




WINTER/SPRING 2025

PROGRAM GUIDE



WARREN COUNTY YMCA
212 Lexington Avenue Warren, PA 16365

814-726-0110 ~ www.warrenymca.org

Like us on  Facebook at: Warren County YMCA – Pa

Welcome to our Y!

We're for youth development, healthy living and socialresponsibility.

Session Dates:
January 6 - February 9, 2025
February 10 - March 16, 2025
March 17 - April 20, 2025
April 21 - May 25, 2025

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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WINTER/SPRING SESSIONS 2025

Registration Dates

5 Week Session Dates

December 4th (Members Only).....January 6 – February 9, 2025
December 9th(Open Enrollment)
*December 2nd- EARLY REGISTRATION (8:00 am – 4:00 pm) for members currently enrolled in Progressive Swim, Progressive Gymnastics)

January 29th(Members Only).....February 10 – March 16, 2025
February 3rd(Open Enrollment)
*January 27th- EARLY REGISTRATION (8:00 am – 4:00 pm) for members currently enrolled in Progressive Swim, Progressive Gymnastics)

March 5th(Members Only).....March 17 – April 20, 2025
March 10th(Open Enrollment)
*March 3rd- EARLY REGISTRATION (8:00 am – 4:00 pm) for members currently enrolled in Progressive Swim, Progressive Gymnastics)

April 9th(Members Only).....April 21 – May 25, 2025
April 14th(Open Enrollment)
*April 7th -EARLY REGISTRATION (8:00 am – 4:00 pm) for members currently enrolled in Progressive Swim, Progressive Gymnastics)

Winter\Spring Operating Hours

Warren YMCA

(Located at 212 Lexington Ave., Warren, Pa.)

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* (Thru May 17th)
Sunday12:30 pm – 5:00 pm* (Until May 18th)

****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 the West Entry Door.**

Youngsville YMCA

(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 YMCA

(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 front 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 exact same class as currently registered. 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. 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.
- Child must be age appropriate at the start of the session to register for that 5-week session of classes.

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 are 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

Facility Usage:A YMCA Membership card is required to gain access to the YMCA, which in turn will expedite the member entry process greatly. If a membership card is not presented, Y staff are required to verify member status which will delay the member entry process considerably. Members must present Y Membership Card when utilizing “Y” After Hours. Children ages 9 and under must be accompanied by an adult at all times when at our facility and must be walked to program/class. No Front Door drop off of children under age 9.

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.** 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.**As a courtesy to all members, please wipe down each machine after use.**

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.

FACILITY INFORMATION AND POLICIEScont'd.

Functional Fitness Room:

The multi-purpose Functional Fitness Room is 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 OWLs are 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. 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 a signed waiver on file to climb. See front desk welcome center for climbing wall hours and to obtain a climbing wristband.

Group Exercise Studio

Our Group Exercise room houses many of our fitness classes. A large screen TV is also available for streaming workout videos. Adult YMCA members are welcome to reserve a 1-hour time slot at the Front Welcome Desk.

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.

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

Community Free Days

The 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.

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 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/Family Swim.
- ~Use of electronic devices, cameras, or video recording devices is prohibited in ALL locker rooms and restrooms.

WARREN YMCA BOARD MEMBERS/STAFF

Board of Directors:

Lincoln Sokolski, President; Glenn Baldensperger, Vice President; Alec Conarro, Treasurer; Jamie Fredericks, Past President; Dave Pearson, 2nd VP; Phil Hampson, Secretary; Joseph Sproveri, Marisa Smith, Todd Mineweaser, Drew Murphy, Megan Willey, Lilly Suppa, Asha Waterstreet

Board of Trustees:

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

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

- 3 Treadmills
- 3 Elliptical machines
- 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
- Kettlebells
- TRX Training
- Jump ropes
- BOSU balance trainer
- Medicine balls
- Foam rollers

PICKLEBALL COURT

Equipment available for 4 players

1/2 GYMNASIUM AVAILABLE

**Firefly Fitness Class and Fitness Classes:
See our website for more info.**

MEMBERSHIP

2025 Membership Rates

2025 Membership Rates

Annual

Family*	\$885.00
Single Parent Family*	\$700.00
Adult (Ages 18-61)	\$660.00
High School/College (Grade 9-age 25 College Full-time)	\$363.00
Youth (Infant-Grade 8)	\$317.00
Senior Citizen (Ages 62+)	\$482.00
Senior Citizen Couple (Both Age 62+)	\$581.00

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 2026.

***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.

Family*:	Start-up fee: \$75.00.....Monthly Draft: \$73.75
Single Parent Family*:	Start-up Fee: \$75.00.....Monthly Draft: \$58.33
Adult (Ages 18-61):	Start-up Fee: \$75.00.....Monthly Draft: \$55.00
High School/College (Grade 9 to age 25 College Full-time):	Start-up Fee: \$75.00.....Monthly Draft: \$30.25
Youth (Infant-Grade 8):	Start-up Fee: \$75.00.....Monthly Draft: \$26.42
Senior Citizen (Ages 62+):	Start-up Fee: \$75.00.....Monthly Draft: \$40.17
Senior Citizen Couple (Both Age 62+):	Start-up Fee: \$75.00.....Monthly Draft: \$48.42

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 Y-Draft Monthly

\$75 Join Fee Required

Family* 1 Health Center:	Start-up fee: \$75.00.....Monthly Draft: \$101.67
Family* 2 Health Center:	Start-up fee: \$75.00.....Monthly Draft: \$117.33
Family* 3 Health Center:	Start-up fee: \$75.00.....Monthly Draft: \$133.00
Family *4 Health Center:	Start-up fee: \$75.00.....Monthly Draft: \$148.67
Single Parent Family* Health Center:	Start-up Fee: \$75.00.....Monthly Draft: \$86.25
Single Parent Family* 2 Health Center:	Start-up Fee: \$75.00.....Monthly Draft: \$101.92
Adult (Ages 18-61) Health Center:	Start-up Fee: \$75.00.....Monthly Draft: \$82.92
Senior Citizen (Ages 62+) Health Center:	Start-up Fee: \$75.00.....Monthly Draft: \$68.08
Senior Citizen Couple 1 Health Center:	Start-up Fee: \$75.00.....Monthly Draft: \$76.33
Senior Citizen Couple 2 Health Center:	Start-up Fee: \$75.00.....Monthly Draft: \$92.00
Insurance Based Memberships:	
SilverSneakers@Silver&Fit/Active&Fit/	
RenewActive/FIT ON Health:Monthly Draft:	\$28.50

Health Center Annual

Family*1 Health Center	\$1,220.00
Family*2 Health Center	\$1,408.00
Family*3 Health Center	\$1,596.00
Family *4 Health Center	\$1,784.00
Single Parent Family Health Center	\$1,035.00
Single Parent Family 2 Health Center	\$1,223.00
Adult (Ages 18-61)Health Center	\$995.00
Senior Citizen (Ages 62+)	\$817.00
Sr. Citz. Couple 1 Health Center	\$916.00
Sr. Citz. Couple 2 Health Center	\$1,104.00

Silver Sneakers@/Silver&Fit/Active&Fit/
RenewActive/FIT ON Health.....**\$342.00**

*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.

MEMBERSHIPcont'd.

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 2025 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 (Ages 12-17 Yville / Ages 10-17 Sheffield).....	\$ 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 2 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 members to offer to their guest(s). (Limit 2/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 Director.

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

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. (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 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/FIT ON Health

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.

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, watch the **LIVESTRONG** at the YMCA at <https://www.youtube.com/watch?v=aJhC2DPBeyw> video. **Contact Christine Dolan at 726-0110, ext. 1121.**



CHAMPION PROGRAMS

We all know or have someone in our life that has championed through many obstacles in their life. The following programs 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.

Email Tara Ristau at warrenYchampion@outlook.com with any questions for the Warren Y.

Email Jennifer Goerlich at 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

<u>Winter 2025 Session Dates:</u>
Jan. 6th – Feb. 9th (Register Dec. 4th)
Feb. 10th – Mar. 16th (Register Jan. 29th)
Mar. 17th – Apr. 20th (Register Mar. 5th)
Apr. 21st – May 25th (Register Apr. 9th)

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. ADA locker room is available.

Saturday.....9:30 am–12:00 pm.....FREE Members/Non-members

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

YMCA BE WELL PROGRAMS

Wellness Workshop Series

Register today for one or all of our monthly Wellness workshops at Warren YMCA. Register online at warrenymca.org or at the Front Welcome Desk. Each session will presented in Program Room #4. No cost to attend. Donations toward YMCA Be Well Programs appreciated.

Instructors: Erin Wallace and partner agencies

Email Erin Wallace for additional details at erin@warrenymca.org.

January 7, 2025:

Impact of Trauma & Self Care by Beacon Light: Join Jennifer Hern as she provides basic introduction to trauma, contributing factors, effects on the mind/body, and importance of long-term growth (self-care).

Tuesday, January 7th.....2:00 pm.....FREE

February 11, 2025:

Healthy Relationships by Women’s Care Center: Join Erin Sudul as she leads participants in focusing on the Foundations of a Healthy Relationship. Learn how to build a foundation for healthy, connected, and committed relationships. Class is open to ages 14 and older.

Tuesday, February 11th.....6:00 pm.....FREE

March 8, 2025:

Nutrition & Gut Health by Anchor Nutrition: Join Meg Harkins as she shows us how to discover health and vitality by balancing our micro-biome. Come learn how your micro-biome plays a crucial role in your overall health. Learn how to improve your gut health by changing the foods you eat. Get some free gut-friendly recipes too!

Saturday, March 8th.....12:00 pm.....FREE

April 1, 2025:

Understanding Dementia by Senior Helpers: Join Jennifer Bliss as she offers practical strategies for supporting individuals living with dementia and their caregivers. Discover effective communication techniques, compassionate caregiving approaches, and resources for accessing community support services.

Tuesday, April 1st.....12:00 pm.....FREE

May 7, 2025:

Physical Health in Mental Health by Warren YMCA: Join Chris Dolan and Erin Wallace as they discuss your physical, mental, emotional and social wellness. We will explore the various aspects of health and avenues to increase wellness through positive physical and mental activities.

Wednesday, May 7th5:00 pm.....FREE

ADULT/TEEN HEALTH & FITNESS

Winter/Spring Sessions 2025:

Jan. 6th – Feb. 9th
Feb. 10th – Mar. 16th
Mar. 17th – Apr. 20th

WEEKLY GROUP FITNESS CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		7:00– 8:00 am Golf Fitness Instructor: Coach K			
8:30– 9:30 am Les Mills Body Pump® Instructor: Chris		8:30 – 9:30 am Les Mills Body Pump® Instructor: Chris		8:30 – 9:30 am Les Mills Body Pump® Instructor: Chris	8:00 – 9:00 am Sunrise Yoga Instructor: Jill Hunter
	9:00 – 9:55 am Yoga Instructor: Candi	8:30 – 9:15 am Cardio Percussion* Sheffield YMCA Instructor: Jen G.	9:00 – 9:55 am Yoga Instructor: Candi	8:30 – 9:15 am Cardio Percussion* Sheffield YMCA Instructor: JenG	
	10:00 – 10:30 am Senior Stretch Instructor: Candi		10:00 – 10:30 am Senior Stretch Instructor: Candi		
9:00-10:00 am OR 10:15-11:15 am Bouncing for Fitness (55 and older) Instructor: Sharon	10:15 – 11:00 am Mommy & Baby Boot Camp Instructor: Jena	9:00-10:00 amOR 10:15-11:15 am Bouncing for Fitness (55 and older) Instructor: Sharon	10:15 – 11:00 am Mommy & Baby Boot Camp Instructor: Jena	9:00-10:00 amOR 10:15-11:15 am Bouncing for Fitness (55 and older) Instructor: Sharon	
	10:30 – 11:30am Balance & Core Instructor: K. Hughes		10:30 – 11:30 am Balance & Core Instructor: K. Hughes	Try a class for FREE before registering!	
	12:00 – 1:00 pm SilverSneakers Fitness Program® Instructor: Jena	2:30– 3:30 pm Golf Fitness Instructor: Coach K	12:00 – 1:00 pm SilverSneakers Fitness Program® Instructor: Jena		
1:00-2:00 pm Firefly at the Y – Fitness	1:00-2:00 pm Firefly at the Y – Fitness	1:00-2:00 pm Firefly at the Y – Fitness	1:00-2:00 pm Firefly at the Y – Fitness (Swimming)	1:00-2:00 pm Firefly at the Y – Fitness	1:00 – 1:45 pm Outdoor Kidzfit Instructors: Jen Hale & Shelly Lewis
	4:00 – 5:00pm Weight Room for Teens Instructor: Alex		4:00 – 5:00pm Weight Room for Teens Instructor: Alex		
	5:30– 6:30 pm Body Bar Strength Video Class Group Ex. Studio		5:30– 6:30 pm Body Bar Strength Video Class Group Ex. Studio		
	5:30 – 6:15 pm KIDZfit Instructor: Jen Hale/Shelley Lewis	5:30 – 6:30 pm KIDZfit Horseback Riding *April thru August Instructor: Jen Hale/Shelley Lewis	5:30 – 6:15 pm KIDZfit Instructor: Jen Hale/Shelley Lewis		
7:00 – 7:45 pm REAXraft (Pool) Instructor: Jill *Jan-Mar: Mondays *Mar-May Tues/Thur	6:30 – 7:15 pm Boot Camp Instructor: Thad		6:30 – 7:15 pm Boot Camp Instructor: Drew	Try a class for FREE before registering!	
	6:35 – 7:35 pm YOGA Instructor: Candi		6:35 – 7:35 pm YOGA Instructor: Candi		

*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.

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

Body Bar Strength

This 60 minute video strength training workout will challenge all of your major muscle groups by using the resistance of a body bar/plates. Held in Group Ex.

Instructor: Megan Johnson

Tuesday, Thursday.....5:30 - 6:30 pmFREE YMCA Members
\$5.00 Drop in Fee/Class Non-Members

Body Pump

Les Mills Body Pump™

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.

*Note: Friday class will follow a circuit workout format.

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

Instructor: Chris Dolan MWF

Mon, Wed, Fri.....8:30 - 9:30 am (Chris).....\$18.00 YMCA Members
\$56.00 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

Boot Camp

Your body is built to move, and if it doesn't work out, it rusts out! This class is for intermediate to advanced fitness levels who want serious results from their training. Class structure is based upon simple yet effective fundamental movement patterns executed at high intensity. These workouts deliver measurable health and fitness improvements in the most efficient manner possible. Held in the West gym/Functional Fitness Room. Equipment includes; TRX suspension trainers along with jump ropes, free weights, kettlebells and medicine balls.

Instructor: Thad Turner (Tues) / Drew Murphey (Thur)

Tuesday, Thursday.....6:30 - 7:15 pm.....FREE

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

Max participants = 20 per class

Instructor: Sharon Harris.

Mon, Wed, Fri.....9:00 - 10:00 am **or** 10:15 - 11:15 am.....\$15.00 YMCA Members
\$25.00 Non Members

Cardio Percussion at the Sheffield/Warren 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. Participants 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. *All classes run as 5-week session class.

Max participants = 12.

Sheffield Instructors: Jennifer Goerlich

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

Golf Fitness

Improve your mobility, flexibility, strength and power needed for the golf game. Class is held in the West Gym and is limited to 10 total participants, allowing for a more personalized, sport specific training program. Led by Sports Performance Coach Kristine Hughes. 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 = 10****Offered Jan/Feb and Feb/March sessions.**

Instructor: K. Hughes

Wednesday.....7:00 - 8:00 am.....\$40.00 YMCA Members / \$60.00 Non-Members
Wednesday.....2:30 - 3:30 pm.....\$40.00 YMCA Members / \$60.00 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

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

KIDZFIT - Horseback Riding

KIDZfit Horseback Riding for youth ages 5-14 years. Introduce your child to horses in an inclusive environment. Kids will be divided into groups and rotate through stations that include; grooming, driving wagons, and riding! Learn to care for and lead the horses. **Held April thru August with our 5-week programming.** *Waiver must be signed at registration.

LOCATION: Sky Walker Stables, 315 S. Main St. Ext., Jamestown, NY. Parents must bring child to stables. (Parents are welcome to stay and participate.) All participants **MUST have closed shoes/boots.

Max enrollment = 10. Instructors: Shelley Lewis & Jen Hale

Register during our 5-week sign-up period.

Wednesdays (April thru August).....5:30-6:30 pm.....\$25.00 YMCA Members / \$45.00 Non-Members

Mommy & Me Boot Camp

A Boot Camp exercise class designed for mom & baby/toddler. 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 when weather permits.

Instructor: Jena Swanson

Tuesday, Thursday.....10:15 - 11:00 am.....\$15.00 YMCA Members
\$50.00 Non-Members
(\$5.00 Drop in Fee/Class)

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

Note:

Classes will be held Mondays for the Jan/Feb & Feb/March sessions

Classes will be held Tues/Thurs for the Mar/April & April/May sessions

Monday (Jan/Feb & Feb/Mar).....	7:00 - 7:45 pm.....	\$12.00 YMCA Members
		\$25.00 Non Members
Tues/Thur (Mar/Apr & Apr/May).....	5:30 - 6:15 pm.....	\$15.00 YMCA Members
		\$30.00 Non Members

REAXraft Drop-In Fee (If space allows at start of class).....	\$5.00 YMCA Members
	\$8.00 Non Members

Senior Stretch

30-minute, mat-based practice focusing on stretching. Participants will work on increasing flexibility and mobility. Class is geared toward seniors, but everyone welcome. Participants have an option to use a chair for modifications.

Max = 12

Instructor: Candi O'Sheill

Tuesday, Thursday.....	10:00 - 10:30 am.....	\$8.00 YMCA Members
		\$25.00 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

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

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. All participants are encouraged to obtain physician’s clearance, go at their own pace, and modify as needed.

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

Instructor: Candi O’Sheill

Tuesday,Thursday.....	9:00 - 9:55 am.....	\$16.00 YMCA Members
		\$52.00 Non Members
Tuesday, Thursday.....	6:35 - 7:35 pm.....	\$16.00 YMCA Members
		\$52.00 Non Members

Sunrise Yoga

Wake up your day with Sunrise Yoga. This class will gently stretch and wake up the body, energizing you for the day ahead! Participants are encouraged to go at their own pace and modify as needed.

NOTE: For drop-in classes, participants may sign-up the Friday prior or the day of scheduled class.

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

Instructor: Jill Hunter

Drop-in Classes: Saturday, Dec. 7th, 14th, 21st, 28th, Jan. 4th		
	8:00 – 9:00 am.....	\$5.00 YMCA Members
		\$10.00 Non Members
Saturday ..(5-week session)).....	8:00 - 9:00 am.....	\$12.00 YMCA Members
		\$25.00 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 2nd 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.

Co-ed Volleyball League

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 "A" division will allow for hard spikes and competitive play. "B" division is more relaxed.

League sign-ups will start Wednesday, December 4th and end Friday, January 3, 2025. League play will begin Monday, January 13, 2025.

MUST REGISTER AND PAY COMPLETE TEAM FEE AT THE YMCA FRONT DESK. Anyone willing to referee should contact Chris Dolan at chris@warrenymca.org.

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

FITNESS CHALLENGES

31 Day Indoor Triathlon

Sign up to challenge your fitness level, lose weight and get in shape! Use the Precor Fitness Room treadmills and bikes, the indoor walking track, group cycling classes and the swimming pool to complete an indoor triathlon during the month of January. Outdoor running/walking mileage may also counted. Competition will start Wednesday, January 1, 2025 and end January 31st. Choose a level to challenge your current fitness level (if level is completed early, participants may move up to the next challenge level at no extra cost.). T-shirts will be awarded to all finishers.

Mini-Tri Beginner

1 mile swim (32 laps) 25 mile bike 12 mile run/walk

Mid-Tri Intermediate

3 mile swim (96 laps) 50 mile bike 26 mile run/walk

Mega-Tri Intermediate II

5 mile swim (160 laps) 100 mile bike 50 mile run/walk

Massive-Tri Advanced

7 mile swim (224 laps) 150 mile bike 75 mile run/walk

Monster-Tri Advanced

10 mile swim (320 laps) 200 mile bike 100 mile run/walk

January 1st – January 31st.....\$10.00 YMCA Members only

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 to discuss your goals and options. She will be able to match your needs with the trainer that will suit you best.

<u>IndividualSolo Training Sessions</u>	<u>Group of 2 Sharing Training Sessions</u>
30Minutes.....\$15.00 YMCA Member \$22.50 Non Member	30 Minutes.....\$25.00 YMCA Member \$37.50 Non Member
1Hour.....\$25.00 YMCA Member \$37.50 Non Member	1 Hour.....\$45.00 YMCA Member \$67.50 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
5-1 Hour Sessions.....\$100.00 YMCA Member \$150.00 Non Members	5-1 Hour Sessions.....\$175.00 YMCA Members \$262.50 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

ROAD & ADVENTURE RACES 2025

YMCA JAKE'S TRAILS RACE – LAST MAN STANDING – SATURDAY, SEPT. 13, 2025

Challenge your mental and physical toughness and be the last runner standing! Pre-registration is required! Register before September 1st and receive a t-shirt. Please contact Jena Swanson at jenafox@warrenymca.org or Chris Dolan at chris@warrenymca.org for additional information or race details. Camping/lodging information also available by contacting Jena.

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.

Cost: \$35.00



19TH ANNUAL KINZUA COUNTRY TANGO 2025-SATURDAY, AUGUST 2, 2025

BE THE ADVENTURE! Celebrating 19 years of Tango on Saturday, August 2nd 2025. 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 1st 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 11, 2025

Date: Saturday, October 11, 2025

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 1st.**

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

Cost: \$35 Early Bird registration before October 1st/ \$40 October 2nd 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 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, 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, 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 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 session:

March 22nd– April 19th

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

Days: Saturdays

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

Kayak Clinic for Adults

Allegheny Outfitters will teach adult participants the importance of knowing your kayak's features and how to launch/land solo from water's edge or dock during this 3-day clinic. Strokes will be taught such as; forward, back, draw, sweep, and reverse sweep. Class time will mainly be spent on the water (pool) learning technique, but also breaking it up with a few games to help fine-tune form. On-water training will eventually entail controlled capsizes/wet exit and re-entry for those that may want to give it a try. Please bring a water bottle to stay hydrated. All participants should dress to get wet as we will simulate the river/creek paddling experience. (Dress in clothing you would paddle in.) MAX participants = 4

March 3rd-5th, 2025

Monday thru Wednesday.....6:00 – 7:00 PM.....\$20.00 YMCA Members (3 classes)
\$30.00 Non Members (3 classes)

TrY SCUBA WITH THAD

Have you always wondered what it's like to breathe underwater? If you would like to try scuba diving, but aren't quite ready to take the plunge into a certification course, then TrY SCUBA is for you! While not a scuba certification course, TrY SCUBA is a quick and easy introduction to what it takes to explore the underwater world. To sign up for a TrY SCUBA experience, you must be at least 10 years old. No prior experience with scuba diving is necessary, but you need to be in reasonable physical health. Are you ready to TrY?? Pool attire and signed swim waiver is required. Class max = 8

Instructor: Thad Turner

Date: **TBA'd 2025**.....6:00 – 8:00 pm.....\$20.00 YMCA Members / \$30.00 Non-Members

SCUBA

Interested in becoming SCUBA certified? Please contact Dani Mumford, Aquatics Coordinator to be placed on a contact list. If we have enough interest, a certification class will be scheduled. Call 814-726-0110, ext. 1116 or email dani@warrenymca.org.

AQUATIC SPECIALITY PROGRAMS

YMCA Lifeguard Course

*****Easy, convenient 2-day course for 2025...** Obtain your YMCA Lifeguard Certification in two days!

The YMCA Lifeguard Certification Course will be held on Saturday & Sunday, March 29th/30th. **A water pre-test is required.** This will be held on Tuesday, March 11th from 6:00-7:00 pm.

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 Basic Life Support, ASHI Emergency Oxygen Administration, ASHI First Aid, YMCA Lifeguard e-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. This course is for those age 15 and older. Classes will be held from **8:00 am – 4:00 pm** on a **Saturday and Sunday**.

Financial assistance and/or payment plan is available. Please contact Dani Mumford, Aquatics Director to discuss. Email dani@warrenymca.org

Date March 29th /30th8:00 am – 4:00 pm\$180.00 YMCA Members / \$210.00 Non-Members
(Water pre-test on Tuesday, March 11th from 6:00-7:00 pm)

**Please email Dani Mumford, Aquatics Director if you wish to be placed on a contact list at dani@warrenymca.org.

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, **we've recently upgraded our swim lesson program to the YMCA Stages for Swimming.** The upgrade will enable our instructors to provide more personalized attention to all swimmers, and we've 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 6-36 months

Swim Basics:

Preschool (Ages 3-kindergarten) or 1st grade & up

Swim Strokes:

1st grade & up

Weekly Lessons

Swim Starters

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

Monday/Wednesday.....10:00 – 10:30 am
Saturday.....9:30 – 10:00 am

Swim Basics (Stages 1-3)

PRESCHOOL (3-kindergarten)

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

SCHOOL AGE (1st grade & up)

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

Swim Strokes (Stages 4-6)

SCHOOL AGE (1st grade & up)

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

Home School Swim

Champion Swim (Youth/Special Needs)

Adult Swim Instruction

Monday.....10:00 – 10:45 am
Saturday.....9:30 - 12:00 pm / Weekdays by appt.
Monday-Friday.....8:00 - 9:00 am

****See complete lesson details/costs on following pages.**

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 (Ages 6 - 35 mo's)

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

Level B: Water Exploration (Ages 6 mo's – 35 mo's)

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

Swim Basics

(Age 3-kindergarten) or (1st 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 (1st 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.....	4:30 - 5:00 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 (1st grade & up)

Monday, Wednesday.....	4:00 - 4:30 pm.....	\$17.00 YMCA Members / \$48.00 Non Members
Tuesday, Thursday.....	4:00 - 4:30 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 **(1st 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 anv combination of strokes for 150 yards

Swim Strokes – Stages 4-6 **(1st grade and up)**

SCHOOL AGE (1st grade & up)

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

TEEN & ADULT SWIM LESSONS

Adult Swim Lessons

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

Mon/Wed.....8:00 – 8:45 am.....\$20.00 YMCA Members / \$40.00 Non-Members
Tues/Thurs.....8:00 – 8:45 am.....\$20.00 YMCA Members / \$40.00 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 to schedule.

½ hour session.....\$10.00 YMCA Members / \$20.00 Non Members (per participant)
Block of 5(½ hour lessons) = \$50.00 YMCA Members / \$100.00 Non-Members
Block of 10 (½ 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

Boy Scouts Merit Badge Swim Instruction

Swim lessons designed for 10-15 year old Boy Scouts who are working on their skills to achieve their Swimming Merit Badge. **Must have a signed swim waiver on file prior to registering. Instructor: Perry O’Neill

****NOTE: Dates TBA’d**

Tue/Thurs.....5:30 - 6:15 pm.....\$20.00 YMCA Members /\$54.00 Non-Members

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.** ADA locker room is available.

Saturday.....9:30 – 12:00 pm
Weekdays.....By appointment. Contact Caroline to schedule
Cost.....FREE Members & 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 = 40

Instructors: Kathy Bimber (MWF), Pam Nasman (T/Th), Barb McCullough (M/Th)

Monday, Wednesday, Friday.....	9:00 - 10:00 am.....	\$15.00 YMCA Members \$45.00 Non Members
Tuesday, Thursday.....	9:00 - 10:00 am.....	\$12.00 YMCA Members \$40.00 Non Members
Monday, Thursday.....	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 = 25

Instructor: Barb Luce

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 = 40

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

Note:

Classes will be held Mondays for the Jan/Feb & Feb/March sessions

Classes will be held Tues/Thurs for the Mar/April & April/May sessions

Monday (Jan/Feb & Feb/Mar).....	7:00 - 7:45 pm.....	\$12.00 YMCA Members \$25.00 Non Members
Tues/Thur (Mar/Apr & Apr/May).....	5:30 - 6:15 pm.....	\$15.00 YMCA Members \$30.00 Non Members

REAXraft Drop-In Fee (If space allows at start of class).....	\$5.00 YMCA Members \$8.00 Non Members
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CHILD/YOUTH/TEEN DEVELOPMENT

VOLUNTEERS NEEDED: The YMCA depends on committed volunteers to run our successful youth sport programs. 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 1st practice. Information and assistance with obtaining clearances is always available through the YMCA and there is no cost to volunteers. Thank you!



YMCA Boys Basketball League 1st – 6th Grade

This YMCA boys' basketball league is a league where emphasis is placed on fundamentals, basic skills and simply having an enjoyable time. Players will either learn the basic skills they need or add to already existing skills by using age/skill level appropriate drills and techniques.

Season:

Grades: 1st – 6th

Practices: Begin week of January 27th. Practices are held weekday evenings at the coaches' discretion. Practices will not exceed 2 per week prior to the first game and will not exceed one practice per week after games begin.

Games: Played on Sundays during February throughout mid-March

Registration: Begins December 1, 2024 and will end on Friday, January 10, 2025. Register online from our YMCA Home Page or at the Y Front Welcome Desk.

Cost: \$40.00 YMCA Members
\$55.00 Non Members

Late Fee: \$10.00 added to cost January 11th thru January 17, 2025

Coaches Meeting: Tuesday, January 21, 2025 @ 6:00 pm

Parent Meeting: Wednesday, January 22, 2025 @ 6:30 pm

2025 Spring Indoor Mini Soccer - Boys & Girls Ages 3 – 8

The Spring Mini soccer League at the Warren County YMCA combines team play and individual skills in a fun and supportive environment. The goal of the program is for player's age 3-8 to learn the basic skills and strategies of soccer such as dribbling, passing, shooting, goal keeping and formations. All games and practices will be held inside at the YMCA. This will be a league similar to the Fall soccer program, but the number of players on a team will be modified and the playing field will be set up indoors in the YMCA gymnasium.

Volunteer coaches are needed. If you are good with kids, you'll make a great coach!

Ages: 3-8 years (Must be 3 years old before March 23, 2025)

Practices: Begin the week of March 22nd. Practices are held weekday evenings at the coaches' discretion.

Games: Played on Saturdays beginning April 19th through May 17th

Registration: Begins Saturday, February 1, 2025 and will end on Friday, March 7, 2025. (Late fee will be added for March 8th-15th registrations.)

Equipment: Shin guards and soft-soled sneakers are required.

Cost: \$30.00 YMCA Members
\$40.00 Non Members

Late Fee: \$10.00 added to cost March 8th – 15, 2025

CHILD/YOUTH/TEEN DEVELOPMENTcont'd

2025 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 the 2nd week of 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), **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.

Registration: (Online & In-house. Must register in-house to get below discounts.)

Begins Saturday, April 26, 2025 through June 30, 2025.

Sign up Saturday, April 26th and receive \$5.00 off 1st child!

Sibling Discount = \$5.00 per sibling after 1st child registers (not offered Sat. April 26th)

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

Cost:

\$30.00 members / \$40.00 non-members

Late Fee: \$10.00 added to cost July 1st – July 13, 2025

Jr. Golf

Our Junior Golf Program is aimed at building knowledge, skills and a love for the game of golf. Participants will be divided into 3 ages groups: ages 5-7, 8-10, 11-17. Younger golfers will meet for 30 minutes and ages 11+ for 45 minutes. Class will meet 1x 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 (***NOT offered during the Jan/Feb session**)

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

Ages 11 & up: \$20.00 Members / \$40.00 Non-members

Registration: Please register with our 5-week session registration dates

Contact: Email andrew@warrenymca.org with any questions.

KIDZfit – YOUTH

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 and lots of fun in an all-inclusive environment! Meets 2x per week on Tuesday and Thursday. Max enrollment = 10.

Instructors: Jen Hale / Shelley Lewis

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

KIDZfit – Outdoor Fun

KIDZfit is designed for all 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! Class will meet on Saturdays. Max enrollment = 6.

Instructors: Jen Hale & Shelley Lewis

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

CHILD/YOUTH/TEEN DEVELOPMENTcont'd

Gym Time Fun Bounce & Play

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

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

Child & Babysitting Certification Course

This course is an ASHI (American Safety & Health Institute) certified course. Registration is open to youths age 12-15. A minimum of 4 participants is needed to hold the course (maximum of 10). Class is held in program room #4 at the YMCA. Must pre-register and pay by May 1, 2025

Saturday, May 3, 2025.....8:00 am – 12:30 pm.....\$50.00 per participant

GYMNASTICS

Progressive Gymnastics (K thru age 15)

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 (Ages 3-5)

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 = 13/class. 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 for additional details.



FAMILY LIFE

Royal Family Dance

Join us for one of our most popular family events of the year! Parents bring your special Prince or Princess for a fairytale evening of music, dancing and fun! Children can dress as a favorite princess or prince, or wear their own special outfit. Enjoy a magical family evening with the Enchanted Fairytale group! Boys and girls ages 1-10 years. Deadline to register February 21, 2025.

Friday, February 28, 2025.....6:00 – 7:30 pm.....\$15.00/family - YMCA Members

Super Hero Training Academy

It's a bird, it's a plane, it's Superhero Training Academy. Dress as your favorite Super Hero. Come train with local Super Heroes and get strong, have fun and take photos with our special guest Heroes! Boys and girls ages 2-8. *Parent must attend with child. Sign up before Wednesday, March 12, 2025.

Saturday, March 22, 2025.....1:00 – 2:30 pm.....\$10.00 YMCA Child/Members
\$15.00 Non-Members

In & Under Water Easter Egg Hunt

This is an Easter Egg Hunt where participants ages 3 to 11 years will swim in the pool searching for Easter Eggs above and below the water! Kids will collect eggs in the pool and redeem them for prizes. Children of all swimming abilities are welcome. If your child wears a bubble they are required to have an adult in the water with them. All kids are open to bring their own baskets to the ONLY Easter pool party in town! Sure to be a super FUN event!

Open to YMCA Members and Non-members. Registration deadline is March 28, 2025.

Saturday, April 5, 2025.....11:30 am – 12:30 pm.....\$5.00/child YMCA Members
\$8.00/child Non Members

Healthy Kids Day – Family Day at the Warren Y

**New for 2025....KIDZ Tango will be held on this day beginning at 12:00 noon

Come to your Warren YMCA and enjoy many physical fitness activities throughout the Y. Families can learn about upcoming Summer Sport Camps, YMCA Day Camps, Summer Swim and many other YMCA sponsored programs! This day is also our Kick-off for Fall Soccer registration. Save \$5.00 per child for soccer registration this day only! Swim in our pool, play in our gym, and get your face painted and more! Pony rides and bounce house too! Come be a healthy, happy Y family.

****KIDZ Tango Fitness Adventure:** Kids ages 5-12 will compete in multiple fitness challenges throughout the Y. Events include a ½ mile run, 1 mile bike ride, 100 meter swim, orienteering (finding objects with a map), and rock climbing. Adventure begins at 12:00 noon. **Please pre-register for this FREE event!** Email andrew@warrenymca.org with questions.

Saturday, April 26, 2025.....10:00 am – 2:00 pm.....FREE – Everyone Welcome!

BIRTHDAY PARTIES

Birthday Parties at the Y

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

SATURDAYS:

- | | | |
|-------------------------------------|--------------------|----------------------------------|
| *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. |

SUNDAYS:

- | | | |
|--------------|--|--------------------------------------|
| *Swim Party: | Ages 10 & up. (Ages 9 & under must be accompanied by an adult in the water.) | Twenty-five (25) total participants. |
|--------------|--|--------------------------------------|

*Must have swim waiver on file or parent must sign before party date.

A Birthday Party Facility Usage Contract is required to be signed and submitted within 24 hours of booking party. Download the contract from our website or pickup at the Y Front Welcome Desk.

Reservations MUST be made 4 weeks in advance. **Payment in full is due at registration. A 50% refund will be issued ONLY 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, as this reservation has prevented other rental opportunities.**

Email andrew@warrenymca.org.

To schedule a party, please book online through our home page or at the Y Front Welcome Desk. First come, first serve for the available party dates listed on our website. Must book 4 weeks in advance.

Days/Time:

Saturday 2:00-4:00 pm

Sunday (POOL) 2:00-4:00 pm (Available November thru May only)

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

Payment: Payment in full is due at registration.

Ages:

Character Club and Bounce House for ages 10 & under.

Basketball/Gymnasium Play/Swim for ages 10 & up. (Pool – 9 & under must be accompanied by an adult in the water.)

Registration Reservations:

Contact: Andrew Papalia, Youth & Family Coordinator

ARTS



10th Annual Craft Show – Saturday, March 8, 2025

New thing to see and purchase! Celebrating 10 years of Craft Show success! Home-based businesses and craft vendors from all around our area will showcase their products and beautiful hand-crafted items and displays. A Chinese Auction will be held at 2:00 pm. There is always something new to experience. Come One – Come All! All proceeds from this event will benefit our **YMCA Youngsville and Family and Youth programs**.

Saturday, March 8, 2025.....9:00 – 3:00 pm.....\$1.00 Public Entry Fee

****Vendor Registration:**

Registration opens January 2, 2025

Vendors **MUST** register by March 4, 2025. Register early for reduced rate!

Vendors are asked to donate 1 item toward a Chinese Auction.

Registration form is available to download on the Y website: www.warrenymca.org

Cost until Jan. 31st: Single Space (9x8): \$25.....Double Space (16x8): \$40

Cost after Feb. 1st: Single Space (9x8): \$30.....Double Space (16x8): \$50

Note:

Tables are not provided, but are available to rent at the cost of \$10.00 per table if needed. (2 max) Limited amount. 1st come, 1st serve.

NO refunds will be issued once registered.

Table size: 6 x 2 ½ feet.

Checks may be made out to YMCA of Warren or credit cards (MasterCard, VISA, AmEx, Discover) are accepted as well.

**Please contact Jennifer Suppa at 814-726-0110, ext. 1112 or email suppa@warrenymca.org.

LIVESTRONG Annual Book Sale – Wednesday, June 4th thru Friday, June 6, 2025

*****New book collection and sale dates for 2025!***

Collecting new and used books for our Annual Livestrong at the Y Book Sale. All genres accepted, except encyclopedias and magazines! Drop off at the YMCA Front Lobby. Come back to shop during the sale. The final day of the sale is fill a bag for \$1.00! (Bag fee of \$1.00 paid at entry to sale.)

Books may be dropped off in the Y Front Lobby beginning Tuesday, May 27th thru Tuesday, June 3, 2025. The sale will be held Wednesday, June 4th thru Friday, June 6, 2025.

Book Drop Off: Begins Tuesday, May 27th and ends Tuesday, June 3, 2025

Sale Dates and Times:

Wednesday, June 4th: 9:00 am - 7:00 pm

Thursday, June 5th: 9:00 am - 7:00 pm

Friday, June 6th: 9:00 am - 5:00 pm (Fill a bag for \$1.00)

BABYSITTING/CHILD WATCH SERVICE

This is a nut free room. A staffed, 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.**

Winter/Spring 2025 Babysitting/Child Watch Hours	
Monday - Friday	7:45 am - 1:00 pm
Monday - Friday	5:00 pm - 7:30 pm
Saturday (Until May 25th)	8:00 am - 12:00 noon
Babysitting Closings:	
December 16 through December 21st (PM CLOSED)	
December 23rd through January 5th (AM/PM CLOSED)	
Friday, March 18th – Good Friday	
April 19th - Saturday	

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 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.

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.

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

Playspace Playtime Hours:

Monday-Friday: 1:00-5:00 pm

Monday-Friday: 7:30-8:30 pm

Saturday: 12:30-7:00 pm

Sunday: 12:30-4:30 pm (thru 5/18/25)

Cost:

Members: FREE Non-Members: \$5.00/child

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>This program is designed to:</p> <ul style="list-style-type: none"> *Facilitate your child's social/emotional needs through a warm and nurturing environment. *Offer opportunities to develop their cognitive, fine motor and gross motor skills. *Your child will be introduced to social experiences with peers through role play, teacher-led playing and discovery play. *Introduce/expand their self-help skills <p>Days:.....Monday-Friday</p> <p>Time:.....6:00 am – 5:00 pm</p> <p>Annual Registration fee:.....\$40.00</p> <p>Weekly Cost: Member & NM.....\$165.00</p> <p><small>*This cost includes: AM/PM snack, 1 gym class</small></p> <p>Late Payment fee.....\$20.00 Late Pick-up.....\$5.00 per minute after 5:15 pm</p> <p>Parent Provides:</p> <ul style="list-style-type: none"> *Soft Sleep Items (Nap is on Cot) *Diaper/Pull Ups *Wipes *Change of Clothing *Nut free lunch <p style="text-align: center;">REGISTRATION DATES: When openings are available</p>	<p>A traditional Preschool program for ages 3-5. This is a nine month program, running from September to May. *Must be potty-trained.</p> <p>This program provides:</p> <ul style="list-style-type: none"> *Learning environment through age appropriate activities. *Expands social/emotional peer skills. *Two swim classes and 1 gym class per week. *A curriculum which closely aligns with Warren County School District to help prepare your child for entering Kindergarten. *AM snack is provided. <p>Registration fee:..\$40.00</p> <p>3 year old class: Tues/Wed/Thurs Time: 8:30 – 11:30 am</p> <p>Cost Monthly: Member.....\$135.00 Non-Member.....\$160.00</p> <p>4 year old class: Monday thru Friday Time: 8:00 am – 12:00 pm</p> <p>Cost Monthly: Member.....\$200.00 Non-Member.....\$220.00</p> <p>Late Payment fee: \$20.00 Late Pick-up fee: \$5.00 per minute after 12:00pm</p> <p style="text-align: center;">REGISTRATION DATES: Members: March 6, 2025 Non-Mem: March 13, 2025</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. *Must be potty-trained.</p> <p>This program provides:</p> <ul style="list-style-type: none"> *Learning environment through age appropriate activities. *Expands social/emotional peer skills. *Offer a structured, fun and safe place where children can learn cooperative and leadership skills. *PM snack is provided daily. <p>Days:.....Monday-Friday</p> <p>Time:.....6:00 am – 8:30 am12:00 noon – 5:00 pm</p> <p>Registration fee:.....\$40.00</p> <p>Weekly Cost: (3 yr old Yer's Care) Member.....\$125.00 Non-Member.....\$135.00</p> <p>Weekly Cost: (4 yr old Yer's Care) Member.....\$110.00 Non-Member.....\$120.00</p> <p>Late Payment fee.....\$20.00 Late Pick-up.....\$5.00 per minute after 5:15 pm</p> <p>Parent Provides:</p> <ul style="list-style-type: none"> *Soft Sleep Items (Nap is on Cot) *Change of Clothing *Nut free lunch <p style="text-align: center;">REGISTRATION DATES: Members: March 6, 2025 Non-Mem: March 13, 2025</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>This program provides:</p> <ul style="list-style-type: none"> *Availability to participate in other YMCA activities. *A structured, fun and safe place where children can learn cooperative and leadership skills. *PM snack is provided. <p>Registration Fee:.....\$40.00</p> <p>Weekly Fees: AM Care: (6:00am – Bus P/U) Member.....\$25.00 Non-Member.....\$30.00</p> <p>PM Care: Member.....\$45.00 Non-Member.....\$55.00</p> <p>AM & PM Care: Member.....\$65.00 Non-Member.....\$70.00</p> <p>Late Payment fee.....\$20.00 Late Pick-up fee.....\$5.00 (per minute after 5:15 pm)</p> <p>2-Hour Delay Member.....\$20.00 Non-Member.....\$30.00</p> <p style="text-align: center;">NSD/Cancelled School: (7:30 am – 4:30 pm) Member.....\$45.00 Non-Member.....\$60.00</p> <p>Before/After (NSD) 6:00-7:30 am / 4:30-5:00 pm Member.....\$12.00 Non-Member.....\$20.00 **MUST pre-register for NO School Days and be enrolled in Childcare.</p> <p>**MUST bring a nut-free lunch for NSD & Cancelled school.</p> <p style="text-align: center;">REGISTRATION DATES: TBA'd when openings available</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.

*****Based on our Warren County YMCA Building Policy:
IF A CHILD IS UNDER THE AGE OF 10 THEY MUST BE REGISTERED FOR THE APPROPRIATE AGE
PROGRAMS LISTED OR THEY WILL NOT BE PERMITTED IN THE BUILDING WITHOUT A
RESPONSIBLE ADULT/GUARDIAN.*****

**Warren YMCA
School Age Childcare (SAC) for 2024-2025**
*This group will focus on children entering **K to Age 10***

Non-Refundable/Non-Transferable Registration Fee:\$40.00 Members & Non-members

<u>Weekly Time:</u>	<u>Member Fee:</u>	<u>Non-Member Fee:</u>
AM / PM Care (6:00-8:00 AM / 3:00-5:00 PM)	\$65.00 / week	\$70.00 / week
PM Only Care (3:00-5:00 PM)	\$45.00 / week	\$55.00 / week
AM Only Care (6:00-8:00 AM)	\$25.00 / week	\$30.00 / week
2 Hour Delay* (6:00-10:00 AM)	\$20.00 / day	\$30.00 / day
NSD/School Cancellation**	\$45.00 / day	\$60.00 / day
B/A NSD (6-7:30 am / 4:30-5:30 pm)	\$12.00 / day	\$20.00 / day

Bus transportation by WCSD to the school is ONLY available to those enrolled in SAC AM or AM/PM Care

****Must have all required paperwork completed/filed per PA DHS regulations****

NSD schedule follows WCSD cancellation schedule. NSD Care is only offered on days WCSD is closed.

Contact Harmonie Kibbey email:harmonie@warrenymca.org

Summer Camp 2025...
**Details will be available in our 2025 Summer Program Guide
and online at www.warrenymca.org**

