

THE GUIDE

LAWRENCE COUNTY YMCA



Spring 2021 Program Guide

SPRING 1: Feb. 22 - Apr. 10 | SPRING 2: Apr. 19 - June 5



CHILD DEVELOPMENT CENTER

INFANT & TODDLER CARE

Our infant and toddler care is designed so that children ages 6 weeks- 2 years of age can explore, play, create and develop social/emotional skills while enjoying the stimulation of new people and experiences. Our program's environment allows children free and creative interaction. Teachers provide a warm, caring atmosphere for play and socialization while encouraging new skills and positive self-image which provide the framework for the development of cognitive, motor, social, language and self-help skills.



PRESCHOOL & PRE-KINDERGARTEN

Our preschool/pre-Kindergarten builds on children's natural desire to learn new things and develop independence and self-regulation. Getting along with other children, sharing, taking turns and working in a group are a natural part of playing games or learning a new craft. Your child(ren) will also develop a readiness for kindergarten through a challenging curriculum and a variety of activities, including swim and tumbling classes. Preschool is open to children ages 3-4 attending Kindergarten in the upcoming school year.

SCHOOL AGE CARE

We offer working parents quality care for their school aged children before and after school, as well as throughout the summer. During the school year students enjoy mornings and/or afternoons with friends in a structured environment that provides snacks, homework assistance and activities. We also offer care for scheduled school delays, days off and a variety of programs to keep kids growing and learning throughout the summer.

SUMMER DAY CAMP

Summer is a time for kids to be kids. And the Preston-Chambers Y-Zone day camp is the place to make every precious summer day a great one! Day camp is packed with fun and enriching activities. Children will build confidence and develop an appreciation for the community they live in while they make new friends and explore the world around them.



We believe the values and skills learned early on are vital building blocks for a child's quality of life.

Our programs teach children academic, social and emotional skills, and most importantly, how to be themselves. That makes for confident kids today and contributing and engaged adults tomorrow.

If you're looking for a safe, nurturing environment for your children to learn, grow and develop, we have six programs that serve children ages 6 weeks through 12 years, to meet your family's needs.

HOURS & ACCREDITATION

Our hours of operation are from 6:30 a.m. - 6 p.m., Monday through Friday. Our Child Development Center is accredited by Pennsylvania's Office of Child Development and Early Learning Keystone Stars Facility.

FINANCIAL ASSISTANCE

Financial Assistance is available through the Early Learning Resource Center (ELRC). Families should apply directly with their office.

LEARN MORE

For additional information please visit our website at: www.LAWCOYMCA.org

GREAT SUMMERS START HERE!

Lawrence County YMCA Day Camp | 2021
June 7th - August 20th

Summer is a time for kids to be kids.

And "The Y's Greatest Show" day camp is the place to make every precious summer day a great one!

Weekly themes include:

- › This is Me/Welcome to Camp
- › Beach Blanket Boogie
- › Circus Silliness
- › Diggin' Dinosaurs
- › Patriotic Party
- › Sea Shanty Shenanigans
- › Buggin' Out
- › Out of this World
- › Jam sesh
- › YMCA Saves the Day
- › Blast from the Past

Campers develop new friendships and have tons of fun in a safe environment that will include:

- › Physical distancing
- › Face mask and hygiene protocols
- › Small group sizes

RESERVE YOUR SPOT TODAY

TRANSPORTATION FROM NEW CASTLE YMCA PROVIDED & FINANCIAL ASSISTANCE IS AVAILABLE THROUGH THE ELRC



CAMP PRICING:

\$100 Pre registration fee
pre registration fee will be credited back over the 11 weeks
\$160 PER CAMPER/PER WEEK

CAMP LOCATION INFO:

PRESTON-CHAMBERS Y-ZONE
428 ELEANOR DR
NEW CASTLE, PA 16105
FLYND@LAWCOYMCA.ORG

YOUTH PROGRAMS



SESSION DATES:

Spring 1: Feb 22-Apr 10 | Spring 2: Apr 19-June 5

T-BALL

Learn the fundamentals of T-ball, including hitting, fielding, and throwing.

Ages: 3-6 years
When: Wednesdays 5-5:50 pm
Where: The Y-Zone
Cost: \$40 - \$75, see page 5

BASEBALL/SOFTBALL SKILLS

Learn the basics of baseball and softball, including throwing, catching, and hitting.

Ages: 5-10 years
When: Wednesdays 6-6:50 pm
Where: The Y-Zone
Cost: \$40 - \$75, see page 5

INTRO TO SOCCER

Beginning soccer players will learn basic skills and concepts of the sport.

Ages: 4-6 years
When: Saturdays 11-11:50 am
Where: The Y-Zone
Cost: \$40 - \$75, see page 5

ARCHERY

Beginner to novice archers will learn basic skills, safety, and proper techniques taught by John Micco.

Ages: 11-18 years
When: Tuesdays 5-5:50 pm
Where: The Y-Zone
Cost: \$40 - \$75, see page 5

VOLLEYBALL FUNDAMENTALS

Learn skills such as bumping, setting, and serving, as well as basic rules.

Ages: 10 - 14 years
When: Wednesdays 6-6:50 pm
Where: The Y-Zone
Cost: \$40 - \$75, see page 5

BEGINNER BASKETBALL—SKILLS AND DRILLS

Learn the strategy of the game along while fine tuning skills such as dribbling, shooting and guarding.

Ages: 6-8 years
When: Mondays 5-6 p.m.
Where: The Y-Zone
Cost: \$40 - \$75, see page 5

SOCCER SKILLS AND DRILLS

Basic soccer skills of dribbling, passing, and shooting will be covered. This course will help develop soccer skills at the older skill and level.

Ages: 6-9 years
When: Saturdays 10-10:50 a.m.
Where: The Y-Zone

Cost: \$40 - \$75, see page 5

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INTRO TO JUDO FITNESS

Get your child ready to master the art of Judo. This introduction to the martial arts is a SAFE and socially distant class that will engage your child, let them learn a new passion, build strength, stamina and self-esteem!

Ages: 6-16 years
When: Tuesdays 6:00-7:00 pm
Where: Downtown
Cost: \$40 - \$75, see page 5

VULTURES LACROSSE TEAM

In house style youth league with inter squad practices & games. No experience necessary. Lacrosse is a great all round athletic sport for Spring!

U10 & U12

Ages: 8-11 years
When: Sundays 1-3 pm
Where: The Y-Zone
Cost: \$75/player

U14
Ages: 11-13 years
When: Sundays 1-3 pm
Where: The Y-Zone
Cost: \$200/player

Vultures High School Team
Ages: 13-19 years
When: Sundays 1-3 pm
Where: The Y-Zone
Cost: \$200/player

SWIM PROGRAMS



SESSION DATES:

Spring 1: Feb. 22- Apr. 10 | Spring 2: Apr. 19 - June 5

SWIM STARTERS (PARENT/TOT)

Children become comfortable with water play through skills, games & songs.

Ages: 6 months - 3 years
When: Tuesdays 11-11:45 am
Saturdays 9:45-10:30 am
Where: Downtown
Cost: \$40 - \$75, see below

SWIM BASICS (SKIPPERS)

Beginning swimmers learn to stay afloat & have fun in the water.

Ages: 3-5 years
When: Tuesdays 1-1:45 pm
Saturdays 9-9:45 am
Thursdays 4-4:45 pm
Where: Downtown
Cost: \$40 - \$75, see below

SWIM BASICS (WATER STAMINA)

Beginning lessons for first time swimmers age 6 and up.

Ages: 6+
When: Mondays 5:15-5:55 pm
Wednesdays 5:15-5:55 pm
Saturdays 9:45-10:25 am
Where: Downtown
Cost: \$40 - \$75, see below

SWIM STROKES

Progressive lessons for swimmers age 6+ who have completed Swim Basics.

Ages: 6-14 years
When: Mondays 4:30-5:15 pm
Wednesdays 4:30-5:15 pm
Saturdays 10:30-11:15 am
Where: Downtown
Cost: \$40 - \$75, see below

PRIVATE SWIM LESSONS

One-on-one instruction for all ages.

Ages: 5+ years
When: by appointment
Where: Downtown
Cost: \$25/class (minimum of 4 classes)

HOME SCHOOL SWIM & GYM

Make friends, learn to swim & enjoy gym time.

Ages: 4-9 | 10-17 years
When: Tuesdays 1:45-3:00 pm
Where: Downtown
Cost: Call 724-658-4766 for details

ADULT SWIM LESSONS

Lessons for any level of swimmer age 18+.

Ages: 18+ years
When: Saturdays 8-8:50 am
Where: Downtown
Cost: Included with Membership; non-members: \$75

BACK PROGRAM

Water exercise program designed to help reduce or eliminate lower back pain through tension exercises.

Ages: 14+ years
When: Mondays & Wednesdays 9-10 am
Where: Downtown
Cost: Included with Membership

LIFEGUARDING COURSE

Get certified in CPR, AED, First Aid, and American Red Cross Lifeguarding rescue skills. ***This is a blended learning course, meaning there is an online portion that must be completed prior to the first day of class.***

Ages: 15+ years
When: 4/9-4/11
Friday 4-8 pm
Saturday 8 am-4 pm
Sunday 8am-4pm
Where: Downtown
Cost: \$250

SPRING SWIM STROKE CLINIC

Designed for children that are new to swim team or are interested in joining the swim team. Participants will focus on stroke development while also being introduced to what swim team is like. For details please contact Brienna Roys at broys@lawcoymca.org

Ages: 6-18 years
When: April 26-May 15
Where: Downtown
Cost: Members \$35, Non-Members \$55

SUMMER SWIM TEAM

A competitive team for youth ages 5-18. For details please contact Brienna Roys at broys@lawcoymca.org

Ages: 5-18 years
When: May 17- July 31
Where: Downtown
Cost: Members \$75, Non-Members \$100



PROGRAM REGISTRATION & PRICING

REGISTRATION OPTIONS:

www.LAWCOYMCA.org/register

New Castle YMCA:
20 W. Washington St.
New Castle, PA 16101
724-658-4766

Preston-Chambers Y-Zone:
428 Eleanor Dr.
New Castle, PA 16105
724-658-9211

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GENERAL PROGRAM PRICING (PER 7-WEEK SESSION)

Family or Adult Members: \$40
Youth Members: \$55
Program Participant (non-member): \$75

FINANCIAL ASSISTANCE

We are open to all, regardless of age, income or background, and promise to give everyone an opportunity to learn, grow and thrive. Program scholarships are available for those who qualify. Ask for an application at the membership services desk.

OUTREACH PROGRAMS/EVENTS

CONTACT MICHELLE SWOGGER FOR MORE INFORMATION AT MSWOGGER@LAWCOYMCA.ORG | 724.658.4766 EXT 212



Healthy Kids Day provides all the ingredients for developing healthy, resilient kids. Join the Y for a day full of fun activities that celebrate kids being kids!



ADULT SPORTS & WELLNESS



SESSION DATES:

Spring 1: Feb 24-Apr 12 | Spring 2: Apr 20-June 7

PICKLEBALL LADDER LEAGUE

Move up the pickleball ladder by winning matches every week at league play!

Ages: 18+ years

When: Tuesdays 6-9 pm

Thursdays 9:30am-12:30pm

Where: The Y-Zone

Cost: Members: FREE; non-members: \$40

PICK UP VOLLEYBALL

Pick up volleyball offers recreation, fitness and positive competition for adults seeking a fun way to stay active and connected.

Ages: 17+ years

When: Thursdays 7-9pm

Where: The Y-Zone

Cost: \$35 per team (ref fees included)

MEN'S ADULT BASKETBALL

This adult recreation league provides a competitive environment for those not ready to hang up their athletic shoes! Register your team TODAY!

*Teams are responsible for ref fees of \$25.00 per game per team.

Ages: 18+ years

When: Thursdays 6-8pm

Where: The Y-Zone

Cost: \$350 per team

SILVER SPLASH

Water exercises designed to improve flexibility, reduce joint pain, increase range of motion and improve strength.

Ages: 18+ years

When: Mon. & Thurs. 1-2pm

Where: Downtown

Cost: Members: FREE

ADULT SWIM LESSONS

For any level of swimmer age 18+.

Ages: 18+ years

When: Saturdays 8 - 8:50 am

Where: Downtown

Cost: Included with Membership; non-members: \$75

BACK PROGRAM

Water exercise program designed to help reduce or eliminate lower back pain through tension exercises.

Ages: 14+ years

When: Mondays & Wednesdays 9-10 am

Where: Downtown

Cost: Included with Membership

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ARTHRITIS CLASS

Water exercises designed to improve flexibility reduce joint pain, increase range of motion and improve strength.

Ages: 14+ years

When: Mon. 2-3pm | Wed. 1-2 pm

Where: Downtown

Cost: Included with Membership

WATER AEROBICS

Exercise class which incorporates low to medium impact routines using the force of the water.

Ages: 14+ years

When: Tuesdays 9-10 am.

Where: Downtown

Cost: Included with Membership

\$5 FRIDAY GROUP FITNESS PASS

Want to take a group class but you are not a member? NO problem! for just \$5.00 dollars on FRIDAYS you can try any of our classes downtown or and the Y ZONE. Limit 3 times per person.

Ages: 18+ years

When: Fridays

Where: Downtown OR at The Y-Zone

Cost: Included with Membership; non-members: \$5

ZUMBA

A dance fitness program that combines Latin and international music with dance.

When: Fridays 5 pm

Where: The Y-Zone

Cost: Included with Membership

MOMMY & ME PLAY

A great chance for parents to play together with their child using our indoor field area in these chilly months. We will provide various equipment to help engage the child's play with the parent.

Ages: 11-18 years

When: Wednesdays 11 a.m. -12 pm

Where: The Y-Zone

Cost: Y Members only

PICK-UP PICKLEBALL

Develop your skills with open pickleball nights offered at both locations. Members only, although guests are welcome to try pickleball with a valid guest pass.

Ages: 18+ years

When: Mondays & Wednesdays 6-8:30 pm

Where: Downtown

Cost: FREE to members

LIFEGUARDING COURSE

Get certified in CPR, AED, First Aid, and American Red Cross Lifeguarding rescue skills. ***This is a blended learning course, meaning there is an online portion that must be completed prior to the first day of class.***

Ages: 15+ years

When: 4/9-4/11

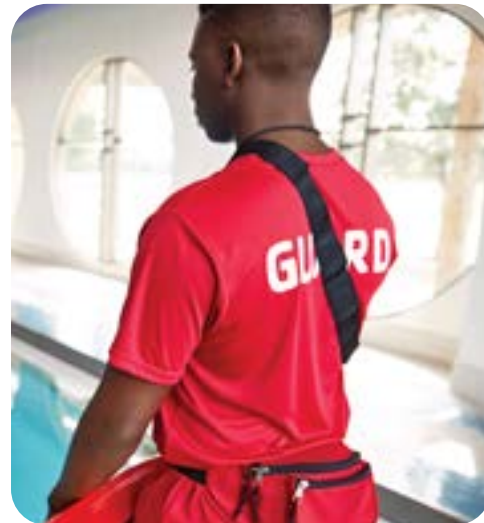
Friday 4-8 pm

Saturday 8 am-4 pm

Sunday 8am-4pm

Where: Downtown

Cost: \$250



INDOOR BATTING CAGE

The family that plays together, stays together! Bring your bats & balls for a fun family workout.

Ages: All

When: Call to reserve 724-658-9211

Where: The Y-Zone

Cost: \$15 per 1/2hr OR \$25 per 1hr

LIVE • LAUGH • SURVIVE

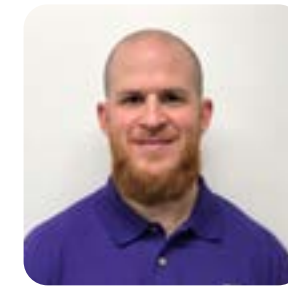
GROUP FITNESS & PERSONAL TRAINING



Padraic Barber



Ally Fulena



Mike Cubellis

PERSONAL TRAINING

Need help achieving your health goals? No matter where you are on your fitness journey, our personal trainers are here to help you succeed.

From weight loss and mobility to strength training and conditioning, our certified trainers can help you reach your goals. Personal training is available for 1-2 people, by appointment.

VIRTUAL PERSONAL TRAINING

Ready to meet your fitness goals from the comforts of your own home? Perhaps a nice park setting for those of you who love being outside? Our Virtual Personal Training will give you the guidance and accountability you are looking for and the safety needed for these challenging times! Virtual Personal Training is an affordable and effective way to meet with your trainer, do workouts together, and stay on the path to better health!

VIRTUAL PACKAGES

1 30 MIN. SESSION: \$22
3 30 MIN. SESSIONS: \$60
5 30 MIN. SESSIONS: \$95

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GROUP FITNESS CLASSES

CARDIO STEP

SPIN & SCULPT

GENTLE YOGA

HATHA YOGA

HULA HOOP CIRCUIT

LES MILLS BODYCOMBAT

LES MILLS BODYFLOW

LES MILLS BODYPUMP

LINE DANCING

SILVER SNEAKERS CLASSIC

SILVER SNEAKERS CARDIO CIRCUIT

SILVER SNEAKERS YOGA

TRX SUSPENSION TRAINING

TRX COMBO

WALK 15

YOGA

ZUMBA

For the most up to date group fitness schedule please check our website at www.lawcoymca.org

DANCE • SPIN • STRETCH

LAWCOYMCA.ORG | 7



MEMBERSHIP = MORE

The Y is more than just a gym, a pool, and a child care center; YMCA members are part of a community. We are open to all, regardless of age, income or background, and promise to give everyone an opportunity to learn, grow and thrive. Members enjoy the following benefits:

- Access to two convenient locations
- Nationwide access to YMCA locations across the U.S.
- Access to two wellness centers and free weights rooms
- Access to the Community Room at the downtown branch, with complimentary WiFi, for personal or group use
- Discounted programs for all ages
- Drop-in Child Watch for kids from 6 months to 8 years old - available at our Downtown New Castle facility (free with family membership)
- Free fitness classes (Downtown and Y-Zone locations)
- Free recreational swim for kids and adults
- Free lap swim for members age 14+
- Open courts for gym, recreation and racquetball

LAWRENCE COUNTY YMCA FACILITY HOURS

NEW CASTLE YMCA

M-F 5:30AM - 9:00PM
 Sat 8:00AM - 3:00PM
 Sun 8:00AM - 3:00PM

PRESTON-CHAMBERS Y-ZONE

M-Th 6:00AM - 9:00PM
 Fri 6:00AM - 6:00PM
 Sat 8:00AM - NOON
 Sun CLOSED

1 Free youth program of a \$40 value available with Family Memberships at the Lawrence County YMCA!
 *1 Free youth program is available per family unit, per year

OUR MISSION

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

We are open to all, regardless of age, income or background and promise to give everyone an opportunity to learn, grow and thrive. Scholarships are available for those who qualify.

MEMBERSHIP RATES

Membership Type	Join Fee	Monthly	Yearly
Youth (ages 0-14)	None	\$15	\$180
Student (ages 15-24)	None	\$24	\$288
Adult (ages 18+)	\$50	\$33	\$396
Family	\$99	\$55	\$660

Financial assistance is available for all membership types. Pick up an application Downtown or at the Y-Zone.

ARE YOU 65+? Your insurance plan may qualify you for a free YMCA membership. Call (724) 658-4766 to learn more!

LAWRENCE COUNTY YMCA FACILITY LOCATIONS

NEW CASTLE YMCA
 20 West Washington Street
 New Castle, PA 16101
 (724) 658-4766

PRESTON-CHAMBERS Y-ZONE
 428 Eleanor Drive
 New Castle, PA 16105
 (724) 658-9211

DEK RINK
 780 Phelps Way
 New Castle PA 16101

www.LAWCOYMCA.org



All program schedules are subject to change due to weather, participation level or other unforeseen circumstances. For the most up to date program listings, visit www.LAWCOYMCA.org