The YMCA is a cause-driven organization that is for youth development, for healthy living and for social responsibility.

Youth Development

Nurturing the potential of every child and teen:

- The Y offers a wide variety of recreational and sports programs for children of all ages
- The Y-Tot program has been helping children have the basic skills for kindergarten for nearly 40 years
- The core values of Caring, Honesty, Respect, and Responsibility are taught in all Y programs

Healthy Living

Improving the nation’s health and well-being:

- The Y’s Group Exercise classes are enjoyed by adults of all ages and fitness levels
- Over 300 YMCA members ages 12 and up use the Y’s Fitness Center as part of a healthy lifestyle
- The YMCA offers a wide range of programs geared towards Active Older Adults

Social Responsibility

Giving back and supporting our neighbors:

- Last year over 225 people volunteered for the Y, coaching teams, serving on committees, and helping with special events
- The Y’s Make-A-Difference Club, a program that teaches middle school students the importance of public services has been helping local organizations for 5 years
- The YMCA provides support to other charitable organizations: American Cancer Society, the Boy Scouts of America, the Girl Scouts, and local schools both public and private.
- For 125 years the Y has been proud to say that no one is denied access because of financial reasons. In 2017 the Y subsidized over $120,000 in programs and membership services.
The YMCA is open to all persons, regardless of age, sex, race, religion, income or ability. Financial aid is available. There will be no service charge on monthly bank/charge draft payments. The YMCA is not responsible for personal belongings that are left in lockers. The YMCA reserves the right to cancel any class/program that does not meet enrollment requirements. There will be a $15.00 charge on all returned checks and insufficient bank drafts.

MEMBERSHIP RATES

<table>
<thead>
<tr>
<th>MEMBERSHIP TYPE</th>
<th>ANNUAL FEE</th>
<th>BANK/CHARGE DRAFT</th>
</tr>
</thead>
<tbody>
<tr>
<td>YOUTH (18 &amp; under—if 18, must be student)</td>
<td>$186.00</td>
<td>$15.50</td>
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<tr>
<td>YOUNG ADULT (18-25 years)</td>
<td>$324.00</td>
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<td>ADULT (26 &amp; over)</td>
<td>$468.00</td>
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<tr>
<td>SINGLE PARENT FAMILY (Widowed or Divorced)</td>
<td>$570.00</td>
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<td>FAMILY</td>
<td>$702.00</td>
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<tr>
<td>SENIOR CITIZEN (62 and older)</td>
<td>$432.00</td>
<td>$36.00</td>
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<tr>
<td>SENIOR CITIZEN FAMILY (Both 62 &amp; older)</td>
<td>$573.00</td>
<td>$47.75</td>
</tr>
</tbody>
</table>

There will be a $50 joiner fee due at time of sign-up for all memberships except youth & young adults. For Bank/Charge Draft users, there will also be a pro-rated payment due.

MEMBERSHIP POLICY

The YMCA is open to all persons, regardless of age, sex, race, religion, income or ability. Financial aid is available. There will be no service charge on monthly bank/charge draft payments. The YMCA is not responsible for personal belongings that are left in lockers. The YMCA reserves the right to cancel any class/program that does not meet enrollment requirements. There will be a $15.00 charge on all returned checks and insufficient bank drafts.

HOLIDAY CLOSINGS

- September 3: Labor Day
- November 22: Thanksgiving Day
- December 24: Christmas Eve (3 pm)
- December 25: Christmas Day
- December 31: New Year’s Eve (5 pm)
- January 1, 2019: New Year’s Day

REFUND POLICY

Membership & program fees are non refundable. If the YMCA cancels a program, credits or refunds will be issued in full. If a participant cancels enrollment in a program prior to its start, the YMCA will issue a credit only, minus a 25% processing fee. In case of medical emergencies, a refund will be issued for the remaining classes. A doctor’s note must be presented to receive the refund.

YMCA and the UNITED WAY

As members of the YMCA, you should know that we are one of the Westmoreland County United Way members. As such, we have seen and experienced the benefits of joining with 89 other agencies in one community appeal. We urge you to continue to support all of us through your generous contributions to the Community Solutions Fund. However, if you decide to designate, please consider channeling part of your gift to the Regional Family YMCA. Thank you!

Our Code Number is 463

Through the United Way and your assistance, we are able to make this YMCA the best it can be and help serve this community and our membership to our fullest potential.

Mission Statement “To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.”
YOUR YMCA MEMBERSHIP INCLUDES:

- State of the art fitness center.
- Complete free weight area.
- Full Court gymnasium.
- Fully equipped locker rooms.
- 1/3 mile outdoor track.
- Soccer and softball fields.
- Personal trainers on staff.
  (Free initial assessment, personal exercise program & equipment orientation.)
- Free Group Exercise classes
- Handicap accessible.
- Outdoor children’s play area.
- Childwatch (Times and fees on page 5).
- Member discounts on most programs.

RENTAL AREAS:

For your convenience, the Regional Family YMCA offers the following facilities for you, your family and the community:

**MEETING ROOM**
- $25 per hour
- TV/VCR/DVD Available.

**OUTSIDE PAVILION**
- $120.00 Monday – Friday
- $150.00 Saturday–Sunday
- Restrooms and kitchen available.
- Volleyball Net, Horse Shoe Pits & Bocce Courts also available.

**GYMNASIUM**
- Full Court
  - $75 per hour
  (can be divided into two areas)
- Half Court
  - $50 per hour.

For reservations and more information call 724-547-9622
**CHILD WATCH**

Child watch is available for children of Regional Family YMCA members who are using YMCA facilities. Our child watch area is equipped with numerous toys, books and activities. The fee is $1.50 per hour, per child, with a one-hour minimum. Children must be 2 months of age to 10 years old to be cared for in our child watch area. Parent information sheet available from child watch staff.

**Monday through Friday**  8:45-11:45 am  
**Monday through Thursday**  5:00-7:30 pm  
**Saturday**  9:00-11:45 am

**LITTLE TOTS PLAY DAY**

Little Tots is a special program designed for 2 year olds. The experience in this class will give your child the opportunity to make new friends and will provide cultural, social, and recreational activities that will enhance their learning experiences and acquaint the very young child with the primary skills of interacting with other children their age. Program includes storytelling, music, group activities, simple crafts, and time for free play. Enrollment is limited and requires a $25.00 registration fee.

Held at the YMCA  
Tuesday & Thursday  
9:30 a.m. until 11:30 a.m.  
Or  
12:00 p.m. until 2:00 p.m.

**Y-TOTS**

Y-Tots is a structured, educational preschool program which provides children with positive learning experiences through fun, hands-on activities and a curriculum which prepares them for Kindergarten. Our curriculum includes early literacy experiences, number and math concepts, music, movement and art as well as social skills and character development. While common goals are stressed, individual goals will be developed based on the strengths and needs of your child. Our goal is to make learning fun!

Classes are offered on Monday, Wednesday and Friday for Pre-Kindergarten children; and on Tuesday and Thursday for 3 & 4 year olds. Schools are located at the YMCA and in Scottdale. Class enrollment is limited and a registration fee of $25 is required. Monthly tuition varies by class.

**BEFORE & AFTER SCHOOL PROGRAM**

The YMCA Before and After School Programs are located in the Southmoreland Elementary School in Scottdale and in the Norvelt Elementary School. The program is designed for students attending Southmoreland School District in grades K-5 and students attending Norvelt in grades K-6. The Before and After School Programs are state licensed and include structured games & activities, creative arts & sports as well as time for free play and homework.

The Before and After School Programs are offered Monday-Friday from 6:30 am to 8:30 am and 3:30 pm to 6:00 pm. The programs extend care during snow delays and early dismissals.

There is a $25.00 registration fee and an orientation is required prior to each child’s start date. CCIS funding is available for families who qualify.
Y ROOKIES (Ages: 3–4–5) *Instructor: Dan Boring*

Learn the basics of the game and have fun at the same time. All participants will have one class weekly. Class size is limited to 10 participants per class.

**Soccer**

**Class Times:**
Tuesdays: 5:00 - 5:45 pm

Sept 4th - Oct 9th
Registration thru Sept 1, 2018

**Fee:**
$36.00 - Member
$48.00 - Potential Member

**Basketball**

**Class Times:**
Tuesdays 5:00-5:45 pm

October 16 - November 20
Register thru October 13th, 2018

**Fee:**
$36.00 - Member
$48.00 - Potential Member

Y WINNERS (Ages: 6–7–8) *Instructor: Dan Boring*

YMCA Y-Winners Program provides a solid foundation for character development, personal fulfillment, teamwork, and fair play; values intended to last a lifetime. Y-Winners is a great program to start or to increase your basic skill development. Your children will learn basic skills, refine the skills they already possess, and learn rules and positions.

**Soccer**

**Class Times:**
Tuesdays: 6:00 - 7:00 pm

September 4th - October 9th
Registration thru September 1, 2018

**Fee:**
$36.00 - Member
$48.00 - Potential Member

**Basketball**

**Class Times:**
Tuesdays: 6:00 - 7:00 pm

October 16th - November 20th
Registration thru October 13th, 2018

**Fee:**
$36.00 - Member
$48.00 - Potential Member

Both programs have limited availability – Please register early!

For more info contact Erica Davis, Program Director at Erica.davis@ymcalh.org
INDOOR ARCHERY
Instructor: Dan Boring
Students will learn archery safety, develop knowledge of the equipment used, and practice target shooting in a safe and structured environment.

**Ages:** 8-14

**Days & Times:**
Thursdays 6:00-7:00 pm

**Dates:**
Session I - September 6 - October 11
Session II - October 18 - November 29
(No class November 22)

**FEE/SESSION:**
Members - $36  Non-Members - $48

YOUTH FUN WITH FITNESS CLASS

*Instructor: Bea Jarbeck-Burk - M.Ed, ATC, CPT*

Class meets Tuesdays & Thursdays 4:30-5:15.

**4 WEEK SESSION BEGINS SEPTEMBER 4TH**

- For boys and girls age 8-12 of any fitness level!
- Benefits can include, but not limited to improved:
  Agility, flexibility, strength, cardio, posture, self-esteem, balance and energy!

“No two classes are the same...all classes are FUN”

**SESSION DATES:**
Session I - September 4-27
Session II - October 2-25
Session III - November 6-December 4

**Register at the YMCA by**
Session I - August 31st
Session II - September 28th
Session III - November 2nd

(Participants who attend all 8 classes, in a session, receive a YMCA T-Shirt!)

Classes held outdoors, weather permitting.  Program will not be held without sufficient enrollment.
YOUTH ASSESSMENT—Member Only
This assessment will determine the fitness status of youth ages 12–16. Recommendations for exercise programs, maintenance and/or improvement in health/fitness status will be discussed.

**Competition/sport specific conditioning programs available for athletes, teams, and weekend warriors.**

*Make an appointment with our fitness staff to learn what your baseline fitness level is.*

*Assessment is suggested but not required.*

*Members - Free  Non-Members - $25*

YOUTH WEIGHT TRAINING AND FITNESS CENTER ORIENTATION
Open to members only! Youth 12–16 years of age.

Make an appointment for a hands on instruction session to familiarize yourself in regards to the fitness center equipment rules, and regulations. Youth begin with body resisted workout, also basic lifting techniques and safety will be emphasized. After youth have gone through orientation, they may workout independently, in the fitness center.

**All youth must go through orientation prior to gaining fitness center privileges.**

YOUTH FITNESS CENTER/RULES AND REGULATIONS
Youth age 12–14 years wanting to utilize the fitness center must adhere to the following:

- **Must complete youth weight training orientation.**
- **Parent & youth must sign agreement form along with parent signature at completion of orientation.**
- **Must review and follow all YMCA and fitness center rules, regulations and code of conduct.**
- **May workout independently during open hours.**
- **Must wear lanyard with attached membership card while in fitness center.**
- **Children/Youth 11 and under are not permitted in the fitness center.**
- **Call 724-547-9622 to schedule a fitness center orientation.**
### GYMNASTICS

**Instructor:** Kristin Harenchar

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Recital Type</th>
<th>Age</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:00-4:30</td>
<td>Little Tykes</td>
<td>Recital</td>
<td>2 yrs</td>
</tr>
<tr>
<td>4:30-5:00</td>
<td>Pre-Gym I</td>
<td>Recital</td>
<td>3-4</td>
</tr>
<tr>
<td>5:00-5:45</td>
<td>Pre-Beginners Gym</td>
<td>Recital</td>
<td>5-7</td>
</tr>
<tr>
<td>5:45-6:30</td>
<td>Beginning Gym I</td>
<td>Recital</td>
<td>7 &amp; up</td>
</tr>
<tr>
<td>6:30-7:15</td>
<td>Beginning Gym II</td>
<td>Recital</td>
<td>Must have Front Limbers &amp; Standing Backbends</td>
</tr>
<tr>
<td>7:15-8:00</td>
<td>Intermediate Gym</td>
<td>Recital</td>
<td>Must have Front &amp; Back walkover &amp; Back Handsprings with spot</td>
</tr>
<tr>
<td>8:00-8:45</td>
<td>Advanced Gym</td>
<td>Recital</td>
<td>Must have round off back hand springs &amp; Side Aerials</td>
</tr>
<tr>
<td>4:30-5:15</td>
<td>Pre-Beginners Tumbling (1st year)</td>
<td>Non-Recital</td>
<td>5 &amp; up First year student</td>
</tr>
<tr>
<td>5:15-6:00</td>
<td>Beginners Tumbling</td>
<td>Non-Recital</td>
<td>7 &amp; up</td>
</tr>
<tr>
<td>6:00-7:00</td>
<td>Intermediate Tumbling</td>
<td>Non-Recital</td>
<td>Must have round-off, front walkovers and back walkovers.</td>
</tr>
<tr>
<td>7:00-8:00</td>
<td>Advanced Tumbling</td>
<td>Non-Recital</td>
<td>Must have back tuck, back hand springs and side aerials</td>
</tr>
<tr>
<td>4:30-5:00</td>
<td>Pre-Gym I</td>
<td>Recital</td>
<td>3-4</td>
</tr>
<tr>
<td>5:00-5:45</td>
<td>Pre-Gym 2</td>
<td>Recital</td>
<td>4-5</td>
</tr>
<tr>
<td>5:45-6:30</td>
<td>Pre-Beginners Gym</td>
<td>Recital</td>
<td>5-7</td>
</tr>
<tr>
<td>6:30-7:15</td>
<td>Beginners Gym 2</td>
<td>Recital</td>
<td>8 &amp; up</td>
</tr>
<tr>
<td>7:15-8:00</td>
<td>Closebending/Acro</td>
<td>Recital</td>
<td>7 &amp; up</td>
</tr>
<tr>
<td>4:00-4:30</td>
<td>Little Tykes</td>
<td>Non-Recital</td>
<td>2</td>
</tr>
<tr>
<td>4:30-5:00</td>
<td>Pre-Gym I</td>
<td>Non-Recital</td>
<td>3</td>
</tr>
<tr>
<td>5:00-5:30</td>
<td>Pre-Gym II</td>
<td>Non-Recital</td>
<td>4</td>
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<tr>
<td>5:30-6:00</td>
<td>Boys Gymnastics</td>
<td>Non-Recital</td>
<td>6 &amp; up</td>
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<tr>
<td>6:00-6:45</td>
<td>Pre-Beginning Gym</td>
<td>Non-Recital</td>
<td>5-7</td>
</tr>
<tr>
<td>6:45-7:30</td>
<td>Beginner Gym I &amp; II</td>
<td>Non-Recital</td>
<td>8 &amp; up</td>
</tr>
<tr>
<td>7:30-8:30</td>
<td>Intermediate Gym I &amp; II</td>
<td>Non-Recital</td>
<td>Must have front &amp; back walkovers</td>
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</tbody>
</table>

**FEES - All fees reflect 4 weeks of classes**

- **1/2 HOUR CLASS**
  - Members - $20
  - Non-Members - $28
- **45 MIN CLASS**
  - Members - $26
  - Non-Members - $34
- **1 HOUR CLASS**
  - Members - $30
  - Non-Members - $40
- **1/2 HOUR PRIVATE**
  - Member $48
  - Non-Member $52
- **1/2 SEMI-PRIVATE**
  - Member $40
  - Non-Member $44
# Fall/Winter Session Times

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Class</th>
<th>Ages</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday</strong></td>
<td>5:00-6:00</td>
<td>Company Ballet</td>
<td>Instructor Approved</td>
<td>Natalie</td>
</tr>
<tr>
<td></td>
<td>6:00-7:30</td>
<td>Company Rehearsal</td>
<td>Instructor Approved</td>
<td>Bethany</td>
</tr>
<tr>
<td><strong>Tuesday</strong></td>
<td>4:30-5:00</td>
<td>Intro Ballet</td>
<td>Ages 3 - 4</td>
<td>Natalie</td>
</tr>
<tr>
<td></td>
<td>5:00-5:45</td>
<td>Ballet 2 (required for mini compny)</td>
<td>Ages 8 - 11</td>
<td>Natalie</td>
</tr>
<tr>
<td></td>
<td>5:45-6:30</td>
<td>Mini Company</td>
<td>Instructor Approved</td>
<td>Bethany</td>
</tr>
<tr>
<td></td>
<td>6:30-7:15</td>
<td>Jazz &amp; Hip Hop 2</td>
<td>Ages 8 - 11</td>
<td>Bethany</td>
</tr>
<tr>
<td></td>
<td>7:15-8:00</td>
<td>Jazz 3</td>
<td>Ages 12 &amp; up</td>
<td>Bethany</td>
</tr>
<tr>
<td></td>
<td>8:00-8:45</td>
<td>Hip Hop 3</td>
<td>Ages 12 &amp; up</td>
<td>Bethany</td>
</tr>
<tr>
<td><strong>Wednesday</strong></td>
<td>4:30-5:00</td>
<td>Intro to Tap &amp; Jazz</td>
<td>Ages 3 - 4</td>
<td>Leyna</td>
</tr>
<tr>
<td></td>
<td>5:00-6:00</td>
<td>Jazz &amp; Tap 1</td>
<td>Ages 5 - 7</td>
<td>Leyna</td>
</tr>
<tr>
<td></td>
<td>6:00-6:45</td>
<td>Hip Hop 1</td>
<td>Ages 5 - 7</td>
<td>Leyna</td>
</tr>
<tr>
<td></td>
<td>6:45-7:15</td>
<td>Twirling</td>
<td>Ages 8 &amp; up</td>
<td>Leyna</td>
</tr>
<tr>
<td></td>
<td>7:15-8:00</td>
<td>Tap 2</td>
<td>Ages 8 - 11</td>
<td>Leyna</td>
</tr>
<tr>
<td></td>
<td>8:00-8:45</td>
<td>Tap 3</td>
<td>Ages 12 &amp; up</td>
<td>Leyna</td>
</tr>
<tr>
<td></td>
<td>8:45-9:30</td>
<td>Adult Tap</td>
<td></td>
<td>Leyna</td>
</tr>
<tr>
<td><strong>Thursday</strong></td>
<td>4:30-5:30</td>
<td>Ballet 3</td>
<td>Ages 12 &amp; up</td>
<td>Natalie</td>
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<tr>
<td></td>
<td>5:30-6:15</td>
<td>Contemporary 3</td>
<td>Ages 12 &amp; up</td>
<td>Natalie</td>
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<tr>
<td></td>
<td>6:15-7:00</td>
<td>Lyrical 3</td>
<td>Ages 12 &amp; up</td>
<td>Natalie</td>
</tr>
<tr>
<td><strong>Friday</strong></td>
<td>5:00-5:30</td>
<td>Intro Hip Hop</td>
<td>Ages 3 - 4</td>
<td>Natalie</td>
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<tr>
<td></td>
<td>5:30-6:15</td>
<td>Ballet 1</td>
<td>Ages 5 - 7</td>
<td>Natalie</td>
</tr>
<tr>
<td></td>
<td>6:15-7:00</td>
<td>Lyrical 1 &amp; 2</td>
<td>Ages 5 - 11</td>
<td>Natalie</td>
</tr>
</tbody>
</table>

**FEES: 4 WEEK SESSIONS**

- **1/2 HOUR CLASS**
  - Members: $20
  - Non-Members: $28

- **45 MIN CLASS**
  - Members: $26
  - Non-Members: $34

- **1 HOUR CLASS**
  - Members: $30
  - Non-Members: $40

**Private Lessons Available**

- **1/2 HOUR PRIVATE CLASS**
  - Member: $48
  - Non-Member: $52

- **1/2 HOUR SEMI-PRIVATE CLASS**
  - Member: $40
  - Non-Member: $44
YMCA of Laurel Highlands
Fitness Center Rules and Regulations

As a member or guest of the YMCA of Laurel Highlands you agree to adhere to the following rules and regulations. The YMCA Fitness Staff and Managers are required to enforce all rules and regulations with ALL members and guests. Failure to adhere to the YMCA rules and regulations is unfair and disrespectful to others and will warrant appropriate action, including the possibility of all Fitness Center privileges being suspended or permanently revoked.

1. You are required to present your membership card at Front Desk, for admittance.
2. You must be a current/paid member or guest to have privileges of the facility.
3. You must be 15 years of age or older to use the fitness center independently.
   - Youth age 12-14 must be working out with a responsible adult, 18 years or older and have had fitness center orientation.
   - No child under the age of 12 is permitted in the fitness center for any reason.
4. Food, chewing gum, candy or tobacco, of any sort, is prohibited.
5. The only liquid permitted in the Fitness Center, Gym, Fitness Loft, Game Room or exercise studios is WATER IN PLASTIC BOTTLES.
6. Profanity or horse-play will not be tolerated, and may result in loss of fitness center privileges.
7. Coats, jackets, sweatshirts, gym bags, back-packs, purses or any other personal property is not permitted in fitness center. Lockers are available. Items left lying around the fitness center will be removed, by staff, and placed at front desk counter for pick-up.
8. Cleaning equipment after use is required by every individual by LIGHTLY SPRAYING the provided towel with cleaner and wiping down equipment seats, handles, monitors, bars, mats, weights, etc. PLEASE DO NOT DIRECTLY SPRAY THE EQUIPMENT. Towels are for cleaning equipment only.
9. Must wear appropriate attire: T-Shirt, tank-top, sweatshirt or respectable sport bra. Workout style shorts, sweat pants, tennis shoes and socks are required.
10. The following attire is not appropriate or permitted:
    - Denim: Shorts, pants, capri’s shirts.
    - Shorts, pants or tops with multiple rivets, snaps or buttons.
    - Short shorts, thong or any clothing designed with offensive, demeaning, or vulgar language or profanity.
    - Sandals, open heel or open toed shoes, boots, work boots, hard-soled shoes, shoes with a heel, belts with large buckle are not appropriate.
11. Individuals are responsible to return all equipment to appropriate area after use.
12. The maximum continuous time permitted on the cardio equipment is 30 minutes.
13. Television stations are to be changed by staff only.
14. Collars are to be used with bars holding plates.
15. Lifting belt and workout partner/spotter is suggested for heavy lifts.
16. CHALK is not permitted in the Fitness center!
17. Dumbbells, plates, bars are not permitted on bench seats.
18. Standing on bench seats or exercise balls is prohibited.
19. CELL PHONE use is PROHIBITED in the fitness center and the entire facility except for in the front lobby or outdoors.
The YMCA
“Make-A-Difference Club”
Grades 6th, 7th, 8th

*Have fun with friends while making a difference in the community.*

No Fee to belong!
Start Up meeting will be September 20th at 6:00 pm

Join a club that chooses to be the difference!
Join a club that really does make a difference. The YMCA’s club is for kids who want to become involved members of the community. Through monthly get togethers, members will choose volunteer projects that the group will develop, organize and make happen. The core YMCA values of caring, honesty, respect, and responsibility will be brought to life through fun projects that benefit both the participants and the community.

Call the YMCA for more information or email erica.davis@ymcalh.org!

Scottdale Beta Y Gradale
Meets every second Monday of the month at the YMCA of Laurel Highlands at 7:00 pm. Gradale is a service group with the development of a high type of womanhood, through a program of religious emphasis, personal growth, social activities and service to others. We enjoy two weekends away each year, one to Spring Rally and in the fall we go to Deer Valley YMCA camp. We would love to have you visit one of our meetings some Monday evening.
WE ARE ONE Y FOR ALL.

The Y is a cause-driven organization dedicated to youth development, healthy living and social responsibility. We offer a wide range of programs for everyone from infants to seniors, spanning all abilities and backgrounds. The Y enables kids to realize their potential, prepares teens for college, offers ways for families to have fun together, empowers people to be healthier in spirit, mind and body, prepares people for employment, welcomes and embraces newcomers and helps foster a nationwide service ethic. And that’s just the beginning.

TUESDAYS ON THE TRAILS

*September - November (rain or shine)*

**TYKE HIKES**

Children with their adult companions can enjoy a casual hike followed by some play-time.

**Time:** 9:30-11:00 am

- All hikers will meet in the parking lot along the dining hall at Laurelville. Sturdy shoes and bug spray are recommended.
- Registration prior to the hike is required. Register online or at the YMCA’s front desk.
- For more information email erica.davis@ymcalh.org

**ADULT HIKES**

Program director, Erica Davis, will lead you on a moderate/strenuous hike to get your heart rate up while enjoying the fresh air.

**Time:** 11:00 am - 12:30 pm

**FEE:**

- Member $2.00 each/hike
- Non Members: $3.00 each/hike

Tips for Building this Healthy Habit

**H2O is the Way to Go**

One of the simplest and most important things you can do for your health is to drink water. The human body is made up mostly of water (about 60 percent), and it relies on water to help perform every function. This means your body uses lots of water and needs you to replace it continuously. Make water your first choice every time, especially during warmer seasons and after vigorous physical activity. A good guide for most people is to try and drink eight glasses of water each day.
Bea Jarbeck-Burk, M.ED., ATC, CPT

Bea is the Regional Family YMCA’s Director of fitness with a Master’s Degree in Health Education, from Penn State University. Bea coordinates the health and fitness programs, and staff. Certified in Athletic Training, Personal Training and Group Exercise. Bea works with the YMCA membership, teaches group exercise classes, provides personal training to the members and is the community liaison for health and fitness programming.

ALL STAFF ARE CERTIFIED IN CPR AND FIRST AID

FITNESS STAFF

- Matt Arrotti
- Karen Bandemer
- Dan Boring
- Joe Connell
- Brett Fess
- Chelie Koshar
- Joyce Prutz
- John Yester

GROUP EXERCISE STAFF

- Karen Bandemer
- Holly Chenoweth
- Annaleta Cunningham
- Jimi Evans
- Bea Jarbeck-Burk
- Tammy Keefer
- Janell Klatt
- Chelie Koshar
- Julie Lindstrom
- Janet Loucks
- Mia Means

ADULT FITNESS ASSESSMENT – For YMCA Members Only

Make an appointment to learn what your baseline fitness level is. For Ages 17 and up.

Parameters Tested are: Heart Rate • Blood Pressure • Cardiovascular Testing • Strength • Flexibility
Body Weight • Body Fat Assessment

NEW MEMBERS RECEIVE

1. Two Fitness Assessments – An initial assessment will determine your current fitness status and will provide you and the YMCA staff with baseline information. A comparison assessment is done 16 weeks after your assessment.
2. A individually designed workout program.
3. Meet with fitness coach every 4 weeks for the 16 week program for workout progression.
4. Orientation to fitness center facility, equipment, rules/regulations.
5. New Member Information Packet.

Member Fitness Appointments

Call the YMCA and ask for a fitness coach or Bea Jarbeck-Burk, Director of fitness to set up assessment, orientation and workout appointments.
PERSONAL TRAINING - (PT)
Certified Personal Trainers: Bea Jarbeck-Burk & Dan Boring

Personalized workout sessions with a certified trainer are a safe and effective way to help you reach your goals. Our sessions can encompass cardiovascular exercise, resistance training and flexibility into an individualized goal-oriented program to improve your activities of daily living, or improve your overall fitness status for a specific activity or sport. For maximum benefit why not work out with a professional certified trainer.

At the YMCA of Laurel Highlands we offer personal training in several forms and formats. Together we will determine what will work the best for you. It’s your life and your goals, we’re here to help!

Personal Training
- Baseline & follow-up fitness assessment
- Short & long term fitness goal setting
- Resistance training
- Cardiovascular training
- Plyometric, agility, & power training

Our trainers are experts in customizing training sessions to:
- Improve overall health & fitness
- Train from couch to 5K
- Improve sport performance & training
- Complete a fitness challenge
- Reach your fitness goals
- Partner with a friend to train together

For best results combine Personal Training with Nutrition Consult

Nutrition Consult: Missy Troxell, RDT

Personalized nutrition consults are an effective way to promote a positive lifestyle change through:
- past & current dietary review
- food log maintenance & review
- short & long-term nutrition goal setting
- tips for food shopping and menu planning

Our GOAL is to provide you with the tools and training needed to make lifelong fitness and dietary change to help you reach your goals and improve your life!

FEE:
- 6 sessions - $150
- 12 sessions - $240
- 24 sessions - $450

Sessions can be used for Training and/or Nutrition Consults

Step up to your own challenge. We’re here to support you along the way.

The Y has Personal Trainers and a Nutrition Consultant who are waiting to help make your goals become reality. We’re here to support you on whatever journey you’re on! Check above for more information on programs we have to offer and packages available.
Y RIDE/Y ROW

Y ROW – INDOOR ROWING CLASSES

Whether you already row or are considering rowing to keep in shape, lose weight, cross-train for another sport, compete on the water or rehabilitate from injury or surgery, rowing is the complete exercise for you. Arms, legs, chest, back, abs – even your mind. Your whole body gets a complete workout from the efficient, rhythmic motion of rowing. Rowing is such a great exercise in so many different ways.

- Low-impact (easy on the knees and ankles)
- High calorie burner (because it uses so many muscle groups)
- Great for joint health (joints move through a wide range of motion)
- Upper body (completes the stroke)
- Lower body (the legs initiate the drive)
- Works the back and abs too!
- Superb aerobic fitness (great for cardiovascular fitness)
- Relieves Stress (for overall health and well-being)

This is different from the rowing you may have done as a kid in a rowboat. The difference lies in the sliding seat. Your legs compress and extend with every stroke – in addition to the more obvious work being done by the back and arms. First class free – come give it a try.

Y RIDE – INDOOR CYCLING CLASSES

The benefits of indoor cycling, both physical and mental, can be enjoyed by almost anyone, regardless of age or fitness level. Perhaps this is why indoor cycling workouts were the most significant new fitness trend of the 1990’s, and continue to gain in popularity today. And, while the many benefits may be enough to convince you to try this form of exercise, another equally enticing quality of indoor cycling is that it’s fun! Participants report that time spent during indoor cycling workouts seem to fly by, as opposed to other forms of cardio, and that they gain a real sense of accomplishment after completing a “ride”

PHYSICAL BENEFITS OF INDOOR CYCLING

The American College of Sports Medicine recommends 3 to 5 days of cardio exercise per week, for 30 to 60 minutes each time; This frequency and length of aerobic exercise has been shown to provide maximal benefits to the body including:

- Weight loss
- Increased energy levels
- Stronger heart and lungs  
- Decreased risk for heart disease
- Increased bone density
- Better sleep

Novice and advanced riders & rowers are welcome

<table>
<thead>
<tr>
<th>TERM</th>
<th>MEMBER</th>
<th>GROUP EXERCISE MEMBER</th>
<th>NON-MEMBER</th>
</tr>
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<tbody>
<tr>
<td>1 CLASS</td>
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<tr>
<td>10 CLASSES</td>
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<td>$22.00</td>
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<td>35 CLASSES</td>
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<tr>
<td>60 CLASSES</td>
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The YMCA of Laurel Highlands offers a variety of group exercises classes year around. We have a group exercise class to meet every level, every schedule and every goal. Try a class today. Visit our friendly front desk staff and pick up a Group Exercise Class Schedule outlining class days and times along with the class description. Certain classes may be seasonal or may not always be available. Your YMCA membership gives you access to ALL classes listed below.

- **ACTIVE ADULT/HEALTHY ADULT- (AAHA)**
- **AAHA CIRCUIT**
- **ATHLETIC INTERVAL**
- **ATHLETIC STEP**
- **BACK 'N BALANCE**
- **BODY BLAST**
- **CLASIC COMBO**
- **FLEX FUSION**
- **DANCE with PHIL**
- **HIIT- HI INTENSITY INTERVAL TRAINING**
- **HUSTLE WITH MUSCLE**
- **INTEGRATED STRENGTH**
- **“MUSCLE MAYHEM”**
- **PILATES**
- **PILATES*CORE*AND MORE**
- **PIYO STRENGTH**
- **SILVERSTEAKERS CIRCUIT**

- **SILVERSTEAKERS CLASSIC**
- **THIRTY/THIRTY- 30/30**
- **TRIPLE B**
- **TRIPLE THREAT/BOXING**
- **YOGA**
- **YOGA FLEX for WOMEN**
- **YOGA STRETCH**
- **ZUMBA**
- **ZUMBA PLUS**

- **PLEASE BRING INDOOR SHOES AND WATER BOTTLE.**
- **EXERCISE & YOGA MATS and ALL EQUIPMENT IS PROVIDED.**
- **PARTICIPANT MUST BE 15 YEARS OR OLDER TO ATTEND GROUP EXERCISE CLASSES INDEPENDENTLY.**
- **YOUTH 12-14 YEARS OLD MAY ATTEND GROUP EXERCISE CLASSES WITH A PARTICIPATING ADULT AND SIGNED WAIVER.**
- **INSTRUCTORS HAVE THE AUTHORITY AND DISCRETION TO ASK STUDENTS TO EXIT CLASS IF ANY DISRUPTION OCCURS.**

### Terms and Memberships

<table>
<thead>
<tr>
<th>TERMS</th>
<th>MEMBERS</th>
<th>GROUP EXERCISE MEMBER</th>
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<tbody>
<tr>
<td>1 MONTH</td>
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<tr>
<td>3 MONTHS</td>
<td>FREE</td>
<td>$100</td>
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<td>6 MONTHS</td>
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<td>$185</td>
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<tr>
<td>1 YEAR</td>
<td>FREE</td>
<td>$340</td>
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</table>

Questions/Concerns/Ideas
Contact Bea Jarbeck-Burk
M.Ed, ATC;
YMCA Director of Fitness
YMCA of Laurel Highlands
724-547-9622
GETTING BETTER EVERY DAY

You know the challenges that we face in Western PA. People of all ages and backgrounds are struggling to reach their full potential. More and more children face seemingly insurmountable learning gaps. Families find it difficult to spend quality time together. People are not connected to their neighbors and face time happens through a phone. And instead of seeing the income gap shrink, it seems all we do is watch it grow. But when challenges arise, the Y – and donors like you – steps in. After 130 years of serving the Fay-West Region, the Y understands what our community needs to be its best. Working with generous donors like you, the Y provides everyone the opportunity to be healthy and thrive, to connect with others, and contribute to a better community. Everything the Y does is in service of making us – as individuals and a community – better.

The Y for a better us

To learn more about giving to the Y, contact:
YMCA OF LAUREL HIGHLANDS
724-547-9622
ymcalh.org

When you donate to the YMCA OF LAUREL HIGHLANDS, you make our community better through programs focused on:

Youth Development
All kids deserve the opportunity to discover who they are and what they can achieve, under the guidance of caring adults who believe in their potential. We see every interaction with young people as an opportunity for learning and development – all grounded in the Y’s core values of caring, honesty, respect and responsibility.

Healthy Living
We help people and families build and maintain healthy habits for spirit, mind and body in their everyday lives. By helping kids, adults, families and seniors from all walks of life improve their health and well-being, we build a stronger community.

Social Responsibility
With our doors open to all, we bring together people from all backgrounds, and support those who need us most. We take on the most urgent needs in our community and inspire a spirit of service in return. Our members, volunteers, supporters and staff demonstrate the power of what we can achieve by giving back together.

GIVE TODAY
Every dollar donated to the YMCA OF LAUREL HIGHLANDS has a lasting impact on the people of our community. Give today for a better us. All or part of your gift may be tax deductible as a charitable contribution.

Annual Campaign of YMCA of Laurel Highlands

<table>
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<tr>
<th>$10/month</th>
<th>$20/month</th>
<th>$50 one-time gift</th>
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<tbody>
<tr>
<td>Provides a child with A membership to The Y for 1 year</td>
<td>Allows a child to attend One year of dance or Gymnastics class</td>
<td>Allows 3 children the Opportunity to try a New sport.</td>
</tr>
</tbody>
</table>
Active Older Adults
Staying Active, Getting Stronger, Having Fun!

- SilverSneakers & Silver & Fit-Two programs that are available to members 65 and older with specific insurance plans that provide a free basic YMCA membership. Call or stop by the YMCA to find out if you are eligible for either of these programs.
- Y Members - Member’s over 62 are eligible for a senior membership rate.

Members receive a basic fitness center membership where they can enjoy specialized low-impact classes taught by certified instructors focusing on improving muscular strength and endurance. These classes also focus on mobility, flexibility, range of motion, balance, agility and coordination. Members can also enjoy the fitness center and special events at the YMCA. Let Joyce Prutz our AOA Advisor show you how to use specific equipment in the Fitness Center to make sure you get a safe workout.

Recommended Classes:

SILVERSNEAKERS CLASSIC – Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support. Monday, Wednesday, & Friday 1:00 pm in the Dance Studio.

SILVERSNEAKERS CIRCUIT-Combine fun with fitness to increase your cardiovascular and muscular endurance. Upper body strength work with hand-held weights, elastic tubing with handles, and SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises.
Monday, Wednesday, & Friday 8:45 am in the Dance Studio

AAHA- This 45 minute class is for members that have been exercising for a while. It’s a great cardio workout using hand held weights, elastic tubing, bars, balls and the sometimes the step.
Monday and Thursday at 10:45 am in the Fitness Loft

The following classes are also recommended: PILATES, YOGA, BACK’N BALANCE, DANCE WITH PHIL, YOGA STRETCH (seated yoga for everyone) & INTEGRATED STRENGTH

Along with exercise we have social activities such as a monthly Lunch and Learn with informational speakers, bus trips to casinos, Pittsburgh, Washington DC, and Lancaster. We are involved in projects that benefit the community and important causes such as Relay for Life, Newborns in Need, American Heart Association and more.

There is no question that a little exercise can go a very long way in improving your health. For more information on the SilverSneakers, Silver & Fit and Active Older Adult programs, please contact Active Older Adult Advisor Joyce Prutz at 724-547-9622. You can also visit us on Facebook at YMCA of Laurel Highlands.
PICKLEBALL

Pickleball has become very popular nationwide and is extremely fun for all ages combining the elements of tennis, badminton, and racquetball. Enjoy games with your friends and meet some new ones! The game is easy to learn and our volunteers will help you get the hang of it. The game is played in our gymnasium and utilizes a wooden paddle and wiffleball. Equipment provided or bring your own!

There is no charge for YMCA members. Schedule is available at the front desk.