

ALL TOGETHER BETTER FOR OUR COMMUNITY



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ALLEGHENY VALLEY YMCA

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OUR VOICE—A NEWSLETTER FOR OUR COMMUNITY

AUGUST 2015

WE'RE MORE THAN A GYM. WE'RE A CAUSE.

Our cause is to strengthen communities, and that starts with making sure everyone has the opportunity to reach their potential. With programs and services from A to Z, the Allegheny Valley YMCA is a non-profit cause driven organization serving our community for the past 114 years.

Over the course of the past 114 years, the Allegheny Valley YMCA has grown and evolved, but one thing has remained constant: our mission. It is the reason for us as a movement, and it is a driving force behind our cause of strengthening the community. We will continue this commitment to our community this fall with an emphasis on Youth Development, Healthy Living and Social Responsibility.

We were able to demonstrate our commitment to **Youth Development** at the Allegheny Valley YMCA this summer, with the help of some community partners! Giant Eagle showed their community commitment by providing a grant of \$5,000, which enabled us to offer our Summer S.W.E.A.T. program to over 55 youths in our community at no charge! Participants in Summer S.W.E.A.T. were able to get healthy this summer with 100 hours of physical activity and fun! We plan to continue the momentum this fall in our School Age Child Care program, where we will mold the participants of today into healthy, active, and productive adults of tomorrow!

Our commitment towards **Healthy Living** will continue this fall with over 30 unique fitness classes for adults and seniors to choose! Our fitness instructors are committed to coach each and every individual to reach their personal fitness goals, and will provide nurturing support in their path to success!

We are also showing our commitment to **Social Responsibility**, by providing up to \$100,000 of sponsored memberships to struggling families in our community. I would like to personally thank every one who has already pledged a gift to the 2015 Annual Support Campaign and helped local families to have the life changing benefit of a YMCA membership. This year our goal was \$50,000.00, and so far we have raised \$44,000. If you have not yet contributed, I encourage you to make a tax-deductible pledge of support to the Allegheny Valley YMCA.

Together we can make a real difference in our community.

Sincerely,

Gerald DeMarco
CEO



CASH BASH

The Allegheny Valley YMCA will be hosting a Cash Bash Saturday, October 3, 2015 from 3:00–7:00PM (doors open at 2:30) at V.F.W. Post 894. Tickets are \$20.00. Food and refreshments will be provided. Drawings every 15 minutes! Cash prizes are \$300, \$500, and a grand prize of \$3000! You do not need to be present to win!

October 3, 2015
3:00–7:00PM (Doors open at 2:30)
Located at V.F.W. Post 894
894 Veterans Drive
Natrona Heights, PA 15065

POOL CLOSING

Our pool will be closed Saturday, July 25th and will re-open Tuesday, September 8th. We will be painting and performing routine maintenance. We have partnered with Valley Points YMCA, Butler Family YMCA, and Kittanning YMCA for use of their aquatic facilities during this time!

HOW TO PREVENT FALLS A BALANCE AND STRENGTH CLASS

This September, the Allegheny Valley YMCA will offer a new exercise program that will help you overcome the fear of falling and give you the confidence to enjoy activities indoors and outdoors! More than one third of adults over the age of 65 fall each year. This is a six week class that will strengthen muscles, increase your confidence, and develop your overall sense of well being!

Call our Welcome Center or check our website for more info! Dates and times to be announced.



SCHOOL AGE CHILD CARE

Research shows that children who participate in afterschool programs are more successful in academics, are healthier, and more often maintain positive behaviors. Afterschool Programming at the Y is specially geared to achieve these results.

Program hours

6:00 am until school begins and school dismissal until 6:00 pm.

When is service provided?

Service is provided every school day, during early dismissals, half days, holidays, in-service days, delays, and cancellations. Summer camp is also available during summer months at the YMCA.

Keystone STARS program

All of the site participate in the Keystone STARS program which is an initiative of the Office of Child Development and Early Learning to improve, support, and recognize the continuous quality improvement efforts of early learning programs in Pennsylvania.

Rates:

Elementary Part Time \$10/session
 Full Time \$100/week
 We accept CCIS

HEIGHTS SACC PROGRAM

Located at Grandview Elementary School and Serving Children and Youth in Grades K-5.

BUFFALO SACC PROGRAM

Located at Buffalo Elementary School and Serving Children and Youth in Grades K-5.

Employment opportunities available
 Contact Rebecca Keller
 with any questions: rebeccak@avymca.org

YOUTH STRENGTH TRAINING

Childhood obesity has more than tripled in the past 30 years, and over one third of children and adolescents in our country are overweight or obese. To change the health of our community, we are offering Youth Strength Training at NO CHARGE to local kids! Our fitness experts provide a NURTURING atmosphere, where we recognize both individual effort and teamwork! Every Youth Strength Training class will include a gym jog, cardio circuit, and a full circuit of resistance training with our STRIVE youth fitness equipment!

(Ages 7-14)

Starts - September 8th – October 29th

Tuesday/Thursday - 5:00 – 6:00 pm

NO CHARGE to All Youth ages 7-14

YOUTH COMPETITIVE SWIMMING

Our swim team has had a strong presence and tradition in the competitive swimming community. We are committed to offering a quality, swim team with emphasis on teaching the value of competition through teamwork, sportsmanship and doing one's best. Swimmers will refine the basic four competitive strokes plus work on starts, turns, and endurance. We do not have tryouts, everyone swims. Parent meetings are held monthly.

\$140 First Child \$130 each additional child
 \$55 for High School students

Tentative start date is September 28th, 2015

An annual AV YMCA membership is required