Welcome to the NEW Valley Points Family YMCA!!!

Allegheny Valley Branch

Kiski Valley Branch

New Kensington Branch

2019 WINTER PROGRAM GUIDE

EMPOWER MORE THAN YOURSELF

For more than a workout. For a better us.

VALLEY POINTS FAMILY YMCA

www.vpfymca.org  facebook.com/VPFYMCA
Greetings to our Friends and Neighbors!

Thank you so much for being part of our Y family! We welcome you to the Valley Points Family YMCA and invite you to take advantage of the many wonderful classes and activities listed within the pages of this guide.

At the Valley Points Family YMCA, we believe that the values and skills learned at an early age are carried on with kids for life. By guiding children to a physically healthy life, we are giving them the opportunity to contribute and be engaged adults. We offer dozens of youth-oriented programs, including:

- Early Learning & School Age Enrichment programs that teach children social skills and values, giving them the foundations they’ll need to flourish.
- Youth Swim Lessons that build confidence and save lives.
- Youth Sports that teach fundamentals and instill in children the importance of a healthy, active lifestyle.

The Y aims to improve the well-being of the people living in our communities, but we also know that it can be a challenge to choose a healthy lifestyle. At the Y, we want everyone to get back to the core of healthy living and feel empowered to make better, healthier choices every day. To help you reach your goals, here’s a sample of what we offer:

- Learn how to combat type 2 diabetes through the YMCA’s Diabetes Prevention Program.
- Discover the fun of exercise through our fitness facilities, including cardio and weight equipment, gymnasium, swimming, and more.
- Burn calories in fun classes like boot camp, Zumba, Turbo-Kick, cycling and more!

No matter what you choose, we encourage you to come to the Y, build new relationships and friendships, learn new skills, and make health—whether it’s mind, body or spirit—a priority. We are here for you, our friends and neighbors, and we are here for newcomers, as well. Remember, everything the Y does is in service of making us—as individuals and a community—better!

THE Y...IT’S WHERE YOU BELONG!

OUR MISSION:
To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

OUR CAUSE:
The Valley Points Family YMCA is a cause-driven organization dedicated to youth development, healthy living and social responsibility. We utilize resources to help youth develop to their fullest potential, provide health and wellness opportunities for people of all ages and abilities, foster community and economic development, and serve as a valuable community asset to ensure that everyone has the opportunity to learn, grow and thrive.
PROGRAM INFORMATION

YMCA Programs & Registration

It is our commitment to provide the highest quality programming possible to our community, while keeping our services affordable and accessible to all. If you are unable to participate in a program based on its cost, please remember that financial assistance is available for all who qualify. To register for a Y program, visit the Welcome Center at either Branch, or visit our website at www.vpfymca.org and register online. Anyone wishing to use online registration must be a current or past member of the Y, or have participated in a Y program in the past. If you are registering after the start date for a class, please be aware that online registration may no longer be available.

Program Session Dates

The majority of Y programs fall on a specified session schedule. If a program does not fall within a specified session, additional information will be listed following the program description. If you are registering for a program for someone who is not an active member of the Y, you will be able to register during the open registration period as a non-member. If you are a member of another Y, you can register in person at member rates during the open registration period. Please check with the Welcome Center at either Branch for schedules for Aquatic and Group Exercise class offerings. You may also download these schedules at www.vpfymca.org.

<table>
<thead>
<tr>
<th>Session</th>
<th>Date Range</th>
<th>Member Registration Dates</th>
<th>Open Registration Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>January Session</td>
<td>January 7—February 2</td>
<td>December 24—January 16</td>
<td>December 31—January 16</td>
</tr>
<tr>
<td>February Session</td>
<td>February 4—March 2</td>
<td>January 21—February 13</td>
<td>January 28—February 13</td>
</tr>
<tr>
<td>March Session</td>
<td>March 4—March 30</td>
<td>February 18—March 13</td>
<td>February 25—March 13</td>
</tr>
<tr>
<td>April Session</td>
<td>April 1—April 27</td>
<td>March 18—April 10</td>
<td>March 25—April 10</td>
</tr>
<tr>
<td></td>
<td>(Closed Good Friday &amp; Easter)</td>
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<td></td>
</tr>
</tbody>
</table>

As part of our commitment to our families, our Y offers free babysitting services for children of parents/legal guardians who are Adult or Family members. If you are not the parent/legal guardian and wish to make use of this service, then the child(ren) must be members of our Y. Adults signing a child into the Children’s Fun Zone must remain on the Y premises at all times. The Children’s Fun Zone closes 30 minutes prior to the end time if no children are present. See the Welcome Center at each Branch for additional details and policies.

Children’s Fun Zone (ages 6 weeks–7 years)

<table>
<thead>
<tr>
<th>Allegheny Valley Branch:</th>
<th>Kiski Valley Branch:</th>
<th>New Kensington Branch:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon—Sat AM 9:00—Noon</td>
<td>Mon—Sat AM 9:00—11:30am</td>
<td>Mon—Sat AM 9:00—11:30am</td>
</tr>
<tr>
<td>Mon—Thurs PM 5:00—8:00pm</td>
<td>Mon—Thurs PM 5:00—8:00pm</td>
<td>Mon—Thurs PM 5:00—8:00pm</td>
</tr>
</tbody>
</table>

HOURS OF OPERATION

Allegeny Valley Branch
5021 Freeport Road | Natrona Heights, PA 15065
724.295.9400
Fall/Winter
Mon–Friday 5am–9pm
Saturday 8am–4pm
Sunday 1–4pm

Kiski Valley Branch
511 Hyde Park Road | Leechburg, PA 15656
724.845.1968
Fall/Winter
Mon–Thurs 5:30am–10pm
Friday 5:30am–9pm
Saturday 7am–8pm
Sunday 1–6pm

New Kensington Branch
800 Constitution Blvd | New Kensington, PA 15068
724.335.9191
Fall/Winter
Mon–Thurs 5:30am–10pm
Friday 5:30am–9pm
Saturday 7am–8pm
Sunday 1–6pm

Branch Office Hours*
Mon–Friday 8am–8pm
Saturday 8am–4pm
Sunday CLOSED

*These times are when all branches are available to take program registrations, memberships, payments of any kind

NEW IN 2019!
YOUTH DEVELOPMENT

At the Y, we believe every child has potential, and we’re here to nurture that potential. From youth sports to academic support to leadership development, the Y helps bring out the best in kids, and they keep surprising us with all they can do!

EARLY LEARNING & SCHOOL AGE ENRICHMENT

The central focus of the Y’s Early Learning Centers and School Age Enrichment Programs is to foster growth and development, not only in children but also in their parents and families. Our programs help kids develop moral and ethical behaviors, self-esteem, and leadership in our community. They also allow parents to remain gainfully employed, knowing that their children are thriving in a safe, supportive environment. Our programs are based upon years of research in the field of Child Development and are designed to meet the individual needs of the child and the family as a whole. Providing high quality early learning and enrichment opportunities is central to the overall mission of the Y. All sites are licensed by the Pennsylvania Department of Human Services and participate in the Keystone STARS program. There is a registration fee of $30 per child or $45 per family. Registration is open year-round. Call for other pricing options, including information about our 10% sibling discount. All listed fees are subject to change. Limited Financial Assistance available. Title XX Enrollees accepted.

USDA Nondiscrimination Statement 2015 FNS nutrition assistance programs, State or local agencies, and their sub recipients, must post the following Nondiscrimination Statement: In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at 800.877.8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; (2) fax: 202.690.7442; or (3) email: program.intake@usda.gov. This institution is an equal opportunity provider.

EARLY LEARNING

When children are involved with a YMCA Early Learning Center, they leave ready for Kindergarten. Our Y’s early learning programs operate on an experiential learning philosophy: children learn by doing. Daily lessons, based on a nationally recognized and creative curriculum, are developed to boost learning through age-appropriate activities and stimulating hands-on experiences, with a balance of teacher-directed activities integrated with child-directed play. The Y’s Early Learning Centers are staffed by a qualified, trained and caring team who work with local school districts on school readiness to ensure the best possible transition to kindergarten for your child.

Children are provided with breakfast, lunch and an afternoon snack. All children enrolled full-time receive a complimentary Youth Membership to the Y while enrolled in the program.

Early Learning Centers are open from 6:00am to 6:30pm.

Full-Time: Over 5 hours/day | Part-Time: Under 5 hours/day
Children must be enrolled a minimum of 2 days per week.

New Kensington Early Learning Center (724.339.6180)
Infant, Toddler and Preschool | Keystone STARS Level 3

West Vandergrift Early Learning Center (724.567.6680)
Infant, Toddler and Preschool | Keystone STARS Level 2

<table>
<thead>
<tr>
<th>Enrollment Type</th>
<th>Member Fee</th>
<th>Non-Member Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infant Full-Time</td>
<td>$185/Week</td>
<td>$225/Week</td>
</tr>
<tr>
<td>Infant Part-Time</td>
<td>$30/Day</td>
<td>$36/Day</td>
</tr>
<tr>
<td>Toddler Full-Time</td>
<td>$175/Week</td>
<td>$215/Week</td>
</tr>
<tr>
<td>Toddler Part-Time</td>
<td>$28/Day</td>
<td>$34/Day</td>
</tr>
<tr>
<td>Pre-School Full-Time</td>
<td>$160/Week</td>
<td>$200/Week</td>
</tr>
<tr>
<td>Pre-School Part-Time</td>
<td>$26/Day</td>
<td>$32/Day</td>
</tr>
</tbody>
</table>

SCHOOL AGE ENRICHMENT

Did you know that our Y provides School Age Enrichment programs in school districts throughout our region? The Y’s School Age programs provide children in Kindergarten through the 6th grade with a safe place to hang out and have fun while learning outside the classroom. The curriculum includes homework support, literacy programs, fitness activities, recreational games, and craft projects, all of which are led by degreed and/or certified teachers. Each site also includes an afternoon snack.

Through the use of carefully planned programs with trained leadership, children are supported to achieve their fullest potential in terms of mental development, physical well-being and social growth. All sites are Keystone STARS Level 1 or 2.

All children enrolled full-time receive a complimentary Youth Membership to the Y while enrolled in the program.

Our school sites are open at 7:00am until school starts and after school until 6:00pm (unless otherwise noted below). Transportation between our site and your child’s school may be provided by the school district. Children must be enrolled a minimum of 2 days per week.

Sites: Acmetonia Primary School 724.335.9191
Buffalo Elementary 724.295.9400
(Buffalo hours: 6AM–bus pick up; bus drop off-6PM)
H.D. Berkey Elementary School 724.335.9191
Bon Air Elementary School 724.335.9191
West Vandergrift Early Learning Center 724.567.6680
(WVELC hours: 6AM–bus pick up; bus drop off-6:30PM)

For pricing info or questions, please contact the numbers above.
EDUCATION & LEADERSHIP

EARLY LEARNING READINESS
(Ages 0–5, including caregivers)
Thanks to a grant from the United Way of Westmoreland County and the Grabel Foundation, we are able to provide this program for FREE for children ages 0 to 5—along with their caregivers—to learn together! ELR engages both children and caregivers to learn and play while developing the physical, verbal and social skills necessary for school.
Site: Peoples Library
Series Available: September 5, 2018—June 7, 2019
*Rolling Enrollment is available throughout the program year.
Members: Free  |  Non-Members: Free
Day | Time: Wednesday & Friday  |  12:30pm–2:30pm

EXPLORERS PROGRAM
Explorers is a well-established, educational program created from a philosophy that promotes individual development through a hands-on, age-appropriate approach. Each level is carefully prepared to enhance academic and intellectual learning. The very unique environment has been created to encourage growth and development through art, science, music and exploration!

WEE EXPLORE!
(2 Years Old by Sept. 1) *
This first level of Explorers introduces basic learning skills through art, science, sensory activities, music and peer interaction. The learning environment is enhanced with fun activities that include story time, a weather station, self-reliant and gross motor skills. Fun, fun, fun for your little one!
Site: West Vandergrift Early Learning Center
Series Available: School Year
Members: $85 / month  |  Non-Members: $120 / month
Day | Time: Tuesday & Thursday  |  9:00–10:30am

KINDERCLUB EXPLORERS
(3 Years Old by Sept. 1) *
Students are prepared socially and academically for our Pre-K level. An enriched learning environment is prepared to introduce concepts through a hands-on, practical approach to education. Art, science exploration, letter/sound recognition and fun activities are part of this planned curriculum.
Site: West Vandergrift Early Learning Center
Series Available: School Year
Members: $110 / month  |  Non-Members: $150 / month
Day | Time: Tuesday & Thursday  |  11:30am–2:30pm

KINDERGARTEN EXPLORERS
(4 Years Old by Sept. 1) *
Students will be prepared for kindergarten in all developmental domains through a very unique, enriched environment that promotes academic and intellectual learning. An age-appropriate curriculum is customized for the needs of the group. Art, science, themes, music, enrichment projects, field trips and engaging activities are all part of the learning experience!
Site: West Vandergrift Early Learning Center
Series Available: September
Members: $140 / month  |  Non-Members: $210 / month
Day | Time: Monday, Wednesday, Friday  |  9:00am–Noon

PRE-K PREP
(3 Years Old by Sept. 1—Entering Kindergarten) *
Pre-K Prep is an exciting new class designed with instructional based curriculum in a Preschool setting to help get your child prepared for Kindergarten! The daily schedule will include circle time, art, literacy, writing, science & math activities, as well as a family style meal for lunch to help children gain independence and increase their social skills! Preschool Enrichment leads to Kindergarten Success!
Site: West Vandergrift Early Learning Center
Series Available: September 4, 2018—June 7, 2019
Members: $60/3 days—$85/5 days
Non-Members: $85/3 days—$105/5 days
Day | Time: Monday thru Friday  |  9:00am–Noon

* These programs may be currently filled. For enrollment opportunities and wait-list info, please call 724.335.9191.
**SWIM LESSON SELECTOR**

**WHAT AGE GROUP DOES THE STUDENT FALL INTO?**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Stage</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 months–3 years</td>
<td>Parent &amp; Child: Stages A–B</td>
</tr>
<tr>
<td>3 years–5 years</td>
<td>Preschool: Stages 1–4</td>
</tr>
<tr>
<td>5 years–12 years</td>
<td>School Age: Stages 1–6</td>
</tr>
<tr>
<td>12+ years</td>
<td>Teen &amp; Adult: Stages 1–6</td>
</tr>
</tbody>
</table>

All age groups are taught the same skills but divided according to their developmental milestones.

**WHICH STAGE IS THE STUDENT READY FOR?**

<table>
<thead>
<tr>
<th>Skill</th>
<th>Stage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Can the student respond to verbal cues and jump on land?</td>
<td>Not Yet - A / Water Discovery</td>
</tr>
<tr>
<td>Is the student comfortable working with an instructor without a parent in the water?</td>
<td>Not Yet - B / Water Exploration</td>
</tr>
<tr>
<td>Will the student go underwater voluntarily?</td>
<td>Not Yet - 1 / Water Acclimation</td>
</tr>
<tr>
<td>Can the student do a front and back float on his or her own?</td>
<td>Not Yet - 2 / Water Movement</td>
</tr>
<tr>
<td>Can the student swim 10–15 yards on his or her front and back?</td>
<td>Not Yet - 3 / Water Stamina</td>
</tr>
<tr>
<td>Can the student swim 15 yards of front and back crawl?</td>
<td>Not Yet - 4 / Stroke Introduction</td>
</tr>
<tr>
<td>Can the student swim front crawl, back crawl, and breaststroke across the pool?</td>
<td>Not Yet - 5 / Stroke Development</td>
</tr>
<tr>
<td>Can the student swim front crawl, back crawl, and breaststroke across the pool and back?</td>
<td>Not Yet - 6 / Stroke Mechanics</td>
</tr>
</tbody>
</table>

*At the Y, we know families take a variety of forms. As a result, we define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.*
PRESCHOOL SWIM LESSONS

WATER DISCOVERY—STAGE A
(Ages 6 months–3 years)

In our Swim Starters program, there are two stages. Water Discovery is Stage A, where parents accompany their child to introduce the infant or toddler to the aquatic environment in a fun encouraging class that is instructor led for both parents and children.

Site: New Kensington Branch
Series Available: January, February, March, April Session
4 week session: Monday & Wednesday | 5:00-5:30pm
Y Members: $32 | Y Family Members: $16 | Non-Members: $96
8 week session: Saturday | 10:00-10:30am
Members: $32 | Family Members: $16 | Non-Members: $96
Site: Allegheny Valley Branch
Series Available: January & February; March & April Session
8 week session: Tuesday | 6:00-6:30pm
Members: $32 | Family Members: $16 | Non-Members: $96

WATER EXPLORATION—STAGE B
(Ages 6 months–3 years)

Water exploration is the next stage in our Swim Starters program. In this class, parents will work with their child to explore body positions, floating, blowing bubbles, and fundamentals of safety and other aquatic skills.

Site: New Kensington Branch
Series January & February; March & April Session
8 week session: Saturday | 10:00–10:30am
Members: $32 | Family Members: $16 | Non-Members: $96
Site: Allegheny Valley Branch
Series January & February; March & April Session
8 week session: Tuesday | 6:00–6:30pm
Members: $32 | Family Members: $16 | Non-Members: $96

WATER ACCLIMATION—STAGE 1
(AGES 3–5)

Preschool students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in Stage 1. This stage lays the foundation for a student’s future progress in swimming.

Site: New Kensington Branch
Series Available: January, February, March, April Session
4 week session: Monday & Wednesday | 9:30–10:00am
4 week session: Monday & Wednesday | 5:30–6:00pm
Members: $32 | Family Members: $16 | Non-Members: $96
Site: Allegheny Valley Branch
Series January & February; March & April Session
8 week session: Tuesday | 5:00–5:30pm
Members: $32 | Family Members: $16 | Non-Members: $96

WATER MOVEMENT—STAGE 2 (Ages 3–5)

In Stage 2, preschool 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.

Site: New Kensington Branch
Series Available: January, February, March, April Session
4 week session: Monday & Wednesday | 6:00–6:30pm
Members: $32 | Family Members: $16 | Non-Members: $96
8 week session: Saturday | 9:00–9:30am
Members: $32 | Family Members: $16 | Non-Members: $96
Site: Allegheny Valley Branch
Series January & February; March & April Session
8 week session: Tuesday | 5:00–5:30pm
Members: $32 | Family Members: $16 | Non-Members: $96

WATER STAMINA—STAGE 3 (Ages 3–5)

In Stage 3, preschool students learn how to swim to safety from a longer distance than in previous stages in the event of falling into the water. This stage also introduces rhythmic breathing and integrated arm and leg action.

Site: New Kensington Branch
Series Available: January, February, March, April Session
4 week session: Monday & Wednesday | 6:30–7:00pm
Members: $32 | Family Members: $16 | Non-Members: $96
Site: Allegheny Valley Branch
Series January & February; March & April Session
8 week session: Tuesday | 5:00–5:30pm
Members: $32 | Family Members: $16 | Non-Members: $96

We’re pleased to offer a new and improved schedule for aquatic programs in 2019! Swim lessons that take place one day a week will run on an 8-week session (8 classes). Classes that take place twice a week will run on a 4-week session (8 total classes). Should you have any questions, contact our aquatic staff at either location: Allegheny Valley at 724.295.3400 and New Kensington at 724.335.9191
SCHOOL AGE SWIM LESSONS

WATER MOVEMENT—STAGE 2 (Ages 5–14)
In stage 2 for our school age swimmers, your child will focus on body control, directional change, and forward movement in the water. Students will continue to practice safety around water and learn how to safely exit in the event of falling in the water.
Site: New Kensington Branch
Series January & February; March & April Session
8 week session: Saturday | 9:00-9:30am
Members: $38 | Family Members: $19 | Non-Members: $114
Site: Allegheny Valley Branch
Series January & February; March & April Session
8 week session: Tuesday | 5:30-6:00pm
8 week session: Wednesday | 5:30-6:00pm
Members: $38 | Family Members: $19 | Non-Members: $114

WATER STAMINA—STAGE 3 (Ages 5–14)
Water Stamina is stage 3 of our Swim Basics program. This class will introduce rhythmic breathing, leg and arm movement, and challenge your child from longer distances than previous stages.
Site: New Kensington Branch
Series January & February; March & April Session
8 week session: Saturday | 9:30-10:00am
Members: $38 | Family Members: $19 | Non-Members: $114
Site: Allegheny Valley Branch
Series January & February; March & April Session
8 week session: Tuesday | 5:30-6:00pm
8 week session: Wednesday | 5:30-6:00pm
Members: $38 | Family Members: $19 | Non-Members: $114

STROKE INTRODUCTION—STAGE 4 (AGES 5–14)
In this next stage for school age students we begin our Swim Strokes program. In Stroke Introduction, students learn and develop stroke technique in front crawl and back crawl. Students will also be introduced to breast stroke kick and butterfly kick.
Site: New Kensington Branch
Series Available: January, February, March, April Session
4 week session: Tuesday & Thursday | 4:30-5:15pm
Members: $38 | Family Members: $19 | Non-Members: $114
8 week session: Saturday | 10:00-10:45am
Members: $38 | Family Members: $19 | Non-Members: $114
Site: Allegheny Valley Branch
Series January & February; March & April Session
8 week session: Tuesday | 5:30-6:00pm
8 week session: Wednesday | 5:30-6:00pm
Members: $38 | Family Members: $19 | Non-Members: $114

STROKE DEVELOPMENT—STAGE 5 (AGES 6–14)
In stage 5, students will work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.
Site: New Kensington Branch
Series Available: January, February, March, April Session
4 week session: Tuesday & Thursday | 5:15-6:00pm
Members: $38 | Family Members: $19 | Non-Members: $114
Site: Allegheny Valley Branch
Series January & February; March & April Session
8 week session: Saturday | 11:00-11:45am
Members: $38 | Family Members: $19 | Non-Members: $114

STROKE MECHANICS—STAGE 6
(Ages 6–14)
In this last stage of our Swim Strokes program, students refine stroke technique on all major competitive strokes, learn about competitive swimming.
Site: New Kensington Branch
Series January & February; March & April Session
Day | Time: Saturday | 11:30am-12:15pm
Members: $38 | Family Members: $19 | Non-Members: $114
Site: Allegheny Valley Branch
Series January & February; March & April Session
Option #1: Tuesday | 5:30-6:00pm
Option #2: Wednesday | 5:30-6:00pm
Members: $38 | Family Members: $19 | Non-Members: $114

PRIVATE SWIM LESSONS (Ages 6+)
By appointment only, these lessons are 30 minutes in duration for beginners all the way up to the competitive swimmer. Up to three people allowed per session. Appointments are based on instructor and pool availability.
Site: New Kensington Branch & Allegheny Valley Branch
Series Available: By appointment; call for availability
Members: $25 for 3 lessons
Non-Members: $75 for 3 lessons

COMMUNITY FAMILY SWIM (All Ages)
Designed for families and group leisure swimming. Children under 8 must be accompanied by an adult (18 years of age or older) in the same immediate family. The Y reserves the right to limit the number of swimmers in the pool.
Site: New Kensington Branch
Series Available: January, February, March, April Session
Members: Free | Non-Members: $10 per family
Option #1: Friday | 5:30-6:30pm
Option #2: Sunday | 3:30-4:15pm

POOL RENTAL (All Ages)
The Y provides a lifeguard, dressing room and shower facilities for a one-hour swim. Reservations must be made at least two weeks in advance and must include payment of the entire fee.
Pricing is based on the number of participants. Church baptisms may be scheduled at a reduced rate; call for more information.
1-25 participants: $80
26-30 participants: $100
31-50 participants: $120
Site: New Kensington Branch
Series Available: By Appointment Only
Day | Time: Friday | 6:30-7:30pm

Stay connected and up-to-date with the Y!
Like us at www.facebook.com/VPFYMYMA
ADULT WATER ACTIVITIES

AQUACIZE
This shallow– and deep-water class provides a low to medium cardio workout focusing on aerobic conditioning, muscular toning, and strengthening. Some swimming skills required.
Site: New Kensington Branch
Series Available: January, February, March Session
Members: $18 | Family Members: $9 | Non-Members: $54
Option #1: Tuesday & Thursday | 9:30-10:30am
Option #2: Tuesday & Thursday | 7:00-8:00pm

ARTHRITIS AQUATICS
The class provides an opportunity for people with arthritis to join in a recreational exercise program. No swimming skills are required. Low to medium cardio workout.
Site: New Kensington Branch
Series Available: January, February, March Session
Members: $20 | Family Members: $10 | Non-Members: $60
Day | Time: Monday, Wednesday & Friday | 8:45-9:30am

ACTIVE OLDER ADULTS WATER FITNESS
Active older adults can enjoy 45 minutes of exercise, utilizing the buoyancy and resistance of the water, plus fifteen minutes of recreational swimming. No swimming skills required. Medium to high cardio workout.
Site: New Kensington Branch
Series Available: January, February, March Session
Members: $6 | Non-Members: $38
Day | Time: Monday, Wednesday & Friday | 1:00-1:45pm

SILVERSPLASH CLASS
Activate your aqua exercise urge for variety! Silver Splash offers lots of fun, shallow water moves to improve agility, flexibility and cardiovascular endurance. Fun and laughter, games, singing, and music, make this class the most fun one around!
Site: Allegheny Valley Branch
Series Available: January, February, March Session
Members: No Charge | Non-Members: $84
Day | Time: Monday & Thursday | 11:15-Noon

HYDROBURN (AGES 15& UP)
Hydroburn is a high intensity, low impact total body workout. This class will target all major muscle groups using high repetitions to shape and tone muscle while burning calories. Class will be held in the pool, utilizing water buoy weights and flotation belts which allow for more effectiveness.
Site: New Kensington Branch
Series Available: January, February, March Session
Members: $24 | Family Members: $12 | Non-Members: $72
Day | Time: Monday & Wednesday | 7:00-8:00pm

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.
Site: Allegheny Valley Branch
Series Available: January, February, March Session
Members: $24 | Family Members: $12 | Non-Members: $72
Day | Time: Tuesday & Thursday | 7:45-8:45pm

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/low intensity combinations of sets for designated time periods. Must be a swimmer to join!
Site: Allegheny Valley Branch
Series Available: January, February, March Session
Members: $24 | Family Members: $12 | Non-Members: $72
Day | Time: Tuesday & Thursday | 9:15-10:00am

WHY WE’RE HERE

FOR NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN:
We believe that all kids deserve the opportunity to discover who they are and what they can achieve. That’s why, through the Y, millions of youth today are cultivating the values, skills and relationships that lead to positive behaviors, better health and educational achievement.

FOR IMPROVING OUR COMMUNITY’S 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.

FOR GIVING BACK AND PROVIDING SUPPORT TO OUR NEIGHBORS:
The Y has been listening and responding to our region’s most critical social needs for 115 years. Whether developing skills or emotional well-being through education and training, or preventing chronic disease and building healthier communities through collaborations, the Y fosters the care and respect all people need and deserve.
YOUTH PROGRAMS

HOME SCHOOL PHYSICAL ED. (Grades K-12)
Our home school physical education class is designed to open social doorways for kids while providing a fun, structured class that enables them to be their best self! These classes will be a mixture of physical fitness, sports, and other fun games to maximize our time together!
Site: Kiski Valley Branch
Series Available: January & February Session
Members: $16 | Family Members: $8 | Non-Members: $48
Day | Time: Thursday | 5:15-6:00pm

PRESCHOOL RUN & FUN (Ages 3-6)
Bring your preschooler out for an evening of fun, exciting games! Red Light, Green Light; tag; movement thru music; and other open running games. Your child can enjoy hanging out with other kids in a big, open space where they can run and play the day away!
Site: Kiski Valley Branch
Series Available: February Session
Members: $16 | Family Members: $8 | Non-Members: $48
Day | Time: Thursday | 5:15-6:00pm

NEW KEN DODGEBALL (Grades K-6)
Our dodgeball league gives kids the opportunity to experience a competitive sport in a values-oriented atmosphere. Players are taught how to maintain character in competition, build positive peer relationships, while having a blast playing dodgeball!
Site: Kiski Valley Branch
Series Available: January, February Session
Members: $16 | Family Members: $8 | Non-Members: $48
Grades K—2: Tuesday | 5:15-6:00pm (February session only)
Grades 3—6: Tuesday | 6:00-6:45pm

SPRING OUTDOOR DECK HOCKEY
Grades K-12
Email asmith@vpfyymca.org to be added to the league information list!

HOKEY ROOKIES (Grades K-2)
This Dek Hockey program is for new or beginner boys and girls grades K—3. Fundamental skills of Dek Hockey will include: rules, stick handling, passing, shooting, and positioning. A fun instructional scrimmage will be played the last week of class to utilize skills learned. This is also a great program to prepare kids to play in the Junior Pens Hockey League.
Site: Kiski Valley Branch
Series Available: January Session
Members: $16 | Family Members: $8 | Non-Members: $48
Day | Time: Tuesday | 5:15-6:00pm

FLOOR HOCKEY (Grades 3-6)
Learn the basics of hockey and beyond in this five-week session of skills, drills, and game play.
Site: Kiski Valley Branch
Series Available: January Session
Members: $16 | Family Members: $8 | Non-Members: $48
Day | Time: Thursday | 6:00-6:45pm

BASKETBALL ROOKIES (Grades K-2)
Register your rookie for some basketball! In this class, we will be working on the basics: dribbling, passing and shooting! Each week we will concentrate on a specific skill and play games to enhance each one!
Site: Kiski Valley Branch
Series Available: February Session
Members: $16 | Family Members: $8 | Non-Members: $48
Day | Time: Thursday | 6:00-6:45pm

YOUTH BASKETBALL LEAGUE (Grades K-7)
This co-ed league teaches basketball fundamentals and provides team experience. Games will be played on Saturdays, with open gym time available to practice skills. Volunteer coaches needed!
Site: Kiski Valley Branch
Series Available: March 2—April 20 (No Games Easter Weekend)
Members: $35 | Family Members: $17.50 | Non-Members: $105
Grades K—3: Friday | Beginning @ 6:00pm
Grades 4—7: Saturday | Beginning @ 9:00am

KISKI DODGEBALL (Grades K-6)
Our dodgeball league gives kids the opportunity to experience a competitive sport in a values-oriented atmosphere. Players are taught how to maintain character in competition, build positive peer relationships, while having a blast playing dodgeball!
Site: Kiski Valley Branch
Series Available: January & February Session
Members: $34 | Family Members: $17 | Non-Members: $102
Day | Time: Monday | 6:00-7:00pm

NEW KEN DODGEBALL (Grades 3-7)
Our dodgeball league gives kids the opportunity to experience a competitive sport in a values-oriented atmosphere. Players are taught how to maintain character in competition, build positive peer relationships, while having a blast playing dodgeball!
Series Available: January & February Session
Members: $34 | Family Members: $17 | Non-Members: $102
Day | Time: Monday | 6:00-7:00pm

Coming in April 2019!!!

PRESCHOOL SUPER HERO CLUB (Ages 3-6)
Students are encouraged to dress up as their favorite super hero and come enjoy running games, flying lessons and saving small cities from villains.
Site: Kiski Valley Branch
Series Available: January Session
Members: $34 | Family Members: $17 | Non-Members: $102
Day | Time: Thursday | 3:30-4:30pm

FLOOR HOCKEY (Ages 3-6)
Students are encouraged to dress up as their favorite super hero and come enjoy running games, flying lessons and saving small cities from villains.
Site: Allegheny Valley Branch
Series Available: January Session
Members: $16 | Family Members: $8 | Non-Members: $48
Day | Time: Tuesday | 5:15-6:00pm

JR. PENGUINS HOCKEY LEAGUE (Grades K-12)
We have once again teamed up with the Penguins to bring indoor hockey to the Valley Points Family YMCA. This program will consist of practice, games, and fun! Kids will learn the basics of hockey, such as shooting, passing, puck-handling, defense and goalie play. The game schedule will be determined based on the number of participants. Our league is designed to be non-competitive, fun, and educational. We need volunteer coaches!
Site: New Kensington Branch (K—7 Grade)
Series Available: February 9-March 30 (8 Weeks)
Members: $35 | Family Members: $17.50 | Non-Members: $105
Day | Time: Saturday | 9:00am-2:00pm

Site: Allegheny Valley Branch (K-12 Grade)
Series Available: February 8-March 30 (8 Weeks)
Members: $35 | Family Members: $17.50 | Non-Members: $105
Grades K—3: Friday | Beginning @ 5:30pm
Grades 4—7: Saturday | 9:00am-2:00pm
Grades 8—12: Friday | 7:30-9:30pm

SPRING OUTDOOR DECK HOCKEY
Grades K-12
Email asmith@vpfyymca.org to be added to the league information list!

KISKI DODGEBALL (Grades K-6)
Our dodgeball league gives kids the opportunity to experience a competitive sport in a values-oriented atmosphere. Players are taught how to maintain character in competition, build positive peer relationships, while having a blast playing dodgeball!
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Series Available: January & February Session
Members: $34 | Family Members: $17 | Non-Members: $102
Day | Time: Monday | 6:00-7:00pm

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Site: Kiski Valley Branch
Series Available: January & February Session
Members: $34 | Family Members: $17 | Non-Members: $102
Day | Time: Monday | 6:00-7:00pm

Coming in April 2019!!!

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Bring your preschooler out for an evening of fun, exciting games! Red Light, Green Light; tag; movement thru music; and other open running games. Your child can enjoy hanging out with other kids in a big, open space where they can run and play the day away!
Site: Kiski Valley Branch
Series Available: February Session
Members: $16 | Family Members: $8 | Non-Members: $48
Day | Time: Thursday | 5:15-6:00pm

YOUTH BASKETBALL LEAGUE (Grades K-7)
This co-ed league teaches basketball fundamentals and provides team experience. Games will be played on Saturdays, with open gym time available to practice skills. Volunteer coaches needed!
Site: Kiski Valley Branch
Series Available: March 2—April 20 (No Games Easter Weekend)
Members: $35 | Family Members: $17.50 | Non-Members: $105
Grades K—3: Friday | Beginning @ 6:00pm
Grades 4—7: Saturday | Beginning @ 9:00am

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Site: Kiski Valley Branch
Series Available: January, February Session
Members: $16 | Family Members: $8 | Non-Members: $48
Grades K—2: Tuesday | 5:15-6:00pm (February session only)
Grades 3—6: Tuesday | 6:00-6:45pm

NEW KEN DODGEBALL (Grades 3-7)
Our dodgeball league gives kids the opportunity to experience a competitive sport in a values-oriented atmosphere. Players are taught how to maintain character in competition, build positive peer relationships, while having a blast playing dodgeball!
Site: Kiski Valley Branch
Series Available: January & February Session
Members: $34 | Family Members: $17 | Non-Members: $102
Day | Time: Monday | 6:00-7:00pm

HOME SCHOOL PHYSICAL ED. (Grades K-12)
Our home school physical education class is designed to open social doorways for kids while providing a fun, structured class that enables them to be their best self! These classes will be a mixture of physical fitness, sports, and other fun games to maximize our time together!
Site: Kiski Valley Branch
Series Available: January & February Session
Members: $34 | Family Members: $17 | Non-Members: $102
Day | Time: Thursday | 3:30-4:30pm

PRESCHOOL SUPER HERO CLUB (Ages 3-6)
Students are encouraged to dress up as their favorite super hero and come enjoy running games, flying lessons and saving small cities from villains.
Site: Kiski Valley Branch
Series Available: January Session
Members: $34 | Family Members: $17 | Non-Members: $102
Day | Time: Thursday | 3:30-4:30pm
YOUTH PROGRAMS

**CARDIO & STRENGTH INTRO (Ages: 10–13)**

Members are permitted to use our fitness facilities at age 14 without any prior trainings. At age 10 or 11, members may complete a free one-hour orientation in order to use CARDIO EQUIPMENT ONLY with the company of an adult member. This cardio orientation program is by appointment only with select/days/times of availability. At age 12 or 13, members may take a strength orientation class in order to use our strength circuit machines with or without the company of an adult. This program includes five, one hour sessions and must be passed successfully to gain full access to the facility.

**Site:** Kiski Valley Branch
**Series Available:** Year-Round
**Members:** $15 per 5-day session  |  Non-Members: N/A
**Day | Time:** Monday & Wednesday  |  6:00-7:00pm

**Site:** New Kensington Branch
**Series Available:** Year-Round
**Members:** $15 per 5-day session  |  Non-Members: N/A
**Day | Time:** Wednesday  |  5:45-6:45pm

**Site:** Allegheny Valley Branch
**Series Available:** Year-Round
**Members:** $15 per 5-day session  |  Non-Members: N/A
**Day | Time:** Please call for details

**INTERVAL/CROSS TRAINING (Ages: 7–12)**

This youth program consists of 60 minutes of interval cross training, core work, strength training and sprinting and stretching. Our goal is to create healthier, more confident kids! Team building and active encouragement will be the cornerstone of this program. Workouts will include use of our Strive Strength Circuit.

**Site:** Allegheny Valley Branch
**Series Available:** Year-Round
**Members:** $16  |  Family Members: $8  |  Non-Members: $48
**Day | Time:** Thursdays  |  6:00-7:00pm

**DRAWING (Ages 6–Adult)**

Whether you are just starting out, or have been drawing for years, come join us for a great social experience while developing the art of shading, color, and composition. Materials to bring to class: sketch pad (no smaller than 8½x11”), drawing pencils (2B & 4B), manually sharpened charcoal pencils (1 soft and 1 medium), ultra fine point black marker, white eraser, and of course, a fun attitude! This is also a great experience to share with your son or daughter!

**Site:** Kiski Valley Branch
**Series Available:** January & February Session
**Members:** $40  |  Family Members: $20  |  Non-Members: $120
**Day | Time:** Wednesday  |  6:00-7:00pm

**Y CHILL CLUB (Ages 10–14)**

Join the Y Chill Club to learn volunteerism while making new friends. This fun, supervised environment is meant to teach valuable life lessons to children while growing as an individual during a transitional period of life.

**Site:** Kiski Valley Branch
**Series Available:** 1st Monday of every month
**Members and Non-Members:** FREE
**Day | Time:** Monday  |  6:00-7:30pm

**LEADERS CLUB (Grades 7–11)**

Leaders Club is a national Y program that offers teens opportunities for leadership development, personal growth, and service to others. Leaders Club members will gain experience through volunteering, serving the community, strengthening academics, forming friendships, enjoying fun “hang out” opportunities and field trips, and becoming a role model for other kids and teens.

**Site:** New Kensington Branch
**Members:** Free
(Note: Membership can be earned through active participation.)
**Grades 7–11:** Meet on Mondays Year Round  |  6:00-7:00pm

**BIRTHDAY PARTIES AT THE Y!**

**BIRTHDAY PARTIES (All ages)**

Looking for a great venue for your child’s next birthday? Look no further! Check out our awesome sport parties at our Kiski Valley Branch or our super cool splash parties at our New Kensington & Allegheny Valley Branch! The Y provides fun activities for your child, along with pizza, drinks, paper supplies, a party room for the birthday child! The Y is so much more than a gym, come celebrate your milestones with us! Call now for package details!

<table>
<thead>
<tr>
<th>Participants</th>
<th>Package Price</th>
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<tbody>
<tr>
<td>1-15</td>
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<tr>
<td>16-20</td>
<td>$175</td>
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<td>21-25</td>
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**Swim Parties (New Kensington Branch)**
**Day | Time:** Saturday  |  4:00-6:00pm

**Swim Parties (Allegheny Valley Branch)**
**Day | Time:** *Call for availability

**Sports Parties (Kiski Valley Branch)**
**Day | Time:** Saturday  | Availability between Noon– 4:30pm
HEALTHY LIVING

Achieving and maintaining wellness is a task that’s never finished. That’s why a healthy lifestyle is so important. We’re here to help you—regardless of your starting point—with a variety of classes and supports to keep you healthy in spirit, mind and body!

GROUP EXERCISE & FITNESS CLASSES
Group Exercise and Fitness classes are included as a benefit of membership at the Y and are provided free for Members. For specific times and availability, see the monthly group exercise/fitness schedule at either Branch. Please note that not all classes are offered at all locations.

½ HOUR POWER
Get in and get out with this 30 minute strength class. A variety of equipment will be used to create a unique workout every time, including dumbbells, body bars, and stability balls.

1-MINUTE DRILL
This quick 30-minute strength workout focuses on total body in one minute intervals.

BEAT CYCLE
This upbeat class is for anyone who likes to have fun and get down with the music. Expect to change positions often as each song is designed with different movements in mind. If you are a beginner, plan to begin in the seat and venture a few new movements each class to build your balance and endurance.

CARDIO BLAST
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!

COUNTRY HEAT
Dance your way to fitness with upbeat country music and western moves that make you forget you’re exercising!

CYCLE
This class is meant to simulate an outdoor ride. Only natural movements are made on the bike to replicate flat rides and climbs. Exercises include pacing, speed work and resistance. Because of the simple movements, this is a great class for beginners to learn the three major positions on the bike.

FLOW YOGA
Three elements of strength, stability and flexibility are combined: Tai Chi, Yoga and Pilates.

FULL BODY BLAST/RAISE THE BAR
This 60-minute class will challenge all your major muscle groups, through strength and endurance routines. This class is for all ages and fitness levels.

GROUP CYCLING
This class incorporates various intensities of exercise through changes in movement, speed and resistance to deliver an effective workout. Each instructor has their own style so you have several different options when choosing a class that works best for you. You are able to control your own intensity during each class, so how hard are you willing to work?

GROUP CIRCUIT TRAINING
This 45-minute interval class combines cardio stepping and strength exercises to create a satisfying circuit.

HITT
Keep moving in this quick-paced strength and cardio fusion class that gets you in and out in 30 minutes.

HULA HOOPING
This class works the core area of the body through the use of weighted hula hoops.

INSANITY
Insanity’s high-intensity activity forces the body to work for longer periods of time at a higher capacity than traditional workouts. Get a more efficient workout in half the time!

MIXED CYCLE
As part of the “anything goes” mentality, this class incorporates the styles of both cycle and beat cycle for a mixed workout catered to everyone. Beginners should take the first few classes at their own pace, modifying resistance and staying in the seat.

MOVING FOR BETTER BALANCE
Tai Chi movements are incorporated into this class to improve postural alignments, balance, and coordinated movements. This class has been shown to reduce the risk of falls in participants.

STEP ‘N STRENGTH
A combination of 45 minutes of step aerobics and 30 minutes of strength/resistance training.

SILVER SNEAKERS CARDIO
The workout includes easy-to-follow, low-impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

SILVER SNEAKERS CIRCUIT
This medium-intensity class is geared towards Active Older Adults who step up their routine and get a moderated cardiovascular workout combined with strength training using resistance bands and free weights. There is more emphasis on chair exercises in this class.

SILVER SNEAKERS CLASSIC
A great opportunity for Active Older Adults or beginners. A variety of exercises are performed using free weights, resistance bands, exercise balls and chair stabilization.

SILVER SNEAKERS YOGA
Classic Yoga moves utilizing a chair rather than the floor. The class emphasizes breathing, relaxation and both seated and standing stretches. Increase flexibility at a beginner’s level.
TAI CHI FOR WELLNESS
This class will make learning Tai Chi easy, enjoyable and effective. Benefits from Tai Chi include balance, strength, and relaxation.

TOTAL BODY WEIGHT TRAINING
Forget equipment! These exercises can be done anywhere! Using all body weight all the time, this class enhances your muscular strength and endurance by completing dynamic exercises that work the whole body while maintaining your own pace and ability level.

TRX
All core all the time! It’s a complete body workout easily modified for the beginner or advanced participant using the TRX Suspension trainer and your own body weight as resistance.

TURBO KICK
Turbo Kick combines traditional kickboxing moves with high-intensity interval training (HIIT) for an unbelievable calorie burn.

YOGA
Yoga means “unite,” integrating body with mind, and mind with soul. Participants will learn proper breathing techniques as well as proper form for Yoga poses.

ZUMBA
These are Latin-inspired dance aerobics classes. You’ll learn new dance steps from hip-hop, samba, salsa, merengue, mambo, martial arts, and more!—and get a great workout! It’s both high- and low-impact and will increase muscular and cardiovascular endurance, as well as define core muscles.

ZUMBA GOLD
Active Older Adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance.

UPPER/LOWER/CORE
This 30-minute strength class focuses on one section of the body at a time but culminates into a quick total body workout.

PERSONAL FITNESS
HEALTHY NEW YOU! (Ages 14+)
We want you to feel welcome and educated at the Valley Points Family YMCA! Take advantage of this FREE program and have a YMCA staff member show you how to operate all cardio and strength circuit machines so that you can build confidence while building a healthier lifestyle.

Site: All Branches
Series Available: Year-Round
Members: Free! | Non-Members: Not Available
Day | Time: By appointment only

HEALTH COACHING (Ages 15+)
These one-on-one sessions with a certified health coach, help members to find a healthier life balance. Topics discussed include a general focus on physical activity, nutrition, stress levels, and sleep habits. Start your steps toward a healthier lifestyle today by making an appointment.

Site: Kiski Valley Branch
Series Available: By appointment only; call for availability
Members: $15 | Non-Members: $45

NUTRITIONAL COUNSELING (Ages 15+)
Meet with our nutrition counselor in these hour-long, one-on-one sessions to discuss how you can improve your nutrition habits to meet your wellness goals and promote a healthier overall lifestyle. Parent/child or spouse sessions available.
Site: New Kensington Branch
Series Available: By appointment only; call for availability
Members: $15 | Non-Members: $45

LIVING WELL PROGRAM (Ages 18+)
This program is for anyone who wants to learn how to lead a healthier lifestyle. All of the tools and resources needed will be provided to lose weight and keep it off for good! Be prepared for weekly weigh-ins with your lifestyle coach, food tracking, group discussion on healthy tips and obstacles that get in the way of your goals. We also will help you create a realistic approach to exercise.
Site: Kiski Valley Branch
Series Available: Year-Round
Day | Time: Wednesday | 11:00am-12:00pm
Members: $25/month | Non-Members: $75/month
Site: Allegheny Valley Branch
Series Available: Year-Round
Day | Time: Tuesday | 6:30–7:30pm
Members: $25/month | Non-Members: $75/month

PERSONAL TRAINING (Ages 15+)
A YMCA personal trainer can put the “personal” back into your workout. Our personal trainers are certified by leading national certification organizations and educated in the field to help you achieve your health and well-being goals quickly and safely.
Site: All Branches
Series Available: Year-Round
Members: $20 per hour or $110 for 6, one-hour sessions.

WEDDING PARTY BOOTCAMP (Ages 18+)
Get your dress or tuxedo ready at the Y! Grab your wedding party and book your own personal boot camp. Work with one of our certified personal trainers to design the perfect boot camp for you and your wedding party! Not only will you have a great time, but you will look and feel great on your special day.
Site: All Branches
Series Available: By appointment only
*Call Kim @ 724-335-9191 for pricing and availability.

CORPORATE FITNESS RETREATS (Ages 18+)
Does your company or business need a fresh local idea for team building? The Y can provide and active morning, afternoon, or evening that is designed specifically for your development needs. Space also available for catered lunches/dinners, and pre/post team building workouts. *Call Kim @ 724-335-9191 for pricing and availability.
Site: All Branches
Series Available: By appointment only
*Call Kim @ 724-335-9191 for pricing and availability
SPORTS & RECREATION

PICKLEBALL (All Ages)
Join us for pick-up play with this fun and exciting sport. Pickle ball is a paddle sport created for all ages that combines aspects of tennis, badminton, table tennis, and racquetball.
Site: New Kensington Branch
Series Available: Year-Round
Members: Free! | Non-Members: $10 Day Pass
Day | Time: Monday thru Thursday | 9:00am-Noon
Site: Allegheny Valley Branch
Series Available: Year-Round
Members: Free! | Non-Members: $10 Day Pass
Option #1: Monday | 10:00am-Noon
Option #2: Wednesday | 10:30am-12:30pm

JI JITSU (Ages 18+)
Ji Jitsu is a form of martial arts that provides an excellent workout while teaching you the art of self-defense. *Must have four people registered to run the class.
Site: Allegheny Valley Branch
Series Available: Year-Round
Members: $25 | Non-Members: $75
Day | Time: Saturday | TBD

ADULT DEK HOCKEY (Ages 18+)
Our competitive Adult Dek Hockey League is back! Put a team together or register as an individual to be put on a team. The league will consist of a 10 game schedule with at least one guaranteed playoff game. Awards will be given out to the league MVP, MVG, and League Champions!
Site: Memorial Park
Series Available: April Session
Members: $25 | Non-Members: $75
Day | Time: Tuesday & Thursday | 7:00pm

BIRTHDAY PARTIES AT THE Y!
Looking for a great venue for your child’s next birthday? Look no further! Check out our awesome sport parties at our Kiski Valley Branch or our super cool splash parties at our New Kensington & Allegheny Valley Branch! The Y provides fun activities for your child, along with pizza, drinks, paper supplies, a party room for the birthday child!
1-15 participants: $140
16-20 participants: $175
21-25 participants: $205
Series Available: By Appointment Only
Swim Parties (New Kensington Branch)
Day | Time: Saturday | 4:00-6:00pm
Swim Parties (Allegheny Valley Branch)
Day | Time: *Call for availability
Sports Parties (Kiski Valley Branch)
Day | Time: Saturday | Availability Noon– 4:30pm

VOLUNTEER OPPORTUNITIES
Across the US, more than 500,000 business leaders, community advocates, parents, teens and individuals who want to give back and support their neighbors volunteer at the Y. There are a variety of opportunities available, including coaching youth sports teams, teaching group exercise classes, serving on a committee, assisting with fundraising to ensure the Y is accessible to all members of the community, serving as ambassadors and advocates on behalf of the Y.
If you are interested in volunteering with the Y, contact us at:
admin@vpfymca.org
Allegheny Branch (724) 295-3400
Kiski Valley Branch (724) 845-1968
New Kensington Branch (724) 335-9191
UPCOMING EVENTS & ACTIVITIES

FIRST AID/CPR/AED (Ages 15+)
Learn to save a life! Join us for this class and introduce yourself to the basic skills needed to administer First Aid, CPR and AED. Certification is good for two years and it might prove to be the best decision you’ve ever made!
Site: Kiski Valley Branch
Series Available: January 19, March 30
Members and Non-Members: $65
Day | Time: Saturday | 12:30-4:30pm

RUN ON THE RIVER—June 8
Engage the whole family in physical activity with an event for every age and skill level. Run on the River takes place at K-9 Officer Derek Kotecki Memorial Park and features events ranging from a 2K Family Fun & Pet Walk to a 10K race. Mark your calendars no and stay tuned for entry and sponsorship details!

HEALTHY KIDS DAY—April 21
A great day for kids and families to learn and experience ways that they can keep active, healthy and happy at home, in the community and at the Y. Stay tuned for more details!

INDOOR TRIATHLON—April 13
Join us for an indoor triathlon for families & individuals of all ages and ability levels. More details to come! * To be added to the interest list, email Kim: khinkle@vpfymca.org

LEADERS CLUB (Grades 7-11)
Leaders Club is a national Y program that offers teens opportunities for leadership development, personal growth, and service to others. Leaders Club members will gain experience through volunteering, serving the community, strengthening academics, forming friendships, enjoying fun “hang out” opportunities and field trips, and becoming a role model for other kids and teens.
Site: New Kensington Branch
Members: FREE
(Note: Membership can be earned through active participation.)
Meet on Mondays Year Round | 6:00-7:00pm

7th grade is a pivotal and transitional time for many teens. It’s a time when teens are given more freedom to choose how they spend their free time. Habits that begin in 7th grade are likely to continue into adulthood. The Valley Points Family YMCA wants to support and encourage kids to make good decisions and form healthy habits that lead to a healthy lifestyle. This special—and FREE!—membership demonstrates our commitment and philosophy for a well-rounded approach to the healthy development of the whole person. Call us at 724.335.9191 to learn more!
CAREER OPPORTUNITIES

Learn, grow and thrive with a career at the Y! Imagine going to work knowing that what you do each day positively affects the lives of the people in our community. Working at the Y, you’ll discover more than a job—you’ll enjoy a career with a future and the opportunity to make a lasting difference in the lives of those around you. In more than 10,000 communities nationwide, our staff members—of all ages and from diverse backgrounds and life experiences—enjoy the personal satisfaction that comes from nurturing the potential of youth and teens, improving the nation’s health and well-being, and providing support to our neighbors.

If you are interested in employment opportunities with the Y, contact us at:

VALLEY POINTS FAMILY YMCA
Allegheny Valley Branch (724) 295-9400
Kiski Valley Branch (724) 845-1968
New Kensington Branch (724) 335-9191
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