

THE GUIDE

LAWRENCE COUNTY YMCA



Fall 2021 Program Guide

FALL 1: Sept. 7 - Oct. 23 | FALL 2: Oct. 25 - Dec. 11



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.

PRE-SCHOOL & 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

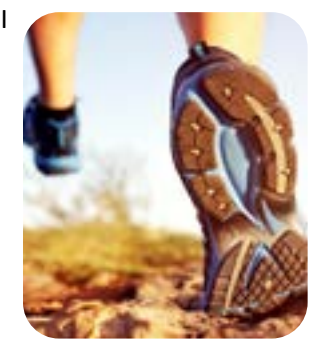
Y LEADERS CLUB
Join Y Leaders Club and gain:

- Confidence
- Skills for job/career success
- Volunteer service hours for school
- Strong sense of self and purpose
- Resilience and emotional maturity
- College recommendations
- Exposure to diverse groups, backgrounds, cultures and ideas
- A network of friends for life

Y Leaders Club is for ages 14-18. This is a year long in school (weekday) program during the Academic School Year. (Meeting at least once per month)
Ages: 14-18
When: Thursdays 6 - 7 pm
Where: Downtown
Cost: MUST have a YMCA student membership to join*
*Financial Assistance is available

COUCH TO 5K
Energize your life! Whether it's a virtual 5K or you want to train for a faster time, this is the program for you! This 7-week program will help you train to feel your best!

Ages: 9+ years
When: Tuesdays, 5:30-6:15pm
Where: Downtown
Cost: \$40-\$75. See page 5; Open to the public



NCAFFL FLAG FOOTBALL

Registration for all Flag Football can be done at NCAFFL.com

NCAFFL is proud to be affiliated with the National Football League and the NFL FLAG Program. The Mission of the NCAFFL is for the players, coaches and parents to have fun, learn the basic rules and skills of flag football and to practice good sportsmanship.

Any questions, email us at ncaffl724@gmail.com

LITTLE GIANTS
Beginning flag football players will learn basic skills and concepts of the

sport.
Ages: 3-4 years
When: Saturdays starting Aug. 29
Where: The Y-Zone
Cost: \$100

6U FLAG FOOTBALL
Players will expand their knowledge of the game and sharpen their skills.
Ages: 5-6 years
When: Saturdays starting Aug. 29
Where: The Y-Zone
Cost: \$135

8U FLAG FOOTBALL
Players will expand their knowledge of the game and sharpen their skills.
Ages: 7-8 years
When: Saturdays starting Aug. 29
Where: The Y-Zone

Cost: \$135

10U FLAG FOOTBALL
Players will expand their knowledge of the game and sharpen their skills.
Ages: 9-10 years
When: Saturdays starting Aug. 29
Where: The Y-Zone
Cost: \$135

12U FLAG FOOTBALL
Players will expand their knowledge of the game and sharpen their skills.
Ages: 11-12 years
When: Saturdays starting Aug. 29
Where: The Y-Zone
Cost: \$135

BIRTHDAY PARTIES

Looking for a fun place to celebrate your next birthday? Host a party at the Y! Sports Theme Parties are available at the Preston-Chambers Y-Zone. Birthday Party Packages Include:

Home Run Birthday
1 hour on either the basketball court or turf field for any type of activity,
1 hour in the multi-purpose party room with provided table coverings, and setup and cleanup by Y-Zone staff.
Cost: Member \$120; Non-Member \$150

Grand Slam Birthday
1 hour on either the basketball court or turf field for any type of activity
1 hour in the multi-purpose party room with provided table coverings, and setup and cleanup by Y-Zone staff.
Utensils, cups, napkins and plates are included
Cost: Member \$140; Non-Member \$170

Ultimate Birthday
1 hour on either the basketball court or turf field for any type of activity
1 hour in the multi-purpose party room with provided table coverings, and setup and cleanup by Y-Zone staff.
Utensils, cups, napkins and plates are included.
3 12-cut Pizza Joe's cheese pizzas, 3 two-liter sodas and a T-shirt for the Birthday Child.
Cost: Member \$170; Non-Member \$200

Call for details:
Y-Zone: 724-658-9211 ext. 314

YOUTH PROGRAMS



SESSION DATES:

Fall 1: Sept 7 - Oct 23 | Fall 2: Oct 25 - Dec 11

TOP SPIN VOLLEYBALL

Lawrence County YMCA, Topspin is a competitive volleyball team. To sign up for the Tryout Membership, please visit the following page: Junior Registration:

<https://www.ovr.org/register/index.php>

For more information on OVR please go to <https://www.ovr.org/index.php>

Ages: 12-18 years

When: TBD

Where: The Y-Zone

Try out Cost: \$15

PRACTICE SQUAD

Learn and develop volleyball skills and game strategies to build competitiveness. Practice players attend weekly practices only. If in the event a practice player gets called to play on a competitive team in a tournament, a one-time entry fee may be assessed.

Ages: 12-18 years

When: TBD

Where: The Y-Zone

Cost: \$450

COMPETITIVE TEAM

Competitive Topspin Volleyball team. The season starts Jan 11th, 2022. For schedules, announcements and more info, follow the Topspin team website:

<https://www.topspinvolleyball.net/>

Ages: 13-18 years

When: TBD

Where: The Y-Zone

Cost: \$900



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

INTRO TO JUDO FITNESS

Beginner Intro to Judo fitness class for students with little or no experience.

*no grappling, no hand to hand contact

Ages: 6-16 years

When: Tuesdays 6:00-7:00 pm

Where: Downtown

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

T-BALL

Learn the fundamentals of t-ball, including hitting, fielding, and throwing taught by local coach **John Fauzey**

Ages: 4-6 years

When: Wednesdays 5-5:50pm

Where: The Y-Zone

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

BASEBALL SKILLS

Learn the basics of baseball and softball - positions, throwing, catching, and hitting taught by local coach **John Fauzey**

Ages: 6-10 years

When: Wednesdays 6-6:50 pm

Where: The Y-Zone

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

BEGINNER BASKETBALL SKILLS & DRILLS

Learn basic basketball skills & concepts including dribbling, shooting & passing.

Ages: 6-8 years

When: Mondays

Where: The Y-Zone 5-6pm

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

VOLLEYBALL FUNDAMENTALS

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

Ages: 11 - 14 years

When: Wednesdays 6-6:50 pm

Where: The Y-Zone

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

SOCCER PROGRAMS & LEAGUES

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

SOCCER SKILLS & DRILLS

Players will expand their knowledge of the game and sharpen their skills.

Ages: 6-9 years

When: Thursdays 6-6:50 pm

Where: The Y-Zone

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

INDOOR SOCCER LEAGUES

Starting in November, an indoor turf league for players of various skill levels.

Ages: 6 - 8 years

When: Times vary based on age group

Where: The Y-Zone

Cost: \$450/team (ref NOT fees included)

Ages: 9 - 18 years

When: Times vary based on age group

Where: The Y-Zone

Cost: \$700/team (ref NOT fees included)

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 9:45-10:25 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

Thursdays 4-4:45 pm

Saturdays 9-9:45 am

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 9:45-10:30 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, contact Brienna Roys at broys@lawcoymca.org

Where: Downtown

Cost: \$25/class (minimum of 4 classes)

SWIM PROGRAMS



SESSION DATES:

Fall 1: Sept 7 - Oct 23 | Fall 2: Oct 25 - Dec 11

HOME SCHOOL SWIM & GYM

Make friends, learn to swim & enjoy gym time.

Ages: 5-9 | 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 - 9 am

Where: Downtown

Cost: Members: FREE; non-members: \$75

SILVER SHARKS 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: Practice times and cost vary by age

Where: Downtown

Cost: \$300-\$375*

*swim team members **MUST** have a YMCA membership to be a part of the Silver Sharks

MASTERS SWIM TEAM

A competitive team for swimmers ages 18 and up.

Ages: 18+ years

When: Tuesdays and Fridays 7 - 8 pm

Where: Downtown

Cost: Members: \$100; non-members: \$150



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

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.

Scan me to register for programs



ADULT SPORTS & WELLNESS



SESSION DATES:

Fall 1: Sept 7 - Oct 23 | Fall 2: Oct 25 - Dec 11

PICKLEBALL LADDER LEAGUE

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

Ages: 18+ years
When: Tuesdays 9 am - 12 pm
 Thursdays 6 - 9 pm
Where: The Y-Zone
Cost: Members: \$10; non-members: \$40

ADULT INDOOR SOCCER

Adult soccer league that plays on Sundays at The Y-Zone.

Ages: 18+ years
When: TBD, Fall 2
Where: The Y-Zone
Cost: \$700 per team (ref NOT fees included)

ADULT 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: Wednesdays 7-9pm
Where: The Y-Zone
Cost: Members: \$30; non-members: \$35

ADULT SWIM LESSONS

Swim lessons for any level of swimmer age 18+.

Ages: 18+ years
When: Saturdays 8 - 8:50 am
Where: Downtown
Cost: Members: FREE; 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

COUCH TO 5K

Energize your life! Whether it's a virtual 5K or you want to train for a faster time, this is the program for you! This 7-week program will help you train to feel your best!

Ages: 9+ years
When: Tuesdays, 5:30-6:15pm
Where: Downtown
Cost: \$40-\$75. See page 5

GROUP FITNESS

To help you achieve your goals, group fitness classes are FREE to members and available at both locations. Our classes are rooted in a team spirit approach with strong technique and smooth transitions. Classes are taught showing modifications for all fitness levels—ensuring everyone has a positive experience.

See page 7 for details and visit www.lawcoymca.org for the current schedules.

DIABETES PREVENTION

The YMCA's **Diabetes Prevention Program** is tailored to those looking to reduce their risk for developing diabetes. This year-long program is designed for adults to make a lifestyle changes that will improve their overall health and reduce their risk of developing type 2 diabetes.

YMCA membership is NOT REQUIRED to participate. For details and information please contact Michelle Swogger at mswogger@ncymca.org
Ages: 18+
When: Beginning Jan. 2022
Cost: \$429 (financial assistance & payment plans available)

Drop-In Child Watch Assistant

Assist the Drop-In Child Watch staff with keeping the center clean for the children. Help ensure the well-being of the children at all times. Assist with playing games and other age appropriate activities.

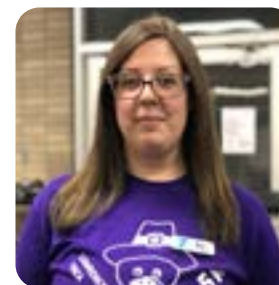
The Y Leaders Club

This program is offered to YMCA members in grades 9-12. The Y is seeking mentors to assist with career advice, college help and other confidence-building activities.

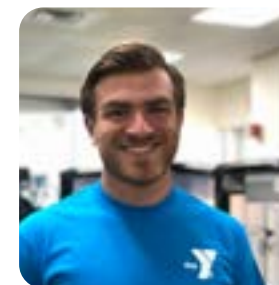
Coaches/Youth Sports Program Instructors

The Y offers youth sports programs for children as young as 3 years old, and is seeking volunteers with coaching experience to facilitate programs for sports such as soccer, basketball, lacrosse, hockey, boxing/martial arts, baseball/softball and more!

GROUP FITNESS & PERSONAL TRAINING



Ally Fulena



Adam Atwell



Anthony Vanasco

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.

30 MIN PACKAGES

5 30 MIN. SESSIONS: \$110
 10 30 MIN. SESSIONS: \$200
 15 30 MIN. SESSIONS: \$290

1-HOUR PACKAGES

4 1-HOUR SESSIONS: \$155
 8 1-HOUR SESSIONS: \$275
 10 1-HOUR SESSIONS: \$320

GROUP FITNESS CLASSES

- | | |
|----------------------|--------------------------------|
| CARDIO STEP | LINE DANCING |
| SPIN & SCULPT | SILVER SNEAKERS CLASSIC |
| GENTLE YOGA | SILVER SNEAKERS CARDIO CIRCUIT |
| HATHA YOGA | SILVER SNEAKERS YOGA |
| HULA HOOP CIRCUIT | TRX |
| LES MILLS BODYCOMBAT | WALK 15 |
| LES MILLS BODYFLOW | YOGA |
| LES MILLS BODYPUMP | ZUMBA |

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



QUESTIONS ABOUT GROUP FITNESS OR PERSONAL TRAINING

Contact Brienna Roys, Aquatics & Fitness Director: 724-658-4766 ext. 221 or broys@lawcoymca.org



VOLUNTEER OPPORTUNITIES AVAILABLE

Contact Michelle Swogger: 724-658-4766 ext. 212 or mswogger@lawcoymca.org

The Lawrence County YMCA is seeking individuals looking to make an impact by enriching the youth of the Lawrence County community. Volunteers are currently needed for the following programs/events:

Front Desk Greeter

Greet, check in and help answer phones at the front desk. Help provide general information using program guides and area schedules.

Membership Benefit exclusive to Lawrence County YMCA members!
 Y members can now receive unlimited tanning \$19.99* a month for from Fantastic Tan
 *Taxes not included. Fantastic Tan Paperwork available at the New Castle YMCA front desk.

FREE Backpack with School Supplies

Dunk Tank

photo booth

Ring Toss

Catapult

Diamond Girls Walk 15 Fitness Class

BACK TO SCHOOL BASH

Saturday, August 28, 2021 | 11 am - 1 pm
 Lawrence County YMCA
 20 W Washington St.



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
- **\$19.99*/per month for unlimited tanning at Fantastic Tan**
*tax not included

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 - 7:00PM
 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