness Room.
- ~AGES: 10-11 Permitted to use upstairs Functional Fitness Room/Fitness Room WITH a parent.

# ROAD & ADVENTURE RACES 2024

## YMCA JAKE'S TRAILS RACE – SATURDAY, SEPTEMBER 21ST

Challenge your mental and physical toughness and be the last runner standing! Pre-registration is required! Register before September 10<sup>th</sup> and receive a t-shirt. Please contact Jena Swanson at [jenafox@warrenymca.org](mailto:jenafox@warrenymca.org) or Chris Dolan at [chris@warrenymca.org](mailto:chris@warrenymca.org) for additional information or race details. Camping/lodging information also available by contacting Jena.

**“Last Man Standing”** - Saturday, September 21, 2024

There can be only one winner. Everyone will start at the same time, every hour. The goal is to make it all the way around the 4.1 mile Tuttle-town-Coal Knob Loop within the hour. You only need to hold an average of a 14:38 minute mile to make it back in time. If you complete the loop before the hour is up you can use the remaining time to rest and fuel up for the next loop. Fail to make it back to the starting line under an hour and you will be eliminated from the race. This will continue until there is only 1 racer left, who will be crowned the WINNER and will receive a cash prize based on the number of registered runners! The Tuttle-town-Coal Knob Loop is a mild trail with rolling hills and a few rocky areas. It is very well maintained and is a fast course. Snacks and hydration available at the trail head. Runners are able to have a race crew standing by for assistance if needed.

**Start:** 7:00 am and every hour until a winner is declared

**Location:** Jakes Rocks Trail, Allegheny Reservoir, Rt. 59, Longhouse Drive, Forest Road 492, Warren

**Registration:** *Online:* Registration is available online at [www.warrenymca.org](http://www.warrenymca.org).

**Cost:** \$35.00



## 18TH ANNUAL KINZUA COUNTRY TANGO - SATURDAY, AUGUST 3RD

**BE THE ADVENTURE!** Celebrating 18 years of Tango on Saturday, August 3<sup>rd</sup> 2024. As in prior years, this adventure race will start at 7:00 am with the 1st leg of the event - the 13.1 mile run. Participants will leave from the YMCA in Warren, Pennsylvania and run along the scenic Allegheny River toward Kinzua Beach within the Allegheny National Forest. Other segments of the race will include technical mountain biking on Jake's Rocks trail system, open water swim, orienteering course, short road or trail run and final canoe race on the Allegheny Reservoir with the finish at the Point Park, Warren, Pa.

See the website <http://kinzuacountrytango.com> for segment details and complete costs.

**\*Pre-race:** The pre-race events will be held Friday, August 4<sup>th</sup> at the Warren YMCA. The pre-race team check-in will begin at 6:00 pm and the informational meeting at 7:00 pm.

**\*\*Post Race:** Festivities and awards ceremony will be held at Point Park.

Call Thad at 726-0110, ext. 1110 or visit the website at <http://kinzuacountrytango.com> for details. Registration forms available at <http://kinzuacountrytango.com>.



## SUPERKWIK HALF MARATHON CHALLENGE - SATURDAY, OCTOBER 12TH JOIN US FOR OUR 26<sup>TH</sup> RUNNING OF THE SUPERKWIK HALF MARATHON!

**Date:** Saturday, October 12, 2024

**Time:** Registration 7:00-8:15 am at the **Warren YMCA**

**Bus Transport:** Will leave the YMCA at 8:15 am to transport runner to Kinzua Beach. **Seat must be reserved before October 1<sup>st</sup>.**

**Race Start:** Race begins at 9:00 am at the Kinzua Beach

**Cost:** \$35 Early Bird registration before October 1<sup>st</sup>/ \$40 October 2<sup>nd</sup> thru Race Day.

**T-Shirts:** Long Sleeve guaranteed to *Early Bird* registrants.

**Course description:** Note: Registration will be at the Warren County YMCA, 212 Lexington Avenue, Warren, Pa. At 8:15 am, runners will then be bused to the start line at the Kinzua Beach on the Allegheny National Forest. The race will begin at 9:00 am and proceed east on Route 59 approximately 4 miles toward the Kinzua Dam. Runners will enjoy the scenic view as they run across the dam and then turn left down a steep decline toward Hemlock Avenue. The rolling hills of Hemlock Avenue will take runners approximately 6 miles to Pennsylvania Avenue where they will continue to a left on Irvine Street and then a right on Lexington Avenue with the finish at the YMCA. \*\*\*3 Hour cap on finishing race. Email Chris Dolan at [chris@warrenymca.org](mailto:chris@warrenymca.org) with any questions.

# **AQUATICS**

## **Pool Policies - Definitions of Swim**

**OPEN SWIM . . .** Open to anyone for recreational or fitness swimming. At this time, you have the opportunity to play, water walk, exercise, dive, or swim laps. Adults **must** accompany **children age 9 and under**. Children using bubbles, lifejackets, and puddle-jumpers **must** be **directly supervised** by an adult in the water. Noodles, balls, masks, snorkels, swimsuits with floats inserted and water wings are **not** permitted.

**FAMILY SWIM . . .** Open for all families to practice skills or simply enjoy the water. **Adults must accompany all children**. Children using bubbles, lifejackets, and puddle-jumpers **must** be **directly supervised** by an adult in the water. Noodles and balls are permitted. Water wings, swimsuits with floats inserted, masks and snorkels are not permitted.

**ADULT REC . . .** A time set aside for adults age 18 and older to water walk, swim laps, exercise, dive, or just enjoy the water. Please be considerate of others.

**LAP SWIM . . .** Time set aside for lap swimming only. We encourage all swimmers, of any age, to circle swim and work together during peak times

**ADULT LAP SWIM . . .** Same as lap swim, but for adults only age 18 and older.

**The following tips will help all lap swimmers to have a safe and enjoyable workout:**

1. Please be considerate of swimmers already swimming and find a lane with swimmers of similar speed.
2. Water walking permitted, but should find a lane with swimmers of similar speed and be considerate of other lap swimmers.
3. Diving is strictly prohibited in the shallow end.

## **General Pool Rules**

**Please shower before entering pool.**

**No diving in shallow end of pool.**

**Please obey the lifeguard's instructions.**

**An adult must accompany children age 9 and under.**

**Adults must be in the water and directly supervising all children wearing bubbles, lifejackets, or puddle-jumpers.**

**Children wearing bubbles, lifejackets or puddle jumpers may not be in the deep end.**

**Follow pool rules listed on the walls in the pool area.**

**No food, drink or gum allowed in locker rooms and pool area.**

**Pool checks will be conducted every half-hour during Family and Open Swim.**

**Masks and snorkels are not permitted during Open or Family Swims.**

**No shirts or cut-offs are permitted.**

**Water wings or swimsuits with floats inserted are NOT permitted.**

**Swim waivers are mandatory for all persons utilizing the diving board. Front Desk staff will issue a green wrist band after verifying waiver is on file. Please stop at Front Desk prior to pool entry.**

**Persons utilizing the diving board must be able to swim one (1) length on their front with no flotation device.**

**No cell phone photos permitted in locker rooms.**



# **AQUATIC SPECIALITY PROGRAMS**

## **Introduction to Competitive Diving - Saturdays**

Introduction to Competitive Diving is a 5-week course designed to familiarize new divers with the 5 basic positions for 1 meter springboard diving. Participants will learn how to safely execute all the same dives they see in High School, College, and Olympic athletes perform during competitions. It is recommended to have a background in aerial sports (gymnastics, cheer, etc.), but is not required. This course will involve both dry land exercises and pool work. Participants will be divided by grade levels 5-8 and 9-12.

Students MUST have attained Stage 4 level of Progressive Swim lessons. A minimum of 4 divers are needed to run this program. Max enrollment=8.

Brandon Gregg, WAHS Diving Coach, will lead this program. Swim waiver required.

### **Course held during 5-week Fall sessions:**

September 7th– October 5<sup>th</sup>

Oct. 12<sup>th</sup> – Nov. 9<sup>th</sup>

**Pre-Registration Required:** Register during session sign-up dates.

**Days:** Saturdays

Grades 5<sup>th</sup>-12<sup>th</sup> .....9:00 – 10:00 am.....\$20.00 YMCA Members/\$40.00 Non-Members

(Open Board Practice 8:00-9:00 am)

## **YMCA Dolphin Swim Team**

A competitive swim team for boys and girls ages 5-18 who are YMCA members. Perfect for kids interested in competitive swimming. Major emphasis is on stroke development, teamwork and the development of the YMCA's four core values of respect, responsibility, caring and honesty. Participants must be able to swim one length of the pool using the crawl stroke without stopping. If not at this level, participants may contact Danielle Mumford, Aquatics Director, to set up a time to test ability. Must register at the Y Front Welcome desk due to required paperwork.

*During the 1<sup>st</sup> week of practice NEW swimmers are welcome to give swim team a try before signing up. They will swim with their age group.*

**First official week of practice schedule: Begins Monday, October 7, 2024 (NO Friday practices.)**

### **Novice (8 & under):**

Monday-Thursday, 5:00-6:00 pm

### **Cadet (9 & 10 years)**

### **Prep (11 & 12 years)**

### **Junior (13 & 14 years)**

Monday-Thursday, 5:00-7:00 pm

### **Senior (15-18 years):**

Monday-Thursday, 5:00-7:00 pm

**Cost –Due by October 14<sup>th</sup>** .....\$170.00 YMCA Members Only

Each additional child in family.....\$100.00

WAHS Swimmers (Grade 9-12).....\$100.00

## **AQUATIC SPECIALITY PROGRAMS contd.**

### **YMCA Lifeguard 2-day Certification Course: Saturday, Oct. 19<sup>th</sup> & Sunday, Oct. 20<sup>th</sup>**

The YMCA Lifeguard Course will be a 2-day certification course scheduled for Saturday/Sunday. This course is for anyone who is age 16 and older. The first class will be a water **pre-test** on **Monday, October 7<sup>th</sup>, from 6:00-7:00pm**. Participants must be able to do the following swimming skills in order to pass the water pre-test: front crawl stroke, breast stroke, side stroke, elementary back stroke, front dive, surface dive to bottom of 12 foot and retrieve an object, treading water and underwater swimming.

The course consists of ASHI BLS, ASHI Emergency Oxygen Administration, ASHI First Aid, YMCA Lifeguard lessons, and the YMCA Lifeguard Course. After successful completion of all these, the participant is eligible for a lifeguard position anywhere in the United States.

If assistance is needed with payment, please contact Dani Mumford at 814-726-0110, ext. 1116 or email [dani@warrenymca.org](mailto:dani@warrenymca.org)

October 19<sup>th</sup> & 20<sup>th</sup>, 2024.....8:00 am – 4:00 pm.....\$180.00 YMCA Members / \$210.00 Non-Members  
(**Water Pre-test: Monday, Oct. 7<sup>th</sup> – 6:00-7:00 pm**)

### **Rainbow Swim (SNAP – Special Needs Aquatic Program)**

This swim is set aside for anyone with a physical or mental handicap. Rainbow Swim will be held on Friday evenings from 6:00 – 7:00 pm beginning September 13, 2024. This swim class works on improving motor and social skills. The swim time is split between lessons and fun swim. There is **NO fee** for this program which is sponsored by the YMCA and the Don Mills Achievement Center. Sue Nielsen is the coordinator. Volunteers are always needed to help. *For more information on this program or to volunteer, contact the Don Mills Achievement Center at 723-5730.*

Fridays (beginning Sept. 13, 2024).....6:00-7:00pm.....FREE  
(**NO** December classes)

### **Mermaid 101 / Mermaid Birthday Parties**

A once in a lifetime opportunity to experience being a Mermaid! Class fee includes rental of a mermaid tail, mono-fin, and a photo shoot in and above water. Participants will safely be taught how to use a mermaid tail, dive for treasure, blow bubble kisses, dives and rolls. Must have basic swim skills such as float on front and back, roll from front to back, swim 25 meters unassisted and tread water for 60 seconds. Instructor: Jill Hunter

If interested in scheduling a session or booking a birthday party, please email [dani@warrenymca.org](mailto:dani@warrenymca.org).

Cost: \$60.00 per 1.5 hour session/per person.

# **PROGRESSIVE SWIM PROGRAM FOR CHILDREN**

The Y has been providing swim lessons since 1910, and it's our mission that children learn to be safe around water and enjoy the benefits that come with learning to swim. As part of a nationwide YMCA effort to provide consistency in swim lesson formats and increase the safety of children in and around water, **our swim lessons follow the YMCA Stages for Swimming**. This enables our instructors to provide more personalized attention to all swimmers, and we've also added elements of the YMCA's Safety Around Water program that teaches the critical skills sets kids need if they unexpectedly find themselves in water.

## **How does it work?**

**Natural Progression:** Swimmers will be taught the same skills in all age groups. They will be divided into classes based on their skills progression and developmental milestones.

**Emphasis on Water Safety:** In addition to swimming skills, swimmers will learn water and personal safety customized for our area. Swimmers will be introduced to safety strategies such as asking permission to go near the water or the principles of boating safety. The Warren YMCA is dedicated to reducing the risk of drowning, which is a leading cause of death amongst youth and adults.

**Integrating Core Values:** The Warren YMCA is committed to reaching the whole child: Physically, Mentally, and Socially. Lessons will include an age appropriate session to introduce, model, and celebrate the four core values: caring, honesty, respect and responsibility.

**All participants must have a swim waiver on file. Progressive Swim Lessons qualify for early registration once participant is enrolled. Must register for the exact same class/time.**

To help accommodate our families, children registered for back-to-back gym and/or swim classes will be escorted to their next class by our instructors, upon the parent's request. Classes may be cancelled if there is insufficient enrollment.

## **Stages**

**Swim Starters:** Ages 6-35 months  
**Swim Basics:** Ages 3 & up  
**Swim Strokes:** 1<sup>st</sup> grade & up (After completion of Swim Basics Level 3)

### **Weekly Lessons**

#### **Swim Starters**

Level A/B: Water Discovery/Exploration (Ages 6-35 mo's) Monday/Wednesday.....10:00 – 10:30 am  
Level A/B: Water Discovery/Exploration (Ages 6-35 mo's) Saturday.....9:30 – 10:00 am

#### **Swim Basics (Stages 1-3) Register by Age**

##### **PRESCHOOL (3-kindergarten)**

Monday, Wednesday.....4:30 - 5:00 pm  
Monday, Wednesday.....10:30 - 11:00 am  
Tuesday, Thursday.....5:00 - 5:30 pm  
Friday.....5:30 – 6:00 pm  
Saturday.....8:30 – 9:00 am

##### **SCHOOL AGE (1<sup>st</sup> grade & up)**

Monday, Wednesday.....4:00 - 4:30 pm  
Tuesday, Thursday.....4:30 - 5:00 pm  
Friday.....5:00 – 5:30 pm  
Saturday.....9:00 – 9:30 am

#### **Swim Strokes (Stages 4-6)**

##### **SCHOOL AGE (1<sup>st</sup> grade & up)**

Monday, Wednesday.....4:30 - 5:15 pm  
Saturday.....8:30 - 9:15 am

#### **Home School**

#### **Champion Swim (Youth/Special Needs)**

#### **Adult Swim Instruction**

Monday.....10:00 – 10:45 am  
Various days/times  
Monday-Friday.....8:00 - 9:00 am  
Private lessons available also.

## **Swim Starters (Ages 6 – 35 months)**

Accompanied by a parent or guardian, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences. Parents and guardians learn about water safety, drowning prevention and the importance of supervision. Swimmers begin with Level A and progress to Level B before moving to Swim Basics at age 3.

### **Level A: Water Discovery - Ages 6 – 17 months**

Introduces infants and toddlers to the aquatic environment and helps them to be comfortable in the water through fun confidence-building experiences. Designed for the child's first time in the water. Parents accompany children and introduce them to the aquatics environment. Grandparents, relatives or babysitters are welcome to participate in lieu of a parent. This is a 5-week program meeting once/week. All children must wear swim diapers if not potty-trained.

Swimmers will be able to:

- Blow bubbles on the surface of the water
- Move and float with their chin in the water
- Move and float with their head on your shoulder
- Roll from back to front and front to back
- Grab the pool wall
- Enter and exit the water

### **Level B: Water Exploration - Ages 18 – 35 months**

In Level B, parents work with their infants and toddlers to learn to be comfortable in the water. Parents accompany children to explore body position, floating, blowing bubbles, and fundamental safety and aquatic skills. Grandparents, relatives or babysitters are welcome to participate in lieu of a parent. This is a 5-week program meeting once/week. All children must wear swim diapers if not potty-trained.

Swimmers will be able to:

- Blow bubbles with mouth and nose submerged in the water
- Move and float while blowing bubbles in the water
- Move and float with their head on your chest
- Roll from back to front and front to back
- Monkey crawl
- Enter and exit the water

## **Swim Starters (Ages 6 – 35 months)**

### **Level A: Water Discovery / Level B Water Exploration Combined (Ages 6 - 35 mo's)**

Monday, Wednesday.....10:00 - 10:30 am.....\$17.00 YMCA Members / \$36.00 Non Members

Saturday.....9:30 - 10:00 am.....\$14.00 YMCA Members / \$28.00 Non Members

## **Swim Basics**

### **(Age 3 thru K) (1<sup>st</sup> Grade & up)**

Students learn personal water safety and achieve basic swimming competency by learning benchmark skills: swim, float, swim and jump, push, turn, grab. Swim Basics are divided into three progressive categories. Our swimming instructors will evaluate each participant at the beginning of each session and ensure they are placed appropriately within Swim Basics. \*\* Must be completely potty-trained.

#### **Stage 1: Water Acclimation**

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This class lays the foundation which allows for a student's future progress in swimming.

##### **Swimmers will learn:**

- Bob to submerge in the water
- Front and back glide to the wall for five feet with help
- Front and back float for 10 seconds with help
- Roll from back to front and front to back with help
- Jump, push, turn grab with help
- Swim, float, swim 10 feet with help
- Exit the water

#### **Stage 2: Water Movement**

Students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water. This class is for kids who aren't yet able to do a front and back float on their own.

##### **Swimmers will learn:**

- Submerge to look at an object on bottom of the pool
- Front and back glide to the wall for five feet
- Front and back float for 10 seconds
- Roll from back to front and front to back
- Jump, push, turn grab
- Swim, float, swim five yards
- Tread water near the wall for 10 seconds
- Exit the water

#### **Stage 3: Water Stamina**

Students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. Rhythmic breathing and integrated arm and leg action is introduced. This class is for kids who aren't yet able to swim 10-15 yards on their front and back.

##### **Swimmers will learn:**

- Retrieve an object in chest-deep water
- Swim on their front and back for 15 yards
- Roll from back to front and front to back
- Jump, push, turn, grab 10 yards

## **Swim Basics – Stages 1-3**

### **(Age 3-kindergarten) or (1<sup>st</sup> Grade & up)**

#### **PRESCHOOL (3-kindergarten)**

Monday, Wednesday.....	4:30 - 5:00 pm.....	\$17.00 YMCA Members / \$48.00 Non Members
Monday, Wednesday.....	10:30 - 11:00 am.....	\$17.00 YMCA Members / \$48.00 Non Members
Tuesday, Thursday.....	5:00 - 5:30 pm.....	\$17.00 YMCA Members / \$48.00 Non Members
Friday.....	5:30 - 6:00 pm.....	\$14.00 YMCA Members / \$42.00 Non Members
Saturday.....	8:30 - 9:00am.....	\$14.00 YMCA Members / \$42.00 Non Members

#### **SCHOOL AGE (1<sup>st</sup> grade & up)**

Monday, Wednesday.....	4:00 - 4:30 pm.....	\$17.00 YMCA Members / \$48.00 Non Members
Tuesday, Thursday.....	4:30 - 5:00 pm.....	\$17.00 YMCA Members / \$48.00 Non Members
Friday.....	5:00 - 5:30 pm.....	\$14.00 YMCA Members / \$42.00 Non Members
Saturday.....	9:00 - 9:30am.....	\$14.00 YMCA Members / \$42.00 Non Members

## Swim Strokes (1<sup>st</sup> grade and up)

After mastering the fundamentals (Swim Basics – stages 1-3), students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity. Swim Strokes are divided into three progressive categories. Our swimming instructors will evaluate each participant at the beginning of each session and ensure they are placed appropriately within Swim Strokes.

### **STAGE DESCRIPTIONS:**

#### **Stage 4: Stroke Introduction**

Students develop stroke technique in front and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke. This class is for kids who aren't yet able to swim 15 yards of front and back crawl.

##### **Swimmers will learn:**

- Swim the front crawl with rotary breathing for 15 yards
- Breast stroke kick for 15 yards
- Butterfly kick for 15 yards
- Elementary backstroke for 15 yards
- Dive from a sitting position
- Tread water using a scissor and whip kick for one minute
- Swim any combination of strokes for 25 yards

#### **Stage 5: Stroke Development**

Students work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

##### **Swimmers will learn:**

- Swim the front crawl with bent arm recovery for 25 yards
- Breast stroke for 25 yards
- Butterfly with simultaneous arm action and kick for 15 yards
- Back crawl for 25 yards
- Sidestroke for 25 yards
- Dive from a kneeling position
- Tread water using a scissor and whip kick for two minutes
- Swim any combination of strokes for 50 yards.

#### **Stage 6: Stroke Mechanics**

Students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

##### **Swimmers will learn:**

- Swim the front crawl for 50 yards and do a flip tur
- Breast stroke for 50 yards and do an open swim
- Butterfly for 25 yards / Back crawl for 25 yards
- Sidestroke or elementary backstroke for 50 yards
- Dive from a standing position
- Tread water for one minute and retrieve an object from the bottom of the pool
- Swim any combination of strokes for 150 yards

## Swim Strokes – Stages 4-6 (1<sup>st</sup> grade and up)

### **SCHOOL AGE (1<sup>st</sup> grade & up)**

Monday, Wednesday.....4:30 - 5:15 pm.....\$20.00 YMCA Members / \$54.00 Non Members  
Saturday.....8:30 - 9:15am.....\$16.00 YMCA Members / \$48.00 Non Members

# **TEEN & ADULT SWIM LESSONS**

## **Adult/Teen Swim Instruction**

Our Adult Swim Lessons can teach you to swim, improve your stroke technique for competition or fitness, or teach you to perform basic water safety skills. Instructor: Pam Nasman

Mon/Wed/Fri .....8:00 - 9:00 **am**.....\$25.00 YMCA Members / \$50.00 Non Members  
Tues/Thurs.....8:00 - 9:00 **am**.....\$20.00 YMCA Members / \$40.00 Non Members  
Mon...(Oct-Dec).....7:00 - 8:00 **pm**.....\$16.00 YMCA Members / \$32.00 Non Members

\*Private lessons also available. Email [dani@warrenymca.org](mailto:dani@warrenymca.org) to schedule

## **Champion Swim (Private Swim Sessions for Champion Swimmers)**

Champion Swim lesson instructors are specially trained in Swim Angelfish methodology to help swimmers overcome roadblocks commonly seen in children with sensory processing disorders and other disabilities. Most swim lessons start as one-on-one so each child has individual attention. As the swimmer progresses, swimmers may be paired up with another swimmer for a semi-private lesson. Group size will always remain small to ensure safety. For ages 3 through 17 years.

Schedule your child's half-hour private swim lesson with instructor and Champion Coordinator Caroline Check by texting her at 1-802-345-9394 or email [champion@warrenymca.org](mailto:champion@warrenymca.org). ADA locker room is available.

Saturday.....9:30 am-12:00 pm

Day-time lessons also available during the week. Please email Caroline for details.

**FREE Members & Non Members**

## **Private Swim Lessons**

Looking for one-on-one swim instruction with our trained swim instructors? Private lessons are available for children and adults. Purchase a punch card for one (1) half-hour lesson, a block of 5, or 10 half-hour lessons at a time. Once purchased, participant is responsible for presenting punch card to instructor at each lesson. Y is not responsible for lost cards. No refunds once purchased.

Lessons must be set up in advance through Dani Mumford, Aquatics Director. Please email [dani@warrenymca.org](mailto:dani@warrenymca.org) to schedule.

1/2 hour session.....\$10.00 YMCA Members / \$20.00 Non Members (per participant)

Block of 5(1/2 hour lessons) = \$50.00 YMCA Members / \$100.00 Non-Members

Block of 10 (1/2 hour lessons) = \$100.00 YMCA Members / \$200.00 Non-Members

## **Home School Swim Lessons**

Make fitness a part of your child's life. Progressive swim lessons for the home school or cyber school child. These are for youths in grades 1 - 8. Lessons are once a week and run in 5-week sessions.

Monday (grades 1-8).....10:00 - 10:45 am.....\$16.00 YMCA Members /\$48.00 Non-Members

# **WATER FITNESS CLASSES**

## **Swimnastics**

An exercise class with a music background performed in the shallow end of the pool. This class consists of aerobic movements and muscle toning. Some equipment is used such as hand weights, noodles, kick boards and hand paddles, etc. Max participants per class = 35

Instructors: Pam Nasman; Kathy Bimber; Barb McCullough

M/W/F (AM) (Kathy).....	9:00 - 10:00 am.....	\$15.00 YMCA Members \$45.00 Non Members
T,TH (AM) (Pam).....	9:00 - 10:00 am.....	\$12.00 YMCA Members \$40.00 Non Members
T/TH (PM) (Barb).....	7:30 - 8:30 pm.....	\$12.00 YMCA Members \$40.00 Non Members

## **Wave Runners**

A fitness class performed entirely in the deep end of the pool. All participants wear water belts. There is no pounding of your joints. Exercises consist of jogging, cross-country skiing, arm movements and various other exercises for a total body workout. Max participants per class = 35

Instructor: Pam Nasman

Monday, Wednesday, Friday.....	9:00 - 10:00 am.....	\$15.00 YMCA Members \$45.00 Non Members
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## **Arthritis Aquatic Program**

This class is for those suffering from arthritis, muscle ailments or back problems. A certified instructor takes the class through a series of slow, gentle exercises in the water with a concentration on range of motion exercises. Participants do not need to know how to swim, as all exercises are performed in the shallow end of the pool. The hydraulic chair lift and the portable steps are available for those who need help in or out of the pool. Max participants -35

Instructor: Kathy Bimber

Monday, Wednesday.....	1:00 - 1:45 pm.....	\$11.00 YMCA Members \$30.00 Non Members
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## **REAXraft Aqua Fitness Classes**

REAX rafting in the pool combines popular land formats like HIIT, Yoga and Functional Fitness moves with the instability of the water to provide an efficient and FUN workout! Class size limited to 8. Pre-register for 5-week session during registration dates.

**Instructor: Jill Hunter**

Tues/Thur...(Sept/Oct Session).....	5:30 - 6:15 pm.....	\$15.00 YMCA Members \$30.00 Non Members
Monday...(Oct-Dec Sessions).....	7:00 - 7:45 pm.....	\$12.00 YMCA Members \$25.00 Non Members
REAXraft Drop-In Fee (If space allows at start of class).....		\$5.00 YMCA Members \$8.00 Non Members



# **CHILD/YOUTH/TEEN DEVELOPMENT**

## **INFANT/TODDLER/YOUTH PROGRAMS AND CLASSES**

### **Gym Time Fun Bounce & Play \*\*Begins w/ The Nov/Dec Session**

Gym Time Fun is geared for the young ones who are ready to jump and play in our gymnasium! Kids can enjoy jumping in the Bounce House or they can try a sport combined with organized stretching and instruction. This is a parent/guardian participation class. Please be aware of illnesses and only attend when healthy. Boys and girls ages 2.5 – 4 years old are welcome to register for a 5-week session.

**Instructor:** Ashley Geiser, Volunteer

Monday.....9:30-10:15 am.....\$12.00 YMCA Members / \$20.00 Non Members

### **Bouncing Frenzy – Exercise & Fun for Kids \*\*Begins with the Nov/Dec Session**

Children ages 2-10 can exercise and have fun in the Bounce House on Mondays between the hours of 10:30 am – 12:30 pm. Located in the East Gymnasium. Non-member children can purchase a bouncing pass for \$5.00/per visit. YMCA Member children are FREE. This is not a staff supervised program; therefore parent/guardian must directly supervise child. Waiver is required. Stop at Front Desk to sign.

Monday.....10:30 am – 12:30 pm.....\$FREE YMCA Members / \$5.00 Non Members

### **Indoor Jr. Golf Program – Ages 5 & Up \*\*Begins w/ the Nov/Dec Session**

Our Junior Golf Program is aimed at building knowledge, skills and a love for the game of golf. Participants will be divided into 3 age groups: ages 5-7, 8-10, 11-17. Younger golfers will meet for 30 minutes and ages 11+ for 45 minutes. Class will meet 1 time per week and will be held in the gymnasium. All equipment will be provided. Registration runs with our 5-week session format.

**Instructor:** Andrew Papalia, Youth Sports Coordinator

**Day:** Mondays

**Age/Time:**

5-7 years: 4:00-4:30 pm

8-10 years: 4:30-5:00 pm

11 & up: 5:00-5:45 pm

**Cost:**

Ages 5-10 years: \$15.00 members / \$30.00 non-members (5-week session fee)

Ages 11 & up: \$20.00 members / \$40.00 non-members (5-week session fee)

### **KIDZfit – YOUTH Exercise Class**

KIDZfit is designed for all youth ages 5-12 years. Kids will enjoy 45 minutes of exercise activities such as aerobics, light strength work, yoga, obstacle courses, fitness games and lots of fun in an inclusive environment!

Max enrollment = 10.

**Instructors:** Jen Hale & Shelley Lewis

Tuesday/Thursday.....5:30-6:15 pm.....\$15.00 YMCA Members / \$30.00 Non Members

### **KIDZfit – Winter Outdoor Fun \*\*Begins w/ Nov/Dec Session**

KIDZfit Outdoor Fun is for youth ages 5-12 years. Classes will be held outdoors and activities will include cross-country skiing (equipment provided), snow play, sled riding, etc. Be sure to dress for the weather. Be sure to join us for this, fun all-inclusive environment!

Max enrollment = 6 (due to limited cross-country skis)

**Instructors:** Jen Hale/Shelley Lewis

Saturdays.....1:00-1:30 pm.....\$10.00 YMCA Members / \$20.00 Non-Members

## **2024 Fall Soccer League – Boys & Girls Ages 3 – 14**

Any child that is age 3 through 14 as of August 31st is eligible to play. Practices are weekday evenings beginning around mid-August and will not exceed two practices per week up to the first game. After the first game, teams will reduce the practices to one day per week. Games and practices are held at the Warren State Hospital grounds, weekdays and Saturdays during August through mid-October.

### **Ages Divisions:**

**U-4** (3 year olds) **Parent MUST attend practices with child.**

**U-6** (4 & 5 year olds) & **U-8** (6 & 7 year olds) will be boys/girls combined.

**U-10** (8 & 9 year olds); **U-12** (10 & 11 year olds); **U-15** (12, 13, and 14 year olds).

*Depending on number of sign-ups, U-10, U-12 & U-15 divisions may combine genders.*

**Equipment:** Shin guards are required. Soccer cleats are recommended. Black shorts are recommended for the U15 age group.

**Cost:** \$30.00 members / \$40.00 non-members

### **Registration:**

Begins Saturday, April 27, 2024 through June 23, 2024. *(Late Fee of \$10.00 added June 24<sup>th</sup>-June 30<sup>th</sup>)*

### **Sponsored by:**



## **2024 YMCA Flag Football League**

The Warren YMCA is proud to have been awarded an NFL Flag Football license. The YMCA's non-contact Flag Football League is a program where emphasis is placed on the fundamental of football, teamwork, and having fun. Players in this league will be divided by grade levels 3rd/4th and 5th/6th. Teams will include 5-10 players and will be co-ed. Practices will begin approximately the 2nd week of August and will be held on Monday/Wednesday evenings at the Warren State Hospital grounds. Games will begin the week of August 12th and will run for 5 weeks. Practices will not be held after games begin. Mouth guards are required. Cleats are recommended, but optional. Players will receive an NFL branded jersey and a flag belt.

**Practices:** Mondays & Wednesdays. Begins week of July 29, 2024.

**Games:** August thru October

**Grades:** 3rd/4th and 5th/6th

**Cost:** \$40.00 YMCA Members / \$55.00 Non-members

**Equipment:** Mouth guards are required. Cleats are recommended, but optional. Players will receive an NFL branded jersey and a flag belt.

**Location:** Warren State Hospital. (Field past the Warren-Forest Higher Ed building on Hospital Drive.)

**Registration:** Saturday, April 27<sup>th</sup> thru Sunday, June 23rd. [Online](#) or at the Y Front Desk.

**Coaches Meeting:** TBA'd

**Contact:** Andrew Papalia, Youth Sports Coordinator. Email [andrew@warrenymca.org](mailto:andrew@warrenymca.org)

### **Basketball Leagues:**

The YMCA offers an instructional basketball league for both boys and girls in grades 1 – 6. Volunteer coaches and referees are always needed and no experience in coaching is necessary. All volunteers must obtain required clearances and provide copies of clearances to the YMCA before the 1<sup>st</sup> practice. Information and assistance with obtaining clearances is available through the YMCA. **Details and registration forms will be published in the fall. Check with Front Desk after September 6<sup>th</sup> or email Andrew Papalia, Youth Sports Coordinator, [andrew@warrenymca.org](mailto:andrew@warrenymca.org).**

**YMCA Girls Biddy Basketball League (1<sup>st</sup> – 6<sup>th</sup> grades)**

**Season: November – December**

**YMCA Boys Biddy Basketball League (1<sup>st</sup> – 6<sup>th</sup> grades)**

**Season: January - March**

## **Halloween at the Y**

Sponsored by the Kiwanis Club of Warren

Join us for a day of fall festivities, ghosts, goblins and more! This year we will utilize the entire YMCA and will divide attendance by groups and ages. The event is free for the community but we do require pre-registration to attend. Some of the activities will include our popular Zombie Hunt, Haunted School Bus, Pumpkin Carving Contest (bring your already carved pumpkin), and Costume Contest. New for 2024 - a Petting Zoo from 4:00-6:00 pm. Local vendors and agencies will be on hand with displays and information and sponsorships! Be sure to pre-register and attend during the appropriate age group time frame.

**Date:** Sunday, October 20, 2024

**Times:**

Sensory children: **3:00-4:30 pm** ( All activities will be available with less stimulation.)

Ages 0-9: **4:30-6:00 pm**

Ages 10 & up: **6:00-7:30 pm**

**Registration:** Must pre-register by Wednesday, October 16th. Or call the Y at 814-726-0110 to register.

**Cost:** FREE to community

**Contact:** Andrew Papalia, Youth & Family Sport Coordinator for more information.

## **Santa's Workshop Adventure**

Join us for a magical, family adventure to Santa's workshop located at the Warren State Hospital grounds. Park at the Interfaith Chapel, 33 Main Drive, Warren, PA and follow the signs to his workshop. Doors will not open until 6:00 pm when the adventure begins! We will meet Santa and Mrs. Claus along with Santa's workers and special elves. Children will paint a cookie with Mrs. Claus and help assemble toys for children all over the world. A surprise gift from Santa will be available to pick up at the Y the week after the event. All proceeds from this event will go to support the TOY SHOP which serves Warren County. A family experience not to be missed! Register early as space is limited.

Date: Saturday, December 7, 2024.....6:00 – 7:30 pm.....\$25.00/family

# **GYMNASTICS**

## **Progressive Gymnastics**

In this class, the student focuses on the fundamentals of gymnastics. Students in this program are developing a solid understanding of skills and learning basic movements. Skills to be developed include cartwheels and handstands on floor, pullovers, casts on bars, squat-ons, proper springboard entry on vault, and beginning beam skills involving balance and movement. All participants **must** be enrolled in kindergarten up to 15 years old to participate in this class. Groups are separated by age and skill level.

***\*This is an Early Registration class once participant is enrolled.***

Tuesday, Thursday.....3:45 - 4:45 pm.....\$30.00 YMCA Members  
\$60.00 Non-Members

## **Tiny Tumblers**

Children ages 3 to 5 will learn basic tumbling skills with an emphasis on balance and coordination. Participants should wear gymnastics leotards or t-shirt tucked into shorts/leggings. Longer hair should be pulled back into a ponytail. MUST be completely potty-trained. Max participants = 8.

Please choose only 1 class time.

***\*This is an Early Registration class once participant is enrolled.***

Tuesday, Thursday.....2:15-2:55 **OR** 3:00-3:40 pm.....\$28.00 YMCA Members  
\$56.00 Non-Members

**NOTE:** Any girls interested in joining the competitive gymnastics team must first go through a tryout. The girls will be working on different levels, conditioning and preparing to compete in league meets. Contact Chris Dolan at 814-726-0110, ext. 1121 for additional details.



# **BABYSITTING/CHILD WATCH SERVICE**

**This is a nut free room.** A babysitting/child watch for children six (6) weeks to ten (10) years of age is offered to YMCA participants while they are **using the facility only**. Available hours are listed below and are subject to change due to low enrollment. **PAYMENT REQUIRED AT TIME OF SERVICE – NO EXCEPTIONS.**

**Fall Babysitting Hours (As of 9/3/24)**

Monday – Friday.....7:45 am - 1:00 pm  
Monday – Thursday.....5:00 pm - 7:30 pm  
(\*Friday evenings begin November 1, 2024)

Saturday .....8:00 am – 12:00 noon  
(\*Saturdays begin November 2, 2024)

**Fall/Winter 2024 Babysitting Closings:  
Thursday, November 28<sup>th</sup> - Saturday, November 30<sup>th</sup>  
December 24, 25, 31, January 1, 2025**

**Cost:**

**\$2.75 per hour - per child. Payment must be made at time of service or a Non-refundable babysitting cards can be purchased at the Front Desk: 8 Hours for \$20.00 and 14 hours for \$35.00. Cards expire 1 year from date of purchase.**

**YMCA Family Advantage Card – 15 hours of FREE Babysitting Service**

Created in 2016 to provide newly activated Family membership units the opportunity to receive a complimentary Family Advantage Card worth 15 hours of child-watch services. The 15 hours of complimentary child-watch service is a value of \$37.50, expiring one month from the date of membership activation. In addition, the Family Advantage opportunity extends to members under any Family membership type registering for a five (5) week session of a Y land fitness program. The 15 hour complimentary child-watch service for fitness program registration expires at the end of the 5 week session.

**\*Not available with Water Fitness, Group Cycle Punch Cards and Personal Training.  
One card per Family unit.**

**Health:** Parents should exercise every caution and keep their child home should any unusual symptoms occur. If a child has been exposed to a contagious disease, he/she should be at home. We cannot accept children into the babysitting program if he/she exhibits any of the following: fever, vomiting, a rash, discharging eyes or ears, discolored nasal discharge, thrush or head lice.

**CHARACTER CLUB PLAY GYM & FUN ZONE (Babysitting/Childwatch room)**

The YMCA Character Club is our indoor play gym and is open for YMCA members only. Children ages two through ten may utilize this room. Stop by the Front Desk for room code. **A parent or an adult age 18 or older must be present at all times. Sneakers or closed back shoes must be worn. NO flip flops. This is a nut free room.**

**Please Note:**

**The Character Club Play Gym & Fun Zone is not open for playtime during staffed babysitting hours.**

# **PLAYSPACE PLAYTIME for EVERYONE!**

Children ages 2-10 years can enjoy fun and exercise in the Character Club playroom with our Playspace Playtime! Non-members may pay a fee of \$5.00/child to utilize the Character Club play area for 1 hour during the advertised open play times. Member children are free! Register at the Front Welcome Center. Appropriate colored wristbands will be issued to indicate usage allowance.

Parents must remain in the room and supervise child(s) during playtime. Sneakers or closed back shoes must be worn. NO flip flops. This is a nut-free room.

## **Playspace Playtime Hours:**

Monday-Thursday: 1:30 pm - 4:45 pm

Monday-Thursday: 7:30 pm -8:30 pm

Friday: 1:30 pm -8:00 pm (Thru Oct. 25<sup>th</sup>) Then 1:30 pm -4:45 pm Nov. thru May.)

Saturday: 8:00 am - 7:00 pm (Thru Oct. 26<sup>th</sup>. Then 1:00-7:00 pm Nov. thru May)

Sunday: 1:00-4:30 pm (Begins November 3<sup>rd</sup>) \*\*Not available if Birthday Party is booked.

Cost:

Members: FREE

Non-Members: \$5.00/child

**\*Character Club is NOT open for usage during our staffed Childwatch/Babysitting hours. See Childwatch/Babysitting page for staffed hours.**

# Y EARLY LEARNING CENTER CARE

<u>PreK1 Program</u>	<u>Preschool</u>	<u>Yer's Care</u>	<u>School Age Care</u>
<p>For toddlers age 24-36 months. This is a year round program. Class size is limited.</p> <p><b>This program is designed to:</b></p> <ul style="list-style-type: none"> <li>*Facilitate your child's social/emotional needs through a warm and nurturing environment.</li> <li>*Offer opportunities to develop their cognitive, fine motor and gross motor skills.</li> <li>*Your child will be introduced to social experiences with peers through role play, teacher-led playing and discovery play.</li> <li>*Introduce/expand their self-help skills</li> </ul> <p><b>Days:</b>.....Monday-Friday</p> <p><b>Time:</b>.....6:00 am – 5:00 pm</p> <p><b>Annual Registration fee:</b>.....\$40.00</p> <p><b>Weekly Cost:</b> Member &amp; NM.....\$165.00</p> <p><small>*This cost includes: AM/PM snack, 1 gym class</small></p> <p><b>Late Payment fee</b>.....\$20.00 <b>Late Pick-up</b>.....\$5.00 per minute after 5:15 pm</p> <p><b>Parent Provides:</b> *Soft Sleep Items (Nap is on Cot) *Diaper/Pull Ups *Wipes *Change of Clothing *Nut free lunch</p> <p><b>Late Payment fee:</b> \$20.00 <b>Late Pick-up fee:</b> \$5.00 per minute after 12:00pm</p> <p style="text-align: center;"><b><u>REGISTRATION DATES:</u></b> WAITLIST ONLY</p>	<p>A traditional Preschool program for ages 3-5. This is a nine month program, running from September to May. <b>*Must be potty-trained.</b></p> <p><b>This program provides:</b></p> <ul style="list-style-type: none"> <li>*Learning environment through age appropriate activities.</li> <li>*Expands social/emotional peer skills.</li> <li>*Two swim classes and 1 gym class per week.</li> <li>*A curriculum which closely aligns with Warren County School District to help prepare your child for entering Kindergarten.</li> <li>*AM snack is provided.</li> </ul> <p><b>Registration fee:</b>..\$40.00</p> <p><b>3 year old class: Tues/Wed/Thurs Time: 8:30 – 11:30 am</b></p> <p><b>Cost Monthly:</b> Member.....\$135.00 Non-Member.....\$160.00</p> <p><b>4 year old class: Monday thru Friday Time: 8:00 am – 12:00 pm</b></p> <p><b>Cost Monthly:</b> Member.....\$200.00 Non-Member.....\$220.00</p> <p><b>Late Payment fee:</b> \$20.00 <b>Late Pick-up fee:</b> \$5.00 per minute after 12:00pm</p> <p style="text-align: center;"><b><u>REGISTRATION DATES:</u></b> April</p>	<p>This care program is for ages 3-5 who are enrolled in our Preschool program. This is a nine month program, running from September to May in conjunction with our Preschool. <b>*Must be potty-trained.</b></p> <p><b>This program provides:</b></p> <ul style="list-style-type: none"> <li>*Learning environment through age appropriate activities.</li> <li>*Expands social/emotional peer skills.</li> <li>*Offer a structured, fun and safe place where children can learn cooperative and leadership skills.</li> <li>*PM snack is provided daily.</li> </ul> <p><b>Days:</b>.....Monday-Friday</p> <p><b>Time:</b>.....6:00 am – 8:30 am .....12:00 noon – 5:00 pm</p> <p><b>Registration fee:</b>.....\$40.00</p> <p><b>Weekly Cost: (3 yr old Yer's Care)</b> Member.....\$125.00 Non-Member.....\$135.00</p> <p><b>Weekly Cost: (4 yr old Yer's Care)</b> Member.....\$110.00 Non-Member.....\$120.00</p> <p><b>Late Payment fee</b>.....\$20.00 <b>Late Pick-up</b>.....\$5.00 per minute after 5:15 pm</p> <p><b>Parent Provides:</b> *Soft Sleep Items (Nap is on Cot) *Change of Clothing *Nut free lunch</p> <p style="text-align: center;"><b><u>REGISTRATION DATES:</u></b> April</p>	<p>Children currently enrolled in <u>Kindergarten through 4th grade</u> are offered care before and after school along with No School Days, cancellation of school days and 2-hour Delays.</p> <p><b>This program provides:</b></p> <ul style="list-style-type: none"> <li>*Availability to participate in other YMCA activities.</li> <li>*A structured, fun and safe place where children can learn cooperative and leadership skills.</li> <li>*PM snack is provided.</li> </ul> <p><b>Registration Fee:</b>.....\$40.00</p> <p><b>Weekly Fees:</b> <b>AM Care:</b> (6:00am – Bus P/U) Member.....\$25.00 Non-Member.....\$30.00</p> <p><b>PM Care:</b> Member.....\$45.00 Non-Member.....\$55.00</p> <p><b>AM &amp; PM Care:</b> Member.....\$65.00 Non-Member.....\$70.00</p> <p><b>Late Payment fee</b>.....\$20.00 <b>Late Pick-up fee</b>.....\$5.00 (per minute after 5:15 pm)</p> <p><b>2-Hour Delay</b> Member.....\$20.00 Non-Member.....\$30.00</p> <p style="text-align: center;"><b><u>NSD/Cancelled School:</u></b> (7:30 am – 4:30 pm) Member.....\$45.00 Non-Member.....\$60.00</p> <p><b>Before/After (NSD) 6:00-7:30 am / 4:30-5:00 pm</b> Member.....\$12.00 Non-Member.....\$20.00 <b>**MUST pre-register for NO School Days and be enrolled in Childcare.</b></p> <p><b>**MUST bring a nut-free lunch for NSD &amp; Cancelled school.</b></p> <p style="text-align: center;"><b><u>REGISTRATION DATES:</u></b> WAITLIST ONLY</p>

- The Y Early Learning Center is PA-DHS facility and is a Keystone Star 3 participant.
- Part time care in these programs IS NOT OFFERED. (Contact Harmonie Kibbey for waitlist inquiry.)
- If you sign up for any of the services listed above, you will be charged whether your child attends or not.
- Warren County School District provides all bus transportation to and from the following schools:  
St. Joe's and Warren Area Elementary Center.