




WINTER/SPRING 2024

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 social responsibility.

Session Dates:
January 2 - February 3, 2024
February 5 - March 9, 2024
March 11 - April 13, 2024
April 15 - May 18, 2024

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 2024

Registration Dates

5 Week Session Dates

December 6th (Members Only).....January 2 – February 3, 2024
December 11th (Open Enrollment)
*December 4th – EARLY REGISTRATION (8:00 am – 4:00 pm) for members currently enrolled in Progressive Swim, Progressive Gymnastics)

January 24th (Members Only).....February 5 – March 9, 2024
January 29th (Open Enrollment)
*January 22nd – EARLY REGISTRATION (8:00 am – 4:00 pm) for members currently enrolled in Progressive Swim, Progressive Gymnastics)

February 28th (Members Only).....March 11 – April 13, 2024
March 4th (Open Enrollment)
*February 26th – EARLY REGISTRATION (8:00 am – 4:00 pm) for members currently enrolled in Progressive Swim, Progressive Gymnastics)

April 3rd (Members Only).....April 15 – May 18, 2024
April 8th (Open Enrollment)
*April 1st – 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 18th)
Sunday12:30 pm – 5:00 pm* (Until May 19th)

****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 is no Front Door or locker room services. *Members utilizing the "Y" After Hours will enter and exit the facility on the west side entrance. Please have membership card available to present to staff attendant on duty at West Entrance. Day passes are not available during "Y" After Hours. *This is a YMCA Member service only. Must be 16 years and older. (Age 13-15 may attend with parent/guardian.)

"Y" After Hours services available:

Precor Fitness Room / Functional Fitness Room Upstairs

Weight Room

West Gymnasium

Indoor Track

Racquetball Courts

***No locker room service available.**

Building Closings:

Good Friday

Palm Sunday

Easter Sunday

Memorial Day

Fourth of July

Labor Day

Thanksgiving

Christmas Eve/Day

New Year's Eve (Close at 1:00 pm)

New Year's Day

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. 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 before they can be scheduled.** Any outstanding medical issues are subject to a physician's approval before an exercise program can be started. Shirts and athletic attire are strongly recommended. NO ONE UNDER THE AGE OF 13 IS PERMITTED TO ENTER THE FITNESS ROOM AT ANY TIME. A refresher of equipment usage may be scheduled if necessary. Contact our wellness department to schedule. **You must sign up for cardio equipment before using. As a courtesy to all members, please wipe down each machine after use.**

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 POLICIES cont'd.

Functional Fitness Room:

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

Outdoor Workout Locker:

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

Indoor Walking Track

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

Racquetball Courts (2)

Maximum reservation is two (2) time slots per day per person. You may reserve up to one (1) week ahead of time. Reserved courts are considered available after 15 minutes if the person reserving the court fails to show up at the designated time. Wearing protective eyewear is strongly recommended. All courts will run on hour time slots, beginning at the top of each hour. 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 sign waiver. See front desk welcome center for climbing wall hours.

Group Exercise Studio

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

Outdoor Playground

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

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

Community Free Days

First Saturday of each month is Community Free Day at Warren, Sheffield and Youngsville locations.

This is a time for everyone in the community to come and use the Y for free. You do not have to be a member to participate in Community Free Days. You must sign in at the Welcome Center.

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, Greg Austin, Drew Murphy, Steve Crissey, Megan Willey, Lilly Suppa

Board of Trustees:

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

Staff:

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

SHEFFIELD/YOUNGSVILLE FACILITIES

| Youngsville YMCA 80 Island Park Youngsville, Pa. | Sheffield YMCA 407 S. Main Street Sheffield, Pa. |
|---|---|
| <p>HOURS Monday through Friday: 5:00 am to 7:00 pm</p> <p>Saturday: 8:00 am to 1:00 pm</p> <p>MEMBERSHIP RATES see page 6 DAY PASS: \$5.00 Adult / \$3.00 Youth (ages 12-17)</p> <p>EQUIPMENT AVAILABLE:</p> <p>CARDIO</p> <ul style="list-style-type: none"> • Treadmills • 2 elliptical machines • 7 group cycle bikes • 2 Recumbent bikes <p>FREE WEIGHTS</p> <ul style="list-style-type: none"> • Squat rack • Plates • Dumbbells • Pull-up/Dip assist machine • Cable Cross over machine • Smith machine • Olympic bars, curl bar • Flat, incline & decline benches <p>EQUIPMENT</p> <ul style="list-style-type: none"> • Yoga ball • Body bars • Dumbbells • Kettlebells • TRX Training • Medicine balls <p>Youth Equipment</p> <ul style="list-style-type: none"> • Basketballs, Soccer Balls • Hula Hoops • Sidewalk Chalk • Oversized game boards • Corn Hole <p>FITNESS/CYCLE CLASSES AVAILABLE – See our website for more information.</p> | <p>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</p> <p>Saturday: 8:00 am to 1:00 pm</p> <p>MEMBERSHIP RATES see page 6 DAY PASS: \$5.00 Adult / \$3.00 Youth (ages 12-17)</p> <p>EQUIPMENT AVAILABLE:</p> <p>CARDIO</p> <ul style="list-style-type: none"> • 3 Treadmills • 3 Elliptical machines • 2 Recumbent bikes • 2 AMT machines <p>FREE WEIGHTS</p> <ul style="list-style-type: none"> • 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 <p>EQUIPMENT</p> <ul style="list-style-type: none"> • Resistance bands • Dumbbells • Kettlebells • TRX Training • Jump ropes • BOSU balance trainer • Medicine balls • Foam rollers <p>PICKLEBALL COURT Equipment available for 4 players</p> <p>1/2 GYMNASIUM AVAILABLE</p> <p>Firefly Fitness Class and Fitness Classes: See our website for more info.</p> |

MEMBERSHIP

2024 Membership Rates

2024 Membership Rates

Annual

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

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 2025.

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

Want to try our Y for a day?
Our YMCA Staff would be happy to provide a tour and a 1 day free pass!

Call our Membership Department to schedule.

Y-Draft Monthly

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

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

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

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

Health Center Memberships

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

Health Center Annual

| | |
|-------------------------------------|------------|
| Family*1 Health Center | \$1,134.00 |
| Family*2 Health Center | \$1,320.00 |
| Single Parent Family* Health Center | \$972.00 |
| Adult (Ages 18-61)Health Center | \$936.00 |
| Senior Citizen (Ages 62+) | \$780.00 |
| Sr. Citz. Couple 1 Health Center | \$858.00 |
| Sr. Citz. Couple 2 Health Center | \$1044.00 |

| | |
|--|----------|
| Silver Sneakers®/Silver&Fit/Active&Fit/RenewActive | \$342.00 |
|--|----------|

Health Center Y-Draft Monthly \$75 Join Fee Required

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

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

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

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

MEMBERSHIP cont'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 2024 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)..... | \$ 3.00 |
| Adult (18 and older) | \$ 5.00 |

Conditions of Membership:

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

Guest Passes

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

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.

AETNA Better Health of Pennsylvania

At no cost to you, Aetna Better Health of Pennsylvania will pay for a yearly fitness membership for you, an active Aetna Better Health Insurance holder, and your covered dependents at our participating YMCA location. To ensure membership for a year, Aetna Better Health requires specific visits within a specific period of time once membership is activated. For further information, please contact YMCA's Aetna Better Health of Pennsylvania Membership Advisor, Jennifer Suppa at (814) 726-0110, ext. 1112.

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.**

L I V E S T R O N G

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

Winter 2024 Session Dates:

| | |
|--|--|
| Jan. 2nd – Feb. 3rd | (Register Dec. 6th) |
| Feb. 5th – Mar. 9th | (Register Jan. 24th) |
| Mar. 11th – Apr. 13th | (Register Feb. 28th) |
| Apr. 15th – May 18th | (Register Apr. 3rd) |

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.

ADULT/TEEN HEALTH & FITNESS

Winter/Spring Sessions 2024:

Jan. 2nd – Feb. 3rd
Feb. 5th – Mar. 9th
Mar. 11th – Apr. 13th
Apr. 15th – May 18th

WEEKLY GROUP FITNESS CLASSES

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|
| | | 6:30– 7:30 am Morning Strength Training – Weight room Instructor: Coach K | | |
| 8:30– 9:30 am Les Mills Body Pump® Instructors: Chris | | 8:30 – 9:30 am Les Mills Body Pump® Instructors: Chris | 9:00 – 10:00 am Golf Fitness Instructor: K. Hughes <small>*Held Tuesdays for Feb/Mar session* 7:30-8:30 am</small> | 8:30 – 9:30 am Les Mills Body Pump® Instructors: Chris |
| | 9:00 – 9:45 am Yoga Instructor: Hannah | 8:30 – 9:15 am Cardio Percussion *Sheffield YMCA Instructor: Jen G. | 9:00 – 9:45 am Yoga Instructor: Sandy | 8:30 – 9:15 am Cardio Percussion *Sheffield YMCA Instructor: JenG |
| 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 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 am OR 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 | | 12:00 – 1:00 pm SilverSneakers Fitness Program® Instructor: Jena | |
| | 12:15 – 1:00 pm Cardio Percussion Instructor: Rachel | | 12:15 – 1:00 pm Cardio Percussion Instructor: Rachel | |
| 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 |
| | 4:00 – 5:00 pm Weight Room for Teens Instructor: Bryce | | 4:00 – 5:00 pm Weight Room for Teens Instructor: Bryce | |
| 5:00 – 6:00 pm Cycle & Functional Fitness Instructor: Jena | 5:30– 6:30 pm Les Mills Body Pump® Instructor: JoAnn | 5:00 – 6:00 pm Cycle & Functional Fitness Instructor: Jena | 5:30– 6:30 pm Les Mills Body Pump® Instructor: JoAnn | SATURDAY: Outdoor Kidzfit 1:00-1:30 pm |
| 6:00 – 6:45 pm Cardio Percussion *Sheffield YMCA Instructor: Wendy | 5:30 – 6:15 pm KIDZfit Instructor: Jen Hale/Shelley Lewis | 6:00 – 6:45 pm Cardio Percussion *Sheffield YMCA Instructor: Wendy | 5:30 – 6:15 pm KIDZfit Instructor: Jen Hale/Shelley Lewis | |
| 7:00 – 7:45 pm REAXraft (Pool) Instructor: Jill | 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! |

*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

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 outdoors at the new Functional Fitness Box or in the West gym. 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.....\$15.00 YMCA Members
\$50.00 Non Members

Bouncing for Fitness

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

Held in Lower Level Fitness 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 (AM), Wendy Gauld, (PM),

| | |
|---|---|
| Monday, Wednesday (Sheffield).....6:00 - 6:45 pm..... | \$15.00 YMCA Members \$50.00 Non Members |
| Wednesday, Friday (Sheffield).....8:30 - 9:15 am..... | \$15.00 YMCA Members \$50.00 Non Members |
| Tuesday, Thursday (Warren).....12:15 - 1:00 pm..... | \$15.00 YMCA Members \$50.00 Non Members |

Cycle & Functional Fitness

Combination class includes 30 minutes of cycling followed by 30 minutes in our Functional Fitness Room. Cardio and strength all in 1 great workout. (If space permits, walk-ins permitted for cycle only portion with cycle punch card. Cycle 5:00-5:30 pm)

Instructor: Jena Swanson

| | |
|---|---|
| Monday, Wednesday.....5:00 – 6:00 pm..... | \$16.00 YMCA Members \$52.00 Non Members |
|---|---|

Golf Fitness

Improve your mobility, flexibility, strength and power needed for the golf game. Class is held in the Group Exercise Studio 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

Instructor: K. Hughes

| | |
|---|--|
| Thursday.....9:00 – 10:00 am..... | \$40.00 YMCA Members / \$60.00 Non-Members |
| **Tuesday (Feb/March Session) 7:30 – 8:30 am | |

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

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.

It is encouraged that participants register for the 5-week session of class to reserve their spot. Walk-in Body Pump punch card attendance will be permitted if space allows after registered participants have secured their Body Pump equipment.

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

Instructor: Chris Dolan MWF / JoAnn Hepfner TTH

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

Tues, Thurs.....5:30 – 6:30 am (JoAnn).....\$16.00 YMCA Members/\$52.0 Non-Members

Les Mills Body Pump® Punch Card

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

\$16.00 YMCA Members

\$52.00 Non Members

Mommy & 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)

Morning Strength Training – Weight Room Workout

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

***NO Class Feb. 28th and May 15th. Cost prorated.**

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

Wednesday.....6:30 – 7:30 am.....\$15.00 YMCA Members
\$40.00 Non-Members

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

Monday.....7:00 - 7:45 pm.....\$12.00 YMCA Members
\$25.00 Non Members
REAXraft Drop-In Fee (If space allows at start of class).....\$5.00 YMCA Members
\$8.00 Non Members

SilverSneakers® Classic Fitness & Stretch

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

Instructor: Jena Swanson

Tuesday, Thursday.....12:00 - 1:00 pm.....Free - YMCA Members
\$10.00 Non Members

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: Bryce Glotz, 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. Price listed is per class

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

Instructor: Hannah Pearson (Tues), Sandy Rothenberg (Thur.)

| | | |
|--------------|---------------------|----------------------|
| Tuesday..... | 9:00 - 9:45 am..... | \$14.00 YMCA Members |
| | | \$45.00 Non Members |

| | | |
|--|---------------------|----------------------|
| Thursday...(Begins Mar/April session)..... | 9:00 - 9:45 am..... | \$14.00 YMCA Members |
| | | \$45.00 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 6th and end Friday, January 5, 2024. League play will begin Monday, January 15, 2024.

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 |
|---------|-----------------|---|

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 Sunday, January 1, 2023 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>Individual Solo Training Sessions</u> | <u>Group of 2 Sharing Training Sessions</u> | <u>Group of 3 Sharing Training Sessions</u> |
|--|--|--|
| 30 Minutes.....\$15.00 YMCA Member \$22.50 Non Member | 30 Minutes.....\$25.00 YMCA Member \$37.50 Non Member | 30 Minutes.....\$30.00 YMCA Member \$45.00 Non Member |
| 1 Hour.....\$25.00 YMCA Member \$37.50 Non Member | 1 Hour.....\$45.00 YMCA Member \$67.50 Non Member | 1 Hour.....\$60.00 YMCA Member \$90.00 Non Member |
| 3–1 Hour sessions.....\$60.00 YMCA Member \$90.00 Non Members | 3–1 Hour sessions.....\$105.00 YMCA Member \$157.50 Non Members | 3–1 Hour sessions.....\$135.00 YMCA Member \$202.50 Non Members |
| 5–1 Hour Sessions.....\$100.00 YMCA Members \$150.00 Non Members | 5–1 Hour Sessions.....\$175.00 YMCA Members \$262.50 Non Members | 5–1 Hour Sessions.....\$225.00 YMCA Members \$337.50 Non Members |
| 10–1 Hour Sessions.....\$200.00 YMCA Members \$300.00 Non Members | 10–1 Hour Sessions.....\$350.00 YMCA Members \$525.00 Non Members | 10–1 Hour Sessions.....\$450.00 YMCA Members \$675.00 Non Members |

ROAD & ADVENTURE RACES 2024

YMCA JAKE'S TRAILS TRIPLE RACE SERIES

Two crazy races to challenge your mental and physical toughness! Register for 1 or both in the series! Pre-registration is required! Each racer will receive a t-shirt (different shirt for each race) and finisher medal. 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.

1. King of the Hills - Saturday, May 18, 2024

To all the trail runners out there with a few screws loose, we have a race for you! The distance is short but the intensity is through the roof! Three hills totaling around 5.5 miles will challenge your physical and mental toughness. You must climb all three hills in any order, so it's up to you to decide how to attack this challenge. Blast up the steepest hill, Blacksnake (0.6 miles), catch your breath on the long gradual climb of Deerfoot (1.3 miles), then finish off the day with Devil's Drop (0.9 miles), or pick a different order...you choose! But once you start, the clock runs until you have finished the third hill. You must check in at the top and bottom of each climb. Waves of runners will be taking off starting at 7:00 am and going every half hour. Since parking is limited, there will be shuttle providing transport from the Kinzua Beach to Devil's Elbow starting area.

Start: 7:00 am and every half hour until all registered racers start

Location: Devil's Elbow, Kinzua Recreation Area

Parking: Kinzua Beach

Cost: \$35.00

Registration: *Online:* Registration is available online from our Home page at www.warrenymca.org

2. Last Man Standing - Saturday, September 21, 2024

There can be only one winner. Everyone will start at the same time, every hour. The goal is to make it all the way around the 4.1 mile Tuttletown-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. After the first 5 loops there is a TWIST...starting with the 12:00pm loop, the last person back will be eliminated, even if it is within the hour. This will continue until there is only 1 racer left, who will be crowned the WINNER! The Tuttletown-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 from our Home page at www.warrenymca.org.

Cost: \$35.00



18TH ANNUAL KINZUA COUNTRY TANGO 2024 - SATURDAY, AUGUST 3, 2024

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

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

***Pre-race:** The pre-race events will be held Friday, August 4th 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 12, 2024

JOIN US FOR OUR 26TH RUNNING OF THE SUPERKWIK HALF MARATHON!

Date: Saturday, October 12, 2024

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

Bus Transport: Will leave the YMCA at 8:15 am to transport runner to Kinzua Beach. ***Seat must be reserved before October 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 16th– April 13th

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

Off Season Swim Team Practice

YMCA Swim Coach, Sabrina Johnson will hold a 5-week session of Competitive Swimming Training. Emphasis will be on stroke techniques. Included will be work on starts and turns. This is a great opportunity for swimmers to continue conditioning, learn skills and for those interested in joining the Dolphin Swim Team but unsure of what it's all about! Must have achieved Level 4 Swim Strokes. Ages 10 thru High School. Swim waiver required.

Practices will be as follows:

Tuesday: Free/turns

Thursday: Stroke/starts

League will run with the 5-week Apr/May Session: (Please register during session sign-up dates)

April 16th – May 16th

Tuesday/Thursday.....5:30 – 6:30 PM.....\$20.00 YMCA Members (5-week session)
\$40.00 Non Members (5-week session)

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: Thurs. April 11, 2024.....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 2024...** Obtain your YMCA Lifeguard Certification in two days!

The YMCA Lifeguard Certification Course will be held on Saturday & Sunday, April 13th/14th. **A water pre-test is required.** This will be held on Tuesday, March 26th 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 16 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 April 13th/14th8:00 am – 4:00 pm\$180.00 YMCA Members / \$210.00 Non-Members
(Water pre-test on Tuesday, March 26th 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.....5:00 - 5:30 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.....4:30 - 5:00 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
Monday.....7:00-8:00 pm

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

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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..... | 5:00 - 5:30 pm..... | \$17.00 YMCA Members / \$48.00 Non Members |
| Friday..... | 5:30 - 6:00 pm..... | \$14.00 YMCA Members / \$42.00 Non Members |
| Saturday..... | 8:30 - 9:00 am..... | \$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..... | 4:30 - 5:00 pm..... | \$17.00 YMCA Members / \$48.00 Non Members |
| Friday..... | 5:00 - 5:30 pm..... | \$14.00 YMCA Members / \$42.00 Non Members |
| Saturday..... | 9:00 - 9:30 am..... | \$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 turn
- Breast stroke for 50 yards and do an open swim
- Butterfly for 25 yards / Back crawl for 25 yards
- Sidestroke or elementary backstroke for 50 yards
- Dive from a standing position
- Tread water for one minute and retrieve an object from the bottom of the pool
- Swim any combination of strokes for 150 yards

Swim Strokes – Stages 4-6 **(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
Mon.....7:00 – 8:00 pm.....\$16.00 YMCA Members / \$32.00 Non-Members

Private Swim Lessons

Private Swim Lessons Looking for one-on-one swim instruction with our trained swim instructors? Private lessons are available for children and adults. Purchase punch cards for one 1/2 hour lesson, a block of 5 or 10 half-hour lessons at a time. Lessons must be set up in advance through Dani Mumford, Aquatics Director. Contact Dani at dani@warrenymca.org to schedule. *No refunds once purchased.

½ hour session.....\$10.00 YMCA Members / \$20.00 Non Members
Block of 5=\$50.00 YMCA Members / \$100.00 Non-Members
Block of 10=\$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. **Held with the Mar/Apr 5-week session.** **Must have a signed swim waiver on file prior to registering. Instructor: Alex Watkins.

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 = 25

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 |
|--------------------------------|----------------------|---|

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 – 25

Instructor: Kathy Bimber

| | | |
|------------------------|---------------------|---|
| Monday, Wednesday..... | 1:00 - 1:45 pm..... | \$11.00 YMCA Members \$30.00 Non Members |
|------------------------|---------------------|---|

REAXraft Aqua Fitness Classes

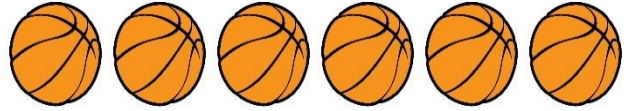
REAX rafting in the pool combines popular land formats like HIIT, Yoga and Functional Fitness moves with the instability of the water to provide an efficient and FUN workout! Class size limited to 8. Pre-register for 5-week session during registration dates.

Instructor: Jill Hunter

| | | |
|---|---------------------|---|
| Monday..... | 7:00 - 7:45 pm..... | \$12.00 YMCA Members \$25.00 Non Members |
| REAXraft Drop-In Fee (If space allows at start of class)..... | | \$5.00 YMCA Members \$8.00 Non Members |

CHILD/YOUTH/TEEN DEVELOPMENT

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 29th. 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 Saturdays during February throughout mid-March

Registration: Begins Friday, December 1, 2023 and will end on Friday, January 12, 2024. Register online from our YMCA Home Page or at the Y Front Welcome Desk.

Cost: \$35.00 YMCA Members
\$50.00 Non Members

Late Fee: \$10.00 added to cost January 13th thru January 20, 2024

Coaches Meeting: Tuesday, January 23, 2024 @ 6:00 pm

2024 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 25, 2024)

Practices: Begin the week of March 25th. Practices are held weekday evenings at the coaches' discretion.

Games: Played on Saturdays beginning April 20th through May 18th

Registration: Begins Thursday, February 1, 2024 and will end on Friday, March 8, 2024.
(Late fee will be added for March 9th-16th registrations.)

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

Cost: \$25.00 YMCA Members
\$35.00 Non Members

Late Fee: \$10.00 added to cost March 9th – 16, 2024

CHILD/YOUTH/TEEN DEVELOPMENT cont'd

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

Any child that is **age 3 through 14** as of August 31st is eligible to play. Practices are weekday evenings beginning around 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 27, 2024 through June 30, 2024.

Sign up Saturday, April 27th and receive \$5.00 off 1st child!

Sibling Discount = \$5.00 per sibling after 1st child registers (not offered Sat. April 27th)

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, 2024

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

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 DEVELOPMENT cont'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 10, 2024

Saturday, May 18, 2024.....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 16, 2024.

Friday, February 23, 2024.....6:00 – 7:30 pm.....\$15.00/family - YMCA Members

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. Please pre-register for this FREE event! Email andrew@warrenymca.org with questions.

Saturday, March 2, 2024.....12:00.....FREE Members & Non-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 15, 2024.

Saturday, March 23, 2024.....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 20, 2024.

Saturday, March 23, 2024.....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

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.

Saturday, April 27, 2024.....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

CRAFT SHOW



9th Annual Craft Show – Saturday, March 9th

New thing to see and purchase! Celebrating our 7th year 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 9, 2024.....9:00 – 3:00 pm.....\$1.00 Public Entry Fee

****Vendor Registration:**

Registration open January 9, 2024

Vendors **MUST** register by March 4, 2024. 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.

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.**

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 2024 Babysitting/Child Watch Hours | |
|---|----------------------|
| Monday - Friday | 7:45 am - 1:00 pm |
| Monday - Friday | 5:00 pm - 7:30 pm |
| Saturday (Until May 18th) | 8:00 am - 12:00 noon |
| Babysitting Closings: | |
| December 16 through January 1, 2024 (PM ONLY CLOSED) | |
| Friday, March 29th – Good Friday | |
| March 30th - 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.

****NEW** - PLAYSPACE PLAYTIME for EVERYONE!**

Children ages 2-10 years can enjoy fun and exercise in the Character Club playroom with our new Playspace Playtime!

Non-members may pay a fee of \$5.00/child to utilize the Character Club play area for 1 hour during the advertised open play times. Member children are free! Register at the Front Welcome Center. Appropriate colored wristbands will be issued to indicate usage allowance.

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

Playspace Playtime Hours:

Monday-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 5/19/24)

Cost:

Members: FREE

Non-Members: \$5.00/child

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

Y EARLY LEARNING CENTER CARE

| <u>PreK1 Program</u> | <u>Preschool</u> | <u>Yer's Care</u> | <u>School Age Care</u> |
|--|---|---|--|
| <p>For toddlers age 24-36 months. This is a year round program. Class size is limited.</p> <p>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>*This cost includes: AM/PM snack, 1 gym class</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>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 12:00 pm</p> <p>REGISTRATION DATES: April</p> | <p>This care program is for ages 3-5 who are enrolled in our Preschool program. This is a nine month program, running from September to May in conjunction with our Preschool. *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>REGISTRATION DATES: April</p> | <p>Children currently enrolled in <u>Kindergarten through 4th grade</u> are offered care before and after school along with No School Days, cancellation of school days and 2-hour Delays.</p> <p>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>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>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 2023-2024
*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 2024...
Details will be available in our 2024 Summer Program Guide
and online at www.warrenymca.org

