



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

# **SUMMER AT THE Y STRENGTHENS MUSCLES, MINDS & MORALS!**



## **ELBOW GREASE**

Teaching our youth  
the value of hard work with  
summer camp projects!

## **MIND POWER**

Strengthening minds  
through reading  
and experiences!

## **MUSCLE MEMORY**

Building healthier kids  
through physical activities  
and sports this summer!

**NEW! FITNESS CLASS  
DROP IN RATES**

**SUMMER 2017**

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

### HOURS OF OPERATION

M-F: 5:00am to 9:00pm  
Sat: 8:00am to 4:00pm  
Sun: 1:00-4:00pm (Starts September 10th, 2017)

### GUEST FEES

PHOTO IDENTIFICATION REQUIRED

Youth (17 and under) - \$5.00

Adult - \$10.00

Family - \$15.00

### YMCA CLOSED:

Monday, May 29th, 2017 - MEMORIAL DAY

Tuesday, July 4th, 2017 - INDEPENDENCE DAY

Monday, September 4th, 2017 - LABOR DAY

### POOL CLOSED:

The pool will be closing for repairs starting Saturday, August 19th and will reopen Tuesday, September 5th.

### FITNESS PROGRAM REGISTRATION/SESSION DATES

#### Session I - June 5th - August 19th

Member Registration begins - May 22nd

Program Participants Registration begins - May 29th

### AQUATIC PROGRAM REGRISTRATION/SESSION DATES

#### SWIMMING LESSONS SESSION DATES

Member Registration begins - May 22nd

Program Participants Registration begins - May 29th

*MORNING: Tues—Wed—Thurs (2 week sessions)*

Session A: June 6 - June 15

Session B: June 20 - June 29

Session C: July 5- July 13

Session D: July 18 - July 27

Session E: August 1- August 10

*EVENING: Tues Evening (5 Week sessions)*

Session 1: June 13 - July 11

Session 2: July 18- August 15

### AQUATIC FITNESS PROGRAMS

#### Session 1 - June 5 - July 7

Member Registration begins - May 22nd

Program Participants Registration begins - May 30th

#### Session 2 - July 10 - August 11

Member Registration begins - June 26th

Program Participants Registration begins - July 3rd

## MEMBERSHIP INFORMATION

Membership Type*	***Monthly Checking	Annual Cash Payment
Youth	\$10.27	\$123.20
Adult	\$40.50	\$486.00
Couples	\$62.60	\$751.20
Single Parent	\$45.63	\$547.60
Family	\$66.33	\$796.00
Senior	\$35.23	\$422.80
Senior Couples	\$55.60	\$667.20

Police and Fireman Discount - 15% off Membership - that individual must be on Membership

Military Discount - 15% off the whole price of any membership

\*All membership types include group fitness classes at NO COST as a benefit of membership.

Bank Draft Membership Requires - First month down and VOIDED CHECK/AND OR WRITTEN BANK VERIFICATION

\*\*\*Bank Draft - Cancellation is due in writing by the 1st of the month.

We draft everyone on the 25th of each month (weekends are done the Friday before)

# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

## SUMMER CAMP PROGRAM

The Allegheny Valley YMCA Summer Camp program is built around the YMCA's philosophy of the development of spirit, mind, and body. Our Summer Day Camp is a forward thinking program, ever adapting to the changing needs of the youths in our community. Our goal is nothing less than to change the wellness landscape of our entire community, to effectively address learning loss among youth, and to truly accomplish the Y's mission of Youth Development, Healthy Living, and Social Responsibility. Camp starts on June 5th!

Hours are 6:00am until 6:00 pm Monday through Friday.

### Summer Day Camp Grade K-9th

\$135.00/week (members)

\$296.00/week (program participants)

\*See camp registration form for our part time and/or daily rate.

### Counselor in Training Ages 13-15

(By Camp Directors approval only)

\$100/week (members)

\$250/week (program participants)

### Camp Membership

Valid for June, July, and August

\$55.00 (Youth must be enrolled in Summer Camp)

Our caring and qualified staff help children develop in a positive YMCA environment of safety, support and care.

Call for details at 724-295-9400

or email [childcare@avymca.org](mailto:childcare@avymca.org).

"I continue to believe that if children are given the necessary tools to succeed, they will succeed beyond their wildest dreams!" -David Vitter, U.S. Senator

## SUMMER CAMP PROGRAM

### PREVENTING SUMMER LEARNING LOSS

Children will go back to school in the fall with a competitive advantage as our educational activities and programming will keep their minds active, creative and flourishing, thus preventing learning loss that comes over the summer.

Activities include:

- Jedi Training (Character Building)
- Candy Craze (Science)
- Anchors Aweigh (Social Studies)
- Fairy Tale Land (Reading)
- Party in the USA (History)
- Orbiting through Space (Science)
- Independent reading time daily and the Library will be planning weekly lessons (Reading)

### PHYSICAL ACTIVITY AND WELL-BEING

Childhood obesity is on the rise. We provide exercise on a daily basis which includes swimming in our pool, physical activity and group fitness classes which are instructed by our expert staff. Our fitness classes are designed specifically for kids to get fit and include:

- Indoor Cycling (Cardiovascular Fitness)
- Yoga (Range of Motion/Coordination)
- Youth Sport Camps
- Pre School and Youth Age Swim Lessons

### TEACHING VALUES AND SOCIAL SKILLS

Campers will learn to become better leaders, understand team building, appreciate diversity and understand the importance of both healthy living and social responsibility. Our Summer Day Camp is not only functional, but fun, as the summer is filled with smiles, laughs and positive memories.

### CREATIVE EXPRESSION

Art is a great way for a child to express themselves, so everyday at camp the children are encouraged to be creative through crafts or individual projects.



# SUMMER S.W.E.A.T.

Healthier Kids are Built Here!

Spinning, Sprinting & STRIVE  
Weight Training  
Eating Healthier  
Aquatic Activity  
Together As A Team

Ready for a lifestyle change? Summer S.W.E.A.T. is 80 hours of physical activity IN 8 WEEKS at no charge to youth in our community! Our mentoring instructors will make it a summer to remember as we inspire teamwork, goal setting, and achievements through fun and hard work. Make it the best summer of their lives!



## SUMMER S.W.E.A.T.

Ages: 10-17

Monday-Thursday: 12:00 p.m. - 2:00 p.m.

Starts: June 12th-August 17th

Cost: No Charge to any youth!

**SUMMER SWEAT RUNS AT NO CHARGE TO ALL LOCAL YOUTHS! THIS IS POSSIBLE THROUGH SPONSORSHIP FROM GIANT EAGLE!**

## SUMMER S.W.E.A.T. ACTIVITIES

**TRIALS OF MILES** - Running is the gold standard of fitness. In Summer SWEAT, we will encourage our youth to bring out their inner runner! Summer Sweaters will be sprinting, jogging and speed walking to improve aerobic capacity and improve their mile run time!

**CROSS TRAINING CHALLENGE** - Cross training is unmatched in its ability to improve fitness! Nothing is better to help youths get fit, become strong and more coordinated for sports and play! Barbells, dumbbells, calisthenics and drills will be implemented in the AMRAPs, EMOMs, and WOD's for Time, and Boot Camp Relays!

**SUPER STROKES SWIMMING** - Nothing is more fun than the pool! Summer Sweaters will be doing lap swimming to get in shape and have fun. Front crawl, back stroke, breast stroke and kickboard style will be included!

**POWER YOGA** - Power Yoga fuses strength training and core abdominal work with traditional yoga practices. Summer Sweaters will stretch and learn Vinyasa to be more flexible for fitness, sports and play!

**STRIVE** - Our STRIVE Room is built to fit youth! Similar to nautilus machines, our youth will get fit as they work all of their muscles with maintaining an aerobic heart rate! Summer Sweaters will learn how to use exercise equipment safely and effectively, a skill they can use for a lifetime!

**INDOOR CYCLING**- Indoor Cycling is an activity that burns calories, improves muscular endurance in the legs and can translate to family friendly bike rides in the future! Summer Sweaters get ready to work your legs!

**WASHBOARD** - A strong core is essential for health and physical activity! Washboard abs will shape up the midsection and work the muscles that are essential for all sports and play!



# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

## SWIM, SPORTS & PLAY

### THE ALLEGHENY VALLEY Y'S SPORTS PLEDGE

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

## SUMMER SPORTS

### BIG 3 SPORTS CAMP (Ages 10-15)

This camp will focus on some of the most popular sports in the United States for youth. Kids will participate in drills and scrimmages for the following sports: basketball, football, and soccer.

June 26-29

9:00am-12:00pm Members: \$24

Program Participants: \$60

### BACKYARD SPORTS CAMP (Ages 7-12)

This camp is all about fun! We will play/teach your kids all of the classics like dodgeball, kickball, badminton, "Capture the Flag," disc golf, cornhole and many more.

July 10-13

9:00am-12:00pm Members: \$24

Program Participants: \$60

### ALL SPORTS CAMP (Ages 7-12)

Keep your kids active with this camp. Each day we will play different sports. Sports will include but not limited to dodgeball, kickball, whiffle ball, basketball, soccer, and football!

July 24-27

9:00am-12:00pm Members: \$24

Program Participants: \$60

### HOCKEY CAMP (Ages 7-12)

This camp is open to all levels of abilities and will help take your game to the next level. We will do drills and mini games as well as full scrimmages.

August 7-10

9:00am-12:00pm Members: \$24

Program Participants: \$60

*\*Camps will be primarily outdoors. Adverse weather conditions may cause rescheduling.*

## SWIM, SPORTS & PLAY

In Y Swim Lessons participants learn and practice new swimming skills and feel a sense of achievement from mastering something new that they can enjoy the rest of their lives. While participating in fun water sports and games, children also increase their physical activity levels. Participants in Y Swim Lesson are connected to others in the class, make new friends and recognize new role models. The participants are more comfortable and secure around water, as they learn water safety and improve their swim skills. Children have a stronger bond with their parents and family members from the take home activities of family huddles and sharing boating safety tips.

## YOUTH SWIM LESSONS

Children under five and adolescents between the ages of 15-24 have the highest drowning rates. Water safety is our number one priority! Swim lessons make water safety fun and emphasizes water appreciation. There are 6 levels including polliwog, guppy, minnow, fish, flying fish, and shark. Children build on their skills and develop technique, as they progress through the upper levels. A child must be 6 years of age by the first day of class to be registered in the youth program. (Ages 6+)

Members - \$24.00 Program Participants - \$96.00

Tues/Wed/Thurs - 10:30-11:00 am (2 week sessions)

Tues - 5:30 - 6:00pm (5 week sessions)

Members - \$20.00 Program Participants - \$80.00

## PRESCHOOL SWIM LESSONS

It's cool in the pool! Our children are taught swimming skills by using a student centered learning approach. There are four progressive levels including Pike, Eel, Ray, and Starfish, respectively. Children must be independent from their parent and potty trained (Ages 4-5)

Members - \$24 Program Participants - \$96

Tues/Wed/Thurs - 10:00-10:30 am (2 week sessions)

Tues - 5:00-5:30pm (5week sessions)

## PARENT/CHILD WATER ENRICHMENT

Young children 2 to 4 years of age have a higher risk of drowning than any other age group. Our parent/child enrichment class acclimates kids to the water, and gives parents quality time to bond. Both parents are welcome to participate. The primary objective is for both the child and parent to develop a level of comfort in the water. A parent or trusted adult must accompany the child into this program. Swim diapers are required for those who are not completely potty trained.

(Ages 6 month's - 3 years)

Members - \$20.00 Program Participants - \$80.00

Tues - 6:00-6:30pm Wed - 9:30-10:00am

\*\*5 week sessions for both classes\*\*

# HEALTHY LIVING

Improving the nation's health and well-being

## SWIM, SPORTS & PLAY

### CHILD WATCH

#### CHILD WATCH ROOM

The Allegheny Valley YMCA provides babysitting services to our members while they workout at **NO CHARGE!**

We provide a safe, healthy and fun environment for your child to play with age appropriate toys and games, and to be creative with arts and crafts.

(Ages 3 months - 8 Years)

Members - No Charge

Program Participants - \$2 per hour

Mon-Fri - 9:00am - 1:00pm

Mon-Fri - 5:00pm - 8:00pm

Saturday: 9:00am-12:00pm (Starts September 9th, 2017)



### THE ALLEGHENY VALLEY Y'S SPORTS PLEDGE

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

## HEALTH, WELL-BEING & FITNESS

**NEW! DROP IN POLICY:** Interested in trying out a class? Many of our adult classes allow for drop-ins! Group classes are \$7.00 to our community members! Drop-In availability may be limited due to space available in the class or studio.

\*Classes that allow the drop in rate will be denoted by the following icon: 

### FINAL CUT

**(Beginner - Intermediate : Core Muscle Toning!)**

All Abs, all class. Looking for an abs challenge? Then try this series of Pilates ab exercises that will not only flatten your belly but will improve your posture. Let us help your midsection to make the Final Cut!

Monday/Wednesday/Friday - 11:15 am - 11:45 am

Members - NO CHARGE Program Participants - \$60.00



### PiYo

**Pilates + Yoga + nonstop movement!**

PiYo® LIVE combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. You'll use your body weight to perform a series of continuous, targeted moves to define every single muscle—big and small.

Monday/Thursday 10:15-11:15am

Thursday 7:00-8:00pm

Members - No Charge

Program Participants - \$44.00 (1 day) \$80.00 (2 days)



### ZUMBA

ZUMBA is here! Come join us as we take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Zumba provides cardio, balance and flexibility, boosted energy, muscle conditioning, and fun!

Tuesday/Thursday 6:00-6:50pm

Members - No Charge

# HEALTHY LIVING

Improving the nation's health and well-being

## HEALTH, WELL-BEING & FITNESS

### PRIVATE/SEMI PRIVATE SWIM LESSONS

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

Scheduled by appointment: 724-295-9400.

Members - \$120

Semi-Private \$80/person

Program Participants - \$240

Semi-Private \$160 /person



### EVENING HYDRO/BBW

Water exercise is fun! We provide a nurturing environment to get a workout, meet new friends, and enjoy the water. This is a combination of 1/2 hour in the shallow end doing a Hydro class and 1/2 hour in the deep end doing Buoyant Body Works.

\*\*Summer has 2 sessions ; each lasting 5 weeks\*\*

Tues/Thurs - 7:30-8:30 pm

Members - \$15.00

Program Participants - \$60.00

### BUOYANT BODY WORKS

Want a real water workout? Use your entire-body with a combination of cardio respiratory endurance and muscle conditioning! Our class is done in deep water, with a float belt to enhance one's own natural buoyancy. The workout involves high and low-intensity combinations of sets for designated time periods. Must be a swimmer to join!

\*\*Summer has 2 sessions ; each lasting 5 weeks\*\*

Mon/Wed - 1:00-1:45 pm

Members - \$15.00

Program Participants - \$60.00

Tues/Thurs - 9:15 am - 10:00 am

Members - \$15.00

Program Participants - \$60.00

## HEALTH, WELL-BEING & FITNESS

### INDOOR CYCLING



Indoor cycling can help you maintain a healthy weight or lose unwanted pounds. A 150-lb. rider burns over 500 calories in an intense 45-minute class, which is comparable to a similar effort outside. For someone that would cycle at least 3 days a week, you can expect to shed over 20 pounds of fat each year!

Beginners to advanced riders should feel comfortable in any class we offer. The beauty of indoor cycling is that you progress at your own pace. Don't worry about your neighbor, do what you can, listen to your body, and push more each time you ride....Classes can be modified to meet your specific fitness level. Come join us and be a healthy new you today! Please remember, if you are a new rider, please come early to class so that we can help you get set up on your bike. Don't forget a towel and a bottle of water!

### Which Class is Right For Me?

Remember, beginners to advanced riders should feel comfortable in any class that we offer. If you are brand new, we offer an introduction class that welcomes participants to our indoor cycling program, providing nurturing feedback to learn the nuts and bolts of the bicycles, and class protocol. You may also want to try our Monday, Wednesday, Friday 8:30 AM or 10:15 AM class, our Tuesday, Thursday 5:30 PM or 6:30 PM class, or either of our Saturday classes! Most importantly, pick a time that works with your schedule and keep coming back for more.

### Schedule of Indoor Classes:



Monday: 8:30am, 10:15am, 5:30pm, 7:00pm

Tuesday: 5:15am, 9:15am, 6:00pm

Wednesday: 8:30am, 10:15am, 7:00pm

Thursday: 5:15am, 9:15am, 6:00pm

Friday: 8:30am, 10:15am, 5:30pm

Saturday: 8:15am, 9:15am

Sunday: 2:00pm (Starts September 10th, 2017)

Members- No Charge

Program Participants - \$7.00 per class

# HEALTHY LIVING

Improving the nation's health and well-being

## HEALTH, WELL-BEING & FITNESS

**NEW! DROP IN POLICY:** Interested in trying out a class? Many of our adult classes allow for drop-ins! Group classes are \$7.00 to our community members! Drop-In availability may be limited due to space available in the class or studio.

\*Classes that allow the drop in rate will be denoted by the following icon: 

More Than Conquerors

## MARTIAL ARTS

EMAIL: [MTCMARTIALARTS@AOL.COM](mailto:MTCMARTIALARTS@AOL.COM)

CALL 724-525-9099



### MARTIAL ARTS (MORE THAN CONQUERORS)

At More Than Conquerors Martial Arts, all that matters is your desire to become a martial artist. MTC uses Chon Sul Kwan (Tactical) Hapkido, which uses low kicks, effective strikes, joint locks, and trapping. It is based on biomechanics and scientific principles and it is very effective. Join us to learn reality-based yet traditional martial arts. For information on times and dates, please call 724-525-9099



## HEALTH, WELL-BEING & FITNESS

### POWER SCULPT

**(Beginner - Intermediate: Muscle Toning!)**

Sculpt your muscles in this group fitness class designed to build strength, add definition, increase your bone density, and decrease your body fat by increasing lean muscle. You will use hand weights, loaded barbells, and your own body weight to change the shape of your body.

Thursday - 6:30pm - 7:30 pm

Members - NO CHARGE Program Participants - \$80.00

### RAISE THE BAR

**(Beginner - Intermediate: Muscle Toning!)**

A conditioning class that will sculpt, strengthen and tone your entire body. With the help of a barbell, hand weights, step and energizing music, your entire body will feel the burn in no time!

Monday/Wednesday/Friday - 9:00am - 10:00 am

Members - NO CHARGE Program Participants - \$120.00

### CARDIO BLAST

**(Beginner - Intermediate: Weight Loss!)**

Blast your cardio fitness level through the roof with a class full of a variety of cardio exercises. This class may include kickboxing, step, hi/lo, and/or boot camp style exercises. Get ready to challenge your aerobic and anaerobic thresholds and get super fit!

Monday/Wednesday - 6:30pm - 7:30pm

Members - NO CHARGE Program Participants - \$80.00

# INSANITY

### INSANITY

**(Intermediate - Advanced: Strength/Toning)**

Looking to switch out of your usual workout routine!? This class will bring up the intensity and get you sweating! During this total body workout you will be blasting your core, toning, and building muscle!

Tuesday 7:00-7:50pm

Members - No Charge

Program Participants - \$44.00 (1 day) \$80.00 (2 days)



# HEALTHY LIVING

Improving the nation's health and well-being

## HEALTH, WELL-BEING & FITNESS

In Communities across the nation, the Y is a leading voice on health and well-being. With a mission centered on Balance, the Y brings families closer together, encourages good health and fosters connections through fitness, sports fun and shared interests. As a result, millions of youth, adults and families are receiving the support guidance and resources needed to achieve greater health and well-being for their spirit, mind and body.

### YOGA

**(Intermediate - Advanced: Strength/Flexibility!)**

Power yoga attempts to balance mind and body via physical postures, purification practices, and the calming of the mind through relaxation and meditation. Power Yoga fuses strength training and core abdominal work with traditional yoga practices. Focus on a different muscle group each week to build the strength and stamina necessary for challenging yoga postures.

**Tuesday/Thursday - 12:00 pm - 1:00 pm**

**Members - No Charge      Program Participants - \$80.00**

### GENTLE FLOW YOGA

**(Beginner : Passive Movement & Relaxation)**

Stress contributes to heart disease, high blood pressure, strokes, and other illnesses in many individuals. Restorative Yoga is designed specifically to reduce stress and get you feeling great! Restore the nervous system and help release deeply held tensions from the body and mind, to reduce stress. It includes gently stretching and strengthening the body.

**Monday/Wednesday - 6:30-7:30 pm**

**Members - No Charge      Program Participants - \$80.00**

**Sat - 10:30am - 11:30am**

**Members - No Charge      Program Participants - \$40.00**



## SPORTS & RECREATION

### EARLY BIRD BASKETBALL

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

**Members - No Charge**

**Program Participants - \$2 per game**

**Wed - 6:00am - 7:00am**

### NOON HOCKEY

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

**Members - No Charge**

**Program Participants - \$7 per game**

**Mon/Wed - 12:00pm - 1:00pm**

### PICK-UP BASKETBALL

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

**Members - No Charge**

**Program Participants - \$7 per night**

**Thursday: 7:00pm - 9:00pm**

### ADULT COED PICK-UP VOLLEYBALL

It's time for TEAMWORK! Come to the Allegheny Valley YMCA and get into the game! Get in great shape while you have fun! All skill levels welcome!

**Members - No Charge**

**Program Participants - \$7 per night**

**Wed - 6:30pm - 8:45pm**

### PICKLEBALL

Pickle ball is a combination of tennis, badminton, and ping pong. The sport is played on a court with the same dimensions as a doubles badminton court. The net is similar to a tennis net, but is mounted two inches lower. The game is played with a hard paddle and a polymer smaller version of a whiffle ball. If you are unfamiliar with the game of Pickleball please come and we can teach you the skills necessary to play the game! Its fun for all ages young and old.

**Members - No Charge**

**Program Participants - \$10.00 per day**

**Mon - 2:00-4:00pm**

**Wed - 2:00 - 5:00pm**

**Fri - 2:00 - 5:00pm**

# HEALTHY LIVING

Improving the nation's health and well-being

## HEALTH, WELL-BEING & FITNESS

### SILVERSNEAKERS® AND SILVER&FIT®

The Allegheny Valley YMCA accepts both SilverSneakers and Silver&Fit! For both programs you will receive:

- A full facility membership at the Allegheny Valley YMCA including the pool, weight room, nautilus room, cardio room, locker room, sauna, steam room, and STRIVE room at no additional charge to you!  
(Strive orientation required for members)
- All of our popular senior programming including our Cardio Circuit, Muscular Strength and Range of Motion, Senior Chair Yoga, Silver Splash Class, Silver Strut Walking, and our popular Silver Bowl League. All at no additional fee!
- All of our catered Special Events including our Valentines Day Party, St. Patty's Day Party, Healthy Senior Day, Senior Prom, Hawaiian Luau, Halloween Party, Christmas Party and many more!

### ARE YOU ELIGIBLE FOR SILVERSNEAKERS®?

Insurances that accept SilverSneakers:

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

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

### ARE YOU ELIGIBLE FOR SILVER&FIT®?

Insurances that accept Silver&Fit:

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

To see if you are eligible go to: <http://www.ASHLink.com> or contact ASH Fitness (Silver&Fit) at 877-329-2746 to find out if you are eligible for Silver&Fit today!

## HEALTH, WELL-BEING & FITNESS

### SILVERSNEAKERS® CARDIO CIRCUIT

**Advanced – Get In Shape! Change Your Shape!**

Our Most Popular Class! Burn Calories; Build Muscle and Strengthen Abdominals in our top of the line class! Challenge your heart and lungs as you tone your body from head to toes. Awake your inner athlete again! Our instructors are certified experts ready to make you sweat; make you stronger; make you laugh and make your day! Nothing starts the day off right, like an intense workout! Wednesday is our SQUEEZE YOUR ABS extravaganza! Thursday is our Senior Step Class Challenge!  
**Class Time – Mon/Tues/Wed/Thurs/Fri – 10:00 – 11:00 am**  
**Members – NO CHARGE**  
**SilverSneakers – NO CHARGE      Silver&Fit – NO CHARGE**

### SILVERSNEAKERS® MUSCULAR STRENGTH & RANGE OF MOTION

**Beginner – Get Moving, To KEEP Moving!**

A great place to start! This class focuses on Living Skills by using exercises specifically designed to mimic your Daily Tasks! Great for arthritis! Feel your energy and power as our enthusiastic and expert instructors use music and a wide range of tools/movements to get your Full Body Moving! We use a chair for both seated and/or standing support. Feel and move better TODAY!  
**Class Time – Mon/Wed/Fri – 11:00 am – 12:00 pm**  
**Members – NO CHARGE**  
**SilverSneakers – NO CHARGE      Silver&Fit – NO CHARGE**

### SENIOR YOGA (SILVER&FIT)

**All Levels – Relaxation/Movement**

Gentle Yoga in a Chair that is accessible to anyone! Yoga is a key way to maintain a Healthy and Active You! Loosen tight muscles/joints with safe and comfortable moves. Increase Mobility while Stimulating your Senses! Yoga helps Mind, Body and Soul. Feel rejuvenated!  
**Class Time – Tues/Thurs 11:15 am – 11:45 am**  
**Members – NO CHARGE**  
**SilverSneakers – NO CHARGE      Silver&Fit – NO CHARGE**

### SILVERSTARS (SENIORS MAKING A DIFFERENCE)

Do you know a way to make the SilverSneakers program and the Allegheny Valley YMCA even better? Join us and let your ideas be heard! This is a great time to meet and socialize with like minded Seniors that want what is best for themselves; their peers and the program. Help identify areas to improve; help plan the parties and social events and help organize charitable missions like our "Soldier Salute". We need you! Your peers need you! The time is now and you are just the person we have been looking for!  
**Meeting – TBA**  
**Call the YMCA for Details – 724-295-9400**

# HEALTHY LIVING

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## HEALTH, WELL-BEING & FITNESS

### SILVERSPASH CLASS

**All Levels – Get Warm in the Water! Great for Arthritis!**  
Activate your aqua exercise urge for variety! Silver Splash offers lots of fun shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required. Our instructors are certified experts ready to make you fit! Exercise is done above the water, so you don't even get your hair wet! Fun and laughter, games, singing and music, there is no class more fun!

**\*\*Summer has 2 sessions ; each lasting 5 weeks\*\***

**Class Times: Mon/Wed – 11:15am – 12:00pm**  
**Tues/Thurs – 11:15 am–12:00 pm**

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

### SILVERSTRUT WALKING

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

**Class Time – Mon/Tues/Wed/Thurs/Fri 9:00 am – 9:45 am**

**Members – NO CHARGE**

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

### STRIVE CIRCUIT

**All Levels – Great for Osteoporosis Prevention!**  
Come try our STRIVE Strength Training equipment. Our equipment is specifically designed to fit seniors, and will help strengthen bones to prevent osteoporosis, get blood flowing to joints to alleviate arthritis.

**STRIVE Orientation Required**

### THE SILVER BOWL (Wii Bowling for Seniors)

**All Levels – Social Fun; Easy to Do; Great for Coordination!**  
A bowling league for the competitor in you! The bowling and our teams are so much fun you will look forward to it every week! Come Socialize; Snack; Strike; Spare and Spark up Friendly Competition... just don't get a Split! You can bowl in any motion real, standing still or even seated! Wii Challenge you to a game! We are going to Bowl you over!

**Starts : TBD**

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

## HEALTH, WELL-BEING & FITNESS

### SENIOR SPECIAL EVENTS – FOR ALL SENIORS!

**SENIOR SUMMER SIZZLE–** Come kick off the Summer with our sizzling picnic party! Sip on some sweet tea and savor the delicious foods. Bring a picnic inspired dish, summer treat, and most of all, your appetite!

**Tuesday , June 13th 12:00–1:30pm**

**CAR WASH – DIRTY CARS NO MORE:** Derek, Kate and our Summer Day Camp Kids will host a FREE Senior Car Wash. Friday, July 14th from 10am –12 pm

**HAWAIIAN LUAU –** We will host a wonderful HAWAIIAN LUAU and you will feel whisked away to paradise for a few hours!!! So put on your Hawaiian Leis, straw hats and tropical print shirts and have a blast with us in August!

**Tuesday, August 8th from 12–1:30pm**



**SUMMER 2017**  
**ALLEGHENY VALLEY YMCA**  
**5021 FREEPORT ROAD**  
**NATRONA HEIGHTS, PA 15065**  
**724-295-9400**  
**WWW.AVYMCA.ORG**  
**WWW.FACEBOOK.COM/AVYFB**

**SCAN THIS!**

Scan this with your smart phone to go directly to our Website!

While you're there don't forget to bookmark our website for instant Y updates!



## **MEMBERSHIP SPECIALS FOR SUMMER**

### **College Membership (May 2017– Good for 1 year from join date!)**

\*Cost: 125.00  
\*Must Live On Campus  
(dorms or off campus housing)  
\*College ID must be presented  
\*Includes Summer 2017,  
Holiday Breaks, Spring  
Break, and Weekends.

### **Camp Membership**

Valid for June, July,  
and August  
\$55.00  
(Youth must be  
enrolled in  
Summer Camp)



### **ALLEGHENY VALLEY YMCA MISSION STATEMENT**

The Allegheny Valley YMCA is a non-profit cause-driven organization that provides opportunities to all individuals in the community by putting Christian values and principles into practice through facilities, wellness programs, and activities that build healthy spirit, mind, and body. The Allegheny Valley YMCA is a member of an international organization which accepts diversity and promotes community development and cooperation. Programs are made available to all persons regardless of their ability to pay.

**UNITED WAY CODE: #111**